

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Legend (AR) Activity Room (FR) Family Room (LB) Lobby (DR) Dining Room (RR) Resource Room (CH) Clubhouse ** Sign up at fornt desk  = Birthday	*Schedule is subject to change at any time so remember to check our daily activity schedule posted on the community board and elevators* 		1 Randy W.  9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Chair Stretching (AR) 1:30 Skip-Bo (FR) 2:00 Craft Class (AR) 3:00 Mosaic Coloring (FR) 6:30 Bingo (AR)	2 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (AR) 10:30 Farmers Market ** 3:00 31 Card Game (FR) 3:30 Walking Group (LB) 5:45 Hand & Foot (FR)	3 Ann T.  10:00 Chapel Service (AR) 11:15 Blood Pressure Checks (RR) 2:00 Cookie Social (LB) 2:00 Rummikub (FR) 4:00 Wii Bowling (FR) 5:45 Skip-Bo (FR) 6:45 Movie & Popcorn (AR)
4  9:00 Morning Exercise (AR) 1:15 31 Card Game (FR) 3:00 Blackjack (FR) 4:30 Joyce PLays Piano (LB) 5:45 Hand & Foot (FR) 6:45 Movie & Popcorn (AR) Seahawks vs Chargers @ 1:25pm	5 Ute K.  9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Book Club (RR) 1:30 3-13 Card game (FR) 2:00 Rummikub (FR) 2:15 Ice cream Social (LB) 3:00 Chair Zumba (AR) 4:00 Barb Plays Piano (LB) 5:45 Hand & Foot (FR)	6 9:00 Walmart Shopping** 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 1:30 Mexican train Dominos (FR) 2:00 Entertainment (LB) "Gary Liden" 3:00 Phase 10 (FR) 4:00 "Good Old Days" Reading(RR) 6:30 Bingo (AR)	7 Phil H.  9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study w/ Linda (AR) 1:30 3-13 Card Game (FR) 2:00 Tea Time (AR)** 2:00 Blackjack (FR) 4:30 Sing Along w/ Joyce (LB) 5:45 Hand & Foot (FR)	8 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Chair Stretching (AR) 1:30 Skip-Bo (FR) 2:00 Flu Clinic (AR) 3:00 Mosaic Coloring (FR) 6:30 Bingo (AR)	9 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (AR) 2:00 Entertainment (LB) "Almost There" 3:00 31 Card Game (FR) 3:30 Walking Group (LB) 5:45 Hand & Foot (FR)	10 10:00 Chapel Service (AR) 11:15 Blood Pressure Checks (RR) 2:00 Cookie Social (LB) 2:00 Rummikub (FR) 4:00 Wii Bowling (FR) 5:45 Skip-Bo (FR) 6:45 Movie & Popcorn (AR)
11  9:00 Morning Exercise (AR) 1:15 31 Card Game (FR) 3:00 Blackjack (FR) 4:30 Joyce PLays Piano (LB) 5:45 Hand & Foot (FR) 6:45 Movie & Popcorn (AR) Seahawks vs 49rs @ 1:25pm	12 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Book Club (RR) 1:30 3-13 Card game (FR) 2:00 Rummikub (FR) 2:15 Ice cream Social (LB) 3:00 Chair Zumba (AR) 4:00 Barb Plays Piano (LB) 5:45 Hand & Foot (FR)	13 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 11:00 Out to Lunch ** "Red Robin" 1:30 Mexican train Dominos (FR) 2:00 Tai Chi and Yoga (AR) 3:00 Phase 10 (FR) 6:30 Bingo (AR)	14 9:00 Costco Shopping** 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study w/ Linda (AR) 1:30 3-13 Card Game (FR) 2:00 Blackjack (FR) 4:30 Sing Along w/ Joyce (LB) 5:45 Hand & Foot (FR)	15  9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Chair Stretching (AR) 1:30 Skip-Bo (FR) 2:00 Craft Class (AR)** 3:00 Mosaic Coloring (FR) 6:30 Bingo (AR) Seahawks vs Broncos @ 5:15pm	16 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (AR) 2:00 Entertainment (LB) "Joe Lawn" 3:00 31 Card Game (FR) 3:30 Walking Group (LB) 5:45 Hand & Foot (FR)	17 10:00 Chapel Service (AR) 11:15 Blood Pressure Checks (RR) 2:00 Cookie Social (LB) 2:00 Rummikub (FR) 4:00 Wii Bowling (FR) 5:45 Skip-Bo (FR) 6:45 Movie & Popcorn (AR)
18 9:00 Morning Exercise (AR) 1:15 31 Card Game (FR) 3:00 Blackjack (FR) 4:30 Joyce PLays Piano (LB) 5:45 Hand & Foot (FR) 6:45 Movie & Popcorn (AR)	19 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Book Club (RR) 1:30 3-13 Card game (FR) 2:00 Rummikub (FR) 2:15 Ice cream Social (LB) 3:00 Chair Zumba (AR) 4:00 Barb Plays Piano (LB) 5:45 Hand & Foot (FR)	20 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Tai Chi and Yoga (AR) 1:30 Mexican train Dominos (FR) 2:00 Scenic Drive** 3:00 Phase 10 (FR) 4:00 "Good Old Days" Reading(RR) 6:30 Bingo (AR)	21 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study w/ Linda (AR) 1:30 3-13 Card Game (FR) 2:00 Show and Tell (AR) 3:00 Blackjack (FR) 4:30 Sing Along w/ Joyce (LB) 5:45 Hand & Foot (FR)	22 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Chair Stretching (AR) 1:30 Skip-Bo (FR) 2:00 Card-Making w/Linda(AR)** 3:00 Mosaic Coloring (FR) 6:30 Bingo (AR)	23 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (AR) 1:00 Lattins Cider Mill and Pumpkin Patch** 3:00 31 Card Game (FR) 3:30 Walking Group (LB) 5:45 Hand & Foot (FR)	24 10:00 Chapel Service (AR) 11:15 Blood Pressure Checks (RR) 2:00 Cookie Social (LB) 2:00 Rummikub (FR) 4:00 Wii Bowling (FR) 5:45 Skip-Bo (FR) 6:45 Movie & Popcorn (AR)
25  9:00 Morning Exercise (AR) 1:15 31 Card Game (FR) 3:00 Blackjack (FR) 4:30 Joyce PLays Piano (LB) 5:45 Hand & Foot (FR) 6:45 Movie & Popcorn (AR) Seahawks vs Chiefs @ 5:20pm	26 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Book Club (RR) 1:30 3-13 Card game (FR) 2:00 Rummikub (FR) 2:15 Ice cream Social (LB) 3:00 Chair Zumba (AR) 4:00 Barb Plays Piano (LB) 5:45 Hand & Foot (FR)	27  9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Tai Chi and Yoga (AR) 1:30 Mexican train Dominos (FR) 2:00 Resident Birthday Party(AR) 3:00 Phase 10 (FR) 6:30 Bingo (AR)	28 9:00 Fred Meyer Shopping** 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study w/ Linda (AR) 1:30 3-13 Card Game (FR) 2:00 Blackjack (FR) 4:30 Sing Along w/ Joyce (LB) 5:45 Hand & Foot (FR)	29 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Chair Stretching (AR) 1:30 Skip-Bo (FR) 2:00 Pumpkin Decorating (AR)** 3:00 Mosaic Coloring (FR) 6:30 Bingo (AR)	30 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Blackjack (AR) 2:00 Entertainment (LB) "Charlie Brown" 3:00 31 Card Game (FR) 3:30 Walking Group (LB) 5:45 Hand & Foot (FR)	31 HAPPY HALLOWEEN 10:00 Chapel Service (AR) 11:15 Blood Pressure Checks (RR) 2:00 Cookie Social (LB) 2:00 Rummikub (FR) 4:00 Wii Bowling (FR) 5:45 Skip-Bo (FR) 6:45 Movie & Popcorn (AR)  Wear your halloween costumes!