

Sun

Mon

Tue

Wed

Thu

Fri

Sat



(1A)= 1st Floor Activity Room
(1B) = 1st Floor Breezeway
(1G) = 1st Floor Gym
(1P) = 1st Ponderosa Room
(1FS) = 1st Floor Fireside room
(2JR) = 2nd Floor Juniper Room
(2B) = 2nd Floor Billiard Room
(2CR) = 2nd Floor Card Room
(3AC) =3rd Floor Art/Craft Room
(3T) = 3rd Floor Theater
(CY)= Courtyard
(WR) = Wicker Room

1
8:00 Morning Exercise (2JR)
8:45 Morning Exercise (2JR)
10:00 Garden Club (Garden)
10:00 Group tour of the Building (1FS)
11:00 Functional Circuit (1G)
11:30 Communion (3T)
2:00 Balance (2JR)
2:00 Downton Abbey Series (3T)
3:30 Happy Hour (1FS)

2
10:00 Safeway Shopping
10:00 Rosary (3T)
10:45 Rides to House of Covenant
12:45 Bingo (1P)
1:00 Shopping Trip
7:00 Saturday Night Movie (3T)

3
9:00 Church Rides
10:00 Zion Lutheran Worship service w/ Holy Communion (3T)
11:00 First Pres. Church Service ch. 12
1:30 Bridge Club (1P)
7:00 Mexican Train (1FS)

4
Labor Day
8:00 Morning Exercise (2JR)
8:45 Morning Exercise (2JR)
10:00 Better Brain (3T)
11:00-2:00 Labor Day BBQ (FP)
2:00 Matinee Movie (3T)
3:30 Bunco(1FS)



5
8:00 Morning Exercise (2JR)
8:45 Morning Exercise (2JR)
10:00 Bingo (1P)
11:00 Busy Fingers (3AC)
11:15 Sit-N-Fit (2JR)
1:00 RummiKub (1FS)
2:00 Seated Mind Body (2JR)
2:45 Meditation (3G)
3:00 Resident Birthday Party (1P)
4:30 Left, Right, Center (1P)

6
8:00 Morning Exercise (2JR)
8:45 Morning Exercise (2JR)
10:00 Scrabble (1FS)
10:00 Get to know your Calendar (3T)
12:00 Va Piano Winery Outing
1:00 Lawn Games (FP)
2:00 Balance (2JR)
2:00 Phone/Computer Help (1FS)
3:00 Live Music w/ Paul Eddy (1FS)

7
8:00 Morning Exercise (2JR)
8:45 Morning Exercise (2JR)
10:00 Bingo (1P)
11:00 Dollar Tree Outing
11:15 Sit-N-Fit (2JR)
2:00 Seated Mind Body (2JR)
2:00 Poker (2B)
3:00 Watercolors w/ Bill Lewis (3AC)
6:00 Chess club (2JR)

8
8:00 Morning Exercise (2JR)
8:45 Morning Exercise (2JR)
10:00 Book Club (3T)
10:00 Garden Club (Garden)
11:00 Functional Circuit (1G)
11:30 Communion (3T)
2:00 Downton Abbey Series (3T)
2:00 Balance (2JR)
3:30 Happy Hour (1FS)

9
10:00 Safeway Shopping
10:00 Rosary (3T)
10:45 Rides to House of Covenant
12:45 Bingo (1P)
1:00 Shopping Trip
7:00 Saturday Night Movie (3T)

10
9:00 Church Rides
10:00 Zion Lutheran Worship service w/ Holy Communion (3T)
11:00 First Pres. Church service ch.12
1:00 Sunday Drive
1:30 Bridge Club (1P)
7:00 Mexican Train (1FS)

11
8:45 Morning Exercise (1A)
10:00 Better Brain (3T)
11:00 Share and Care (3T)
11:00 Functional Circuit (1G)
1:00 Jo T. on the Piano (1B)
2:00 Matinee Movie (3T)
2:00 Balance (2JR)
3:30 Games w/ Deb (3T)



12
8:45 Morning Exercise (1A)
9:45 Seated Mind Body (1A)
10:00 Bingo (1P)
10:30 Total Body Workout (1A)
11:00 Busy Fingers (3AC)
12:30 Full Body Stretch (1A)
1:00 RummiKub (1FS)
2:00 Fitness Sampler @Senior C
4:00 Left, Right, Center (1P)
5:00 Larry Rauch on the Piano (1B)

13
8:45 Morning Exercise (1A)
9:45 Seated Cardio (1A)
10:30 Lite Chair Aerobics (1A)
11:15 Cardio Chair Dancing (1A)
10:00 Scrabble (1FS)
2:00 Phone/Computer Help (1FS)
2:00 Shattering the Age Barrier (1A)

14
8:45 Morning Exercise (1A)
10:00 Bingo (1P)
10:30 Park Walk and Picnic
2:00 Seated Mind Body (2JR)
2:00 Poker (2B)
2:45 Meditation
3:00 Get to Know Your Neighbor (3T)
6:00 Chess club (2JR)

15
8:45 Morning Exercise (1A)
10:00 Garden Club (Garden)
11:00 Fancy Work Yarn Outing
11:00 Functional Circuit (1G)
11:30 Communion (3T)
2:00 Downton Abbey Series (3T)
2:00 Balance (2JR)
3:30 Happy Hour (1FS)

16
10:00 Safeway Shopping
10:00 Rosary (3T)
10:45 Rides to House of Covenant
12:45 Bingo (1P)
1:00 Shopping Trip
7:00 Saturday Night Movie (3T)

17
9:00 Church Rides
10:00 Zion Lutheran Worship service w/ Holy Communion (3T)
11:00 First Pres. Church service ch.12
1:30 Bridge Club (1P)
7:00 Mexican Train (1FS)

18
8:45 Morning Exercise (1A)
10:00 Better Brain (3T)
11:00 Cooking w/ Chef (2JR)
1:00 Jo T. on the Piano (1B)
2:00 Matinee Movie (3T)
3:30 Bunco(1FS)

19
8:45 Morning Exercise (1A)
10:00 Bingo (1P)
11:00 Busy Fingers (3AC)
1:00 RummiKub (1FS)
3:00 Resident Meeting (1FS)
4:00 Left, Right, Center (1P)
6:00 Jam Session w/ The Jammers (1FS)

20
8:45 Morning Exercise (1A)
10:00 Scrabble (1FS)
11:00 Craft Time w/ Deb (3T)
1:30 Chair Volleyball (1A)
2:30 New Employee Meet and Greet
3:00 Live Music w/ Arloa and the Cascade Chorale (1FS)

21
8:45 Morning Exercise (1A)
10:00 Bingo (1P)
2:00 Poker (2B)
3:00 Watercolors w/ Bill Lewis (3AC)
6:00 Chess Club (2JR)

22
8:45 Morning Exercise (1A)
10:00 Garden Club (Garden)
11:30 Communion (3T)
2:00 Downton Abbey Series (3T)
3:30 Happy Hour (1FS)

23
10:00 Safeway Shopping
10:00 Rosary (3T)
10:45 Rides to House of Covenant
12:45 Bingo (1P)
1:00 Shopping Trip
7:00 Saturday Night Movie (3T)



24
9:00 Church Rides
10:00 Zion Lutheran Worship service w/ Holy Communion (3T)
11:00 First Pres. Church service ch.12
1:00 Sunday Drive
1:30 Bridge Club (1P)
7:00 Mexican Train (1FS)

25
8:45 Morning Exercise (1A)
10:00 Better Brain (3T)
11:00 Functional Circuit (1G)
1:00 Jo T. on the Piano (1B)
2:00 Matinee Movie (3T)
2:00 Balance (2JR)
3:30 Games w/ Deb (3T)

26
8:45 Morning Exercise (1A)
10:00 Bingo (1P)
11:00 Busy Fingers (3AC)
11:15 Ale Trail
11:15 Sit-N-Fit (2JR)
1:00 RummiKub (1FS)
2:00 Seated Mind Body
2:45 Meditation (3G)
4:00 Left, Right, Center (1P)

27
8:45 Morning Exercise (1A)
10:00 Scrabble (1FS)
1:00 Cardio Drumming (2JR)
2:00 Balance (2JR)
2:00 Phone/Computer Help (1FS)
3:00 Ice Cream Sundae Social (WR)



28
8:45 Morning Exercise (1A)
10:00 Bingo (1P)
10:30 Park Walk and Picnic
2:00 Seated Mind Body (2JR)
2:00 Poker (2B)
2:45 Meditation (2JR)
4:00 Oktoberfest Party
6:00 Chess club (2JR)

29
8:45 Morning Exercise (1A)
10:00 Activities Committee Meeting (1FS)
10:00 Garden Club (Garden)
11:00 Functional Circuit (1G)
11:30 Communion (3T)
2:00 Downton Abbey Series (3T)
2:00 Balance (2JR)
3:30 Happy Hour (1FS)

30
10:00 Safeway Shopping
10:00 Rosary (3T)
10:45 Rides to House of Covenant
12:45 Bingo (1P)
1:00 Shopping Trip
7:00 Saturday Night Movie (3T)