

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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(L)= Lobby
 (1A)= 1st Floor Activity Room
 (1P)= 1st Floor Ponderosa Room
 (1G) = 1st Floor Gym
 (D) = 1st Floor Dining Room
 (1FS) = 1st Floor Fireside Room
 (2JR) = 2nd Floor Juniper Room
 (2B) = 2nd Floor Billiard Room
 (2CR) = 2nd Floor Card Room
 (3T) = 3rd Floor Theatre



29
 8:00 Rides to Church
 10:30 Communion (3C)
 11:30 Worship w/ Pastor Drew (3T)
 1:30 Cascade Horizon Band
 Fall Concert
 7:00 Sunday Night Movie (3T)

30
 8:45 Exercise (1A)
 10:00 Welcome Committee Meeting (1FS)
 10:00 Insp. Coloring (1P)
 11:00 Circuit (1G)
 11:40 Posture Fix (3T)
 1:00 Kitchen Sink Exercise (1A)
 2:00 Matinee Movie (3T)
 2:00 Balance (1A)
 3:00 Sing Along Music (1FS)

31
 8:45 Exercise (1A)
 10:30 Bingo (1A)
 1:00 Catholic Bible Study (3T)
 1:00 Halloween Relay & Games (1A)
 2:00 Beer Brewing w/Nat (2JR)
 2:00 Chair Yoga (3G)
3:00 Halloween Party!

1
 8:00 Rides to Church
 10:30 Communion (3C)
 11:30 Worship w/ Pastor Drew (3T)
 1:00 Sunday Drive
 7:00 Sunday Night Movie (3T)

2
 8:45 Exercise (1A)
 10:00 Insp. Coloring (1P)
 11:00 Circuit (1G)
 11:40 Posture Fix (3T)
 1:00 Bunco (1FS)
 1:00 Month of Wellness Challenge
 Kickoff (1A)
 2:00 Matinee Movie (3T)
 2:00 Balance (1A)
 3:00 Sing Along Music (1FS)
 5:30 Scott Michaelson (D)

3
 8:45 Exercise (1A)
 10:30 Bingo (1A)
 11:45 Ale Trail
 1:00 Catholic Bible Study (3T)
 2:00 Beer Brewing w/Nat (2JR)
 2:00 Chair Yoga (3G)
 2:00 Basic Bridge Class (1FS)
3:00 Resident Birthday Party (1A)

4
 8:45 Exercise (1A)
 1:00 Circuit (1G)
 1:30 Quiddler (2CR)
 2:00 Balance (1A)
 2:00 Westerns on Wednesday(3T)
 3:30 Watercolors w/ Bill Lewis (2JR)

5
 8:45 Exercise (1A)
 10:30 Bingo (1A)
 10:30 Book Club (1FS)
 1:00 Strength & Stability (1A)
 1:00 Chess Club (2JR)
 12:30 Women's Group Outing
 "Goody's Chocolates"
 2:00 Chair Yoga (3G)
 2:30 Poker (2B)
 3:00 Brain Trivia (1FS)
 7:00 Movie Night (3T)

6
 8:45 Exercise (1A)
 10:00 Bible Study (2JR)
 10:30 Drawing for Beginners (1P)
 11:00 Circuit (1G)
 11:40 Posture Fix (3T)
 1:00 Noodle Hockey (1A)
 1:30 Art w/Charlene (1P)
 2:00 Balance (1A)
 2:30 Scrabble (2JR)
 4:00 Happy Hour (1A)

7
 10:00 Safeway Shopping
 10:00 Rosary (3C)
 10:45 Rides to House of Covenant
 1:00 Shopping
 1:30 Bingo (1A)
 2:30 Crosswords (1A)
 3:30 Upwords (1A)
 4:30 College Football

8
 8:00 Rides to Church
 10:30 Communion (3C)
 11:30 Worship w/ Pastor Drew (3T)
 1:15 Cascade Theatre Production of
 "Lost in Yonkers"
 7:00 Sunday Night Movie (3T)

9
 8:45 Exercise (1A)
 10:00 Insp. Coloring (1P)
 11:00 Circuit (1G)
 11:40 Posture Fix (3T)
 1:00 Volleyball (1A)
 2:00 Matinee Movie (3T)
 2:00 Balance (1A)
 2:30 Craft w/Tammi (1P)
 3:00 Sing Along Music (1FS)
 4:00 Sew & Tell (2JR)

10
 8:45 Exercise (1A)
 10:30 Bingo (1A)
 11:45 Indian Head Casino
 1:00 Pacific NW Audiology Hearing
 Aid Presentation/Cleaning (1A)
 1:00 Catholic Bible Study (3T)
 2:00 Beer Brewing w/Nat (2JR)
 2:00 Chair Yoga (3G)
 6:00 Old Time Jammin' (1A)

11
 8:45 Exercise (1A)
 10:30 Hike & Picnic-Metolious
 1:30 Quiddler (2CR)
 2:00 National Geographic
 Series "Ultimate Nature" (3T)
 3:30 Wine Social w/
 Ken Johnson (1FS)
6:00 Nostalgia Live (1A)

12
 8:45 Exercise (1A)
 9:45 Men's Group Outing "Beaver Coaches"
 10:30 Bingo (1A)
 1:00 Strength & Stability (1A)
 1:00 Chess Club (2JR)
 2:00 Resident Meeting (1A)
 2:30 Poker (2B)
 3:00 Brain Trivia (1FS)
 7:00 Movie Night (3T)

13
 8:45 Exercise (1A)
 10:00 Bible Study (2JR)
 11:00 Circuit (1G)
 11:40 Posture Fix (3T)
 1:00 Memory (1A)
 1:30 Art w/Charlene (1P)
 2:00 Balance (1A)
 2:30 Scrabble (2JR)
 3:00 Indian Artifacts
 w/ John Asmussen (1A)
 4:00 Happy Hour (1A)

14
 10:00 Safeway Shopping
 10:00 Rosary (3C)
 10:45 Rides to House of Covenant
 1:00 Shopping
 1:30 Bingo (1A)
 2:30 Crosswords (1A)
 3:30 Upwords (1A)
 4:30 College Football

15
 8:00 Rides to Church
 10:30 Communion (3C)
 11:30 Worship w/ Pastor Drew (3T)
 1:00 Sunday Outing
 to the Pumpkin Patch
 7:00 Sunday Night Movie (3T)

16
 8:45 Exercise (1A)
 10:00 Insp. Coloring (1P)
 1:00 Bunco (1FS)
 2:00 Matinee Movie (3T)
 3:00 Capturing a Presidency
 Speech w/ Kevin Smith (1A)
 3:00 Sing Along Music (1FS)

17
9-12 Flu Clinic (1A)
 1:00 Kitchen Sink Exercise
 w/Erin(1A)
 1:00 Catholic Bible Study (3T)
 2:00 Volleyball w/Beth (1A)
 2:00 Basic Bridge Class (1FS)

18
 8:45 Exercise (1A)
 1:00 Circuit w/Erin (1G)
 1:30 Quiddler (2CR)
 2:00 Westerns on Wednesday(3T)
 3:30 Watercolors w/ Bill Lewis (2JR)
 5:30 Larry Rauch (D)

19
 8:45 Exercise (1A)
 10:30 Bingo (1A)
 11:00 Women's Group
 " Bowman Museum Picnic"
 1:00 Strength & Stability (1A)
 1:00 Chess Club (2JR)
 2:00 Chair Yoga (3G)
 2:30 Poker (2B)
 3:00 Brain Trivia (1FS)
 7:00 Movie Night (3T)

20
 8:45 Exercise (1A)
 10:00 Bible Study (2JR)
 10:30 Drawing for Beginners (1P)
 11:00 Circuit (1G)
 11:40 Posture Fix (3T)
 1:00 Noodle Hockey (1A)
 1:30 Art w/Charlene (1P)
 2:00 Balance (1A)
 2:30 Scrabble (2JR)
4:00-7:00 Oktoberfest (D)

21
 10:00 Safeway Shopping
 10:00 Rosary (3C)
 10:45 Rides to House of Covenant
 1:00 Shopping
 1:30 Bingo (1A)
 2:30 Crosswords (1A)
 3:30 Upwords (1A)
 4:30 College Football

22
 8:00 Rides to Church
9:30 Alzheimer's Walk
 10:30 Communion (3C)
 11:30 Worship w/ Pastor Drew (3T)
 7:00 Sunday Night Movie (3T)

23
 8:45 Exercise (1A)
 10:00 Insp. Coloring (1P)
 11:00 Circuit (1G)
 11:30 Lunch Out "El Caporal"
 11:40 Posture Fix (3T)
 1:00 Volleyball (1A)
 2:00 Matinee Movie (3T)
 2:00 Balance (1A)
 2:30 Craft w/Tammi (1P)
 3:00 Sing Along Music (1FS)
 4:00 Sew & Tell (2JR)

24
 8:45 Exercise (1A)
 10:30 Bingo (1A)
 11:45 Indian Head Casino
 1:00 Catholic Bible Study (3T)
 1:00 Kitchen Sink Exercise (1A)
 2:00 Chair Yoga (3G)
 2:00 Beer Brewing w/Nat (2JR)

25
 8:45 Exercise (1A)
 11:45 Ale Trail
 1:30 Quiddler (2CR)
 2:00 Balance (1A)
 2:00 Experiencing Hubble-
 Understanding the Universe
 2:30 Noodle Hockey (1A)
 3:00 Wine Social in the Dining Room
 w/ Helen & Fran

26
 8:45 Exercise (1A)
 10:00 Men's Group Meeting (1FS)
 10:30 Bingo (1A)
 1:00 Chess Club (2JR)
 1:00 Strength & Stability (1A)
 2:00 Chair Yoga (3G)
 2:00 Food Committee Meeting (D)
2:00 The Western Story Teller (1A)
 2:30 Poker (2B)
 3:00 Brain Trivia (1FS)
 7:00 Movie Night (3T)

27
 8:45 Exercise (1A)
 10:00 Bible Study (2JR)
 11:00 Circuit (1G)
 11:40 Posture Fix (3T)
 1:00 Memory (1A)
 1:30 Art w/Charlene (1P)
 2:00 Balance (1A)
 2:30 Scrabble (2JR)
 4:00 Happy Hour (1A)

28
 10:00 Safeway Shopping
 10:00 Rosary (3C)
 10:45 Rides to House of Covenant
 1:00 Shopping
 1:30 Bingo (1A)
 2:30 Crosswords (1A)
 3:30 Upwords (1A)
 4:30 College Football

