


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2F 2nd Floor 3F 3rd Floor AR Activity Room B Bistro BS Beauty Salon DR Dining Room K Kitchen L Lobby LR Living Room O Outing OD Outdoors RR Reflection Room SR Sitting Room		9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Music Appreciation (B) 11:00 Mind Jogger (B) 11:30 Ivars Lunch Outing (O) 1:00 Sing-A-Long (B) 2:00 Balloon Volleyball (B) 3:00 Reminiscing & Sharing Social 4:00 Arts & Crafts (B) 6:00 Family Movie Night (LR) 7:00 Meditation	1 9:30 Daily Chronicles (B) 10:00 Morning Stretch (B) 10:30 Name That Tune 11:00 Faces & Places 1:00 Sing-A-Long (B) 2:00 Wheel of Fortune (B) 3:00 Fun with Preschoolers (B) 3:30 Root Beer Social (B) 4:00 Lap Baskets w/Care Managers (B) 6:00 Family Movie Night (LR) 7:00 Meditation	2 9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Be your Own Judge 11:00 Balloon Volleyball 1:00 Sing-A-Long (B) 1:30 Resident Council Meeting (2F) 2:00 Guitar with Wayne, Gary and Kris (AR) 3:00 Alabama State Social 4:00 Music Appreciation (B) 6:00 Family Movie Night (LR) 7:00 Meditation	3 9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Hymns and Bible Study (2F) 10:45 Exercise Essential (2F) 11:15 Community Service (B) 1:00 Sing-A-Long (B) 2:00 Jeopardy (B) 3:00 Popcorn & Trivia Social (B) 4:00 Bean Bag Toss (B) 6:00 Family Movie Night (LR) 7:00 Meditation	4 9:30 Daily Chronicles (SR) 10:00 Exercise Essentials (B) 10:30 News Currents (LR) 1:00 Sing-A-Long (B) 2:00 Bean Bag Toss Tournament (B) 3:00 Happy Hour (B) 4:00 Dancing w/The Stars (B) 6:00 Family Movie Night (LR) 7:00 Meditation	5 9:30 Daily Chronicles (SR) 10:00 Exercise Essentials (B) 10:30 News Currents (LR) 1:00 Sing-A-Long (B) 2:00 Bean Bag Toss Tournament (B) 3:00 Happy Hour (B) 4:00 Dancing w/The Stars (B) 6:00 Family Movie Night (LR) 7:00 Meditation
9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Mind Your Mind (B) 11:00 Bowling Tournament (B) 11:15 Catholic Service (RR) 1:00 Church Service & Hymns (B) 2:00 Walking Club 2:30 Scenic Drive (OD) 4:00 Walking Club 2:30 Short Stories w/Barbie 3:00 Sundae Social (B) 4:00 Bean Bag Toss Games (B) 6:00 Family Movie Night (LR) 7:00 Meditation	6 9:30 Daily Chronicles (B) 10:00 Exercise Essential (B) 10:30 Music w/John Adams (B) 11:00 Reminiscing and Sharing (B) 1:00 Sing-A-Long (B) 2:00 Seasonal Arts & Crafts (AR) 3:00 Margarita Monday Social (B) 4:00 Lap Baskets w/Care Managers (B) 6:00 Family Movie Night (LR) 7:00 Meditation	7 9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Music Appreciation (B) 11:00 Mind Jogger (B) 1:00 Sing-A-Long (B) 2:00 Balloon Volleyball (B) 3:00 Music by Larry & Diane (B) 4:00 Arts & Crafts (B) 6:00 Family Movie Night (LR) 7:00 Meditation	8 9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Music Appreciation (B) 11:00 Mind Jogger (B) 1:00 Sing-A-Long (B) 2:00 Wheel of Fortune (B) 3:00 Fruit Salad Social 4:00 SingFit (B) 4:00 Lap Baskets w/Care Managers (B) 6:00 Family Movie Night (LR) 7:00 Meditation	9 9:30 Daily Chronicles (B) 10:00 Music & Movement w/Bella (B) 11:00 Faces & Places 11:30 Red Robin Lunch Outing (O) 1:00 Sing-A-Long (B) 2:00 Wheel of Fortune (B) 3:00 Fruit Salad Social 4:00 SingFit (B) 4:00 Lap Baskets w/Care Managers (B) 6:00 Family Movie Night (LR) 7:00 Meditation	10 9:30 Daily Chronicles (B) 10:00 Chair Zumba w/Tri (B) 10:30 Be your Own Judge 11:00 Balloon Volleyball 1:00 Sing-A-Long (B) 2:00 Family Feud (B) 3:00 Ice Tea Social 3:30 Music by The Tarantellas 4:00 Music Appreciation (B) 6:00 Family Movie Night (LR) 7:00 Meditation	11 9:30 Daily Chronicles (2F) 10:00 Hymns and Bible Study (2F) 10:45 Exercise Essential (2F) 11:15 Community Service (B) 1:00 Sing-A-Long (B) 2:00 Jeopardy (B) 3:00 Popcorn & Trivia Social (B) 4:00 Bean Bag Toss (B) 6:00 Family Movie Night (LR) 7:00 Meditation	12 9:30 Daily Chronicles (SR) 10:00 Exercise Essentials (B) 10:30 News Currents (LR) 1:00 Sing-A-Long (B) 2:00 Bean Bag Toss Tournament (B) 3:00 Happy Hour (B) 4:00 Dancing w/The Stars (B) 6:00 Family Movie Night (LR) 7:00 Meditation
9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Mind Your Mind (B) 11:00 Bowling Tournament (B) 11:15 Catholic Service (RR) 1:00 Church Service & Hymns (B) 2:00 Walking Club 2:30 Bothell Historic Museum (O) 2:30 Short Stories w/Barbie 3:00 Sundae Social (B) 4:00 Bean Bag Toss Games (B) 6:00 Family Movie Night (LR) 7:00 Meditation	13 9:30 Daily Chronicles (B) 10:00 Exercise Essential (B) 10:30 Finish The Line (B) 11:00 Reminiscing and Sharing (B) 1:00 Sing-A-Long (B) 2:00 Seasonal Arts & Crafts (AR) 3:00 Margarita Monday Social (B) 3:30 Music w/Doug Deems 6:00 Family Movie Night (LR) 7:00 Meditation	14 9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Music Appreciation (B) 11:00 Mind Jogger (B) 1:00 Sing-A-Long (B) 2:00 Balloon Volleyball (B) 3:00 Pumpkin Pie Social 4:00 Arts & Crafts (B) 6:00 Family Movie Night (LR) 7:00 Meditation	15 9:30 Daily Chronicles (B) 10:00 Morning Stretch (B) 10:30 Name That Tune 11:00 Faces & Places 1:00 Sing-A-Long (B) 2:00 Wheel of Fortune (B) 3:00 Fruit Smoothie Social 3:30 Home School Children (B) 4:00 Lap Baskets w/Care Managers (B) 6:00 Family Movie Night (LR) 7:00 Meditation	16 9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Be your Own Judge 11:00 Balloon Volleyball 11:30 Olive Garden Lunch Outing (O) 1:00 Sing-A-Long (B) 2:00 Family Feud (B) 3:00 Alaska State Social 4:00 Music Appreciation (B) 6:00 Family Movie Night (LR) 7:00 Meditation	17 9:30 Daily Chronicles (2F) 10:00 Hymns and Bible Study (2F) 10:45 Exercise Essential (2F) 11:15 Community Service (B) 1:00 Sing-A-Long (B) 2:00 Community Service Project (B) 3:00 Popcorn & Trivia Social (B) 4:00 Bean Bag Toss (B) 6:00 Family Movie Night (LR) 7:00 Meditation	18 9:30 Daily Chronicles (SR) 10:00 Exercise Essentials (B) 10:30 News Currents (LR) 1:00 Sing-A-Long (B) 2:00 Bean Bag Toss Tournament (B) 3:00 Happy Hour (B) 4:00 Dancing w/The Stars (B) 6:00 Family Movie Night (LR) 7:00 Meditation	19 9:30 Daily Chronicles (SR) 10:00 Exercise Essentials (B) 10:30 News Currents (LR) 1:00 Sing-A-Long (B) 2:00 Bean Bag Toss Tournament (B) 3:00 Happy Hour (B) 4:00 Dancing w/The Stars (B) 6:00 Family Movie Night (LR) 7:00 Meditation
9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Mind Your Mind (B) 11:00 Bowling Tournament (B) 11:15 Catholic Service (RR) 1:00 Sunrise Oktoberfest (AR) 2:00 Walking Club 2:30 Short Stories w/Barbie 3:00 Sundae Social (B) 4:00 Bean Bag Toss Games (B) 6:00 Family Movie Night (LR) 7:00 Meditation	20 9:30 Daily Chronicles (B) 10:00 Exercise Essential (B) 10:30 Finish The Line (B) 11:00 Reminiscing and Sharing (B) 1:00 Sing-A-Long (B) 2:00 Seasonal Arts & Crafts (AR) 3:00 Margarita Monday Social (B) 4:00 Lap Baskets w/Care Managers (B) 6:00 Family Movie Night (LR) 7:00 Meditation	21 9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Music Appreciation (B) 11:00 Mind Jogger (B) 1:00 Sing-A-Long (B) 2:00 Music w/ The Variety Band (B) 3:00 Pumpkin Decorating Social 4:00 Arts & Crafts (B) 6:00 Family Movie Night (LR) 7:00 Meditation	22 9:30 Daily Chronicles (B) 10:00 Morning Stretch (B) 10:30 Name That Tune 11:00 Faces & Places 1:00 Sing-A-Long (B) 2:00 Wheel of Fortune (B) 3:00 Bellevue Art Museum (O) 3:00 Root Beer Social (B) 4:00 Lap Baskets w/Care Managers (B) 6:00 Family Movie Night (LR) 7:00 Meditation	23 9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Be your Own Judge 11:00 Balloon Volleyball 12:00 Birthday Lunch with Jennie (2F) 1:00 Sing-A-Long (B) 2:00 Family Feud (B) 3:00 Muffins & Hot Oider Social 4:00 Music Appreciation (B) 6:00 Family Movie Night (LR) 7:00 Meditation	24 9:30 Daily Chronicles (2F) 10:00 Hymns and Bible Study (2F) 10:45 Exercise Essential (2F) 11:15 Community Service (B) 1:00 Sing-A-Long (B) 2:00 Jeopardy (B) 3:00 Popcorn & Trivia Social (B) 4:00 Bean Bag Toss (B) 6:00 Family Movie Night (LR) 7:00 Meditation	25 9:30 Daily Chronicles (SR) 10:00 Exercise Essentials (B) 10:30 News Currents (LR) 1:00 Sing-A-Long (B) 2:00 Bean Bag Toss Tournament (B) 3:00 Happy Hour (B) 4:00 Dancing w/The Stars (B) 6:00 Family Movie Night (LR) 7:00 Meditation	26 9:30 Daily Chronicles (SR) 10:00 Exercise Essentials (B) 10:30 News Currents (LR) 1:00 Sing-A-Long (B) 2:00 Bean Bag Toss Tournament (B) 3:00 Happy Hour (B) 4:00 Dancing w/The Stars (B) 6:00 Family Movie Night (LR) 7:00 Meditation
9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Mind Your Mind (B) 11:00 Bowling Tournament (B) 11:15 Catholic Service (RR) 1:00 Church Service & Hymns (B) 1:30 Scenic Drive (O) 2:00 Walking Club 2:30 Short Stories w/Barbie 3:00 Sundae Social (B) 3:00 Church with Sandy and Dusty (AR) 4:00 Bean Bag Toss Games (B) 6:00 Family Movie Night (LR) 7:00 Meditation	27 9:30 Daily Chronicles (B) 10:00 Appreciating Country Music (B) 10:00 Exercise Essential (B) 10:30 Finish The Line (B) 11:00 Reminiscing and Sharing (B) 1:00 Sing-A-Long (B) 2:00 Seasonal Arts & Crafts (AR) 3:00 Margarita Monday Social (B) 4:00 Lap Baskets w/Care Managers (B) 6:00 Family Movie Night (LR) 7:00 Meditation	28 9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Music w/Gary Hood (B) 11:00 Mind Jogger (B) 1:00 Sing-A-Long (B) 2:00 Balloon Volleyball (B) 3:00 Tea and Trivia Social (B) 4:00 Arts & Crafts (B) 6:00 Family Movie Night (LR) 7:00 Meditation	29 9:30 Daily Chronicles (B) 10:00 Morning Stretch (B) 10:30 Name That Tune 11:00 Faces & Places 1:00 Sing-A-Long (B) 2:00 Wheel of Fortune (B) 3:00 Arizona State Social 4:00 Lap Baskets w/Care Managers (B) 6:00 Family Movie Night (LR) 7:00 Meditation	30 9:30 Daily Chronicles (B) 10:00 Exercise Essentials (B) 10:30 Be your Own Judge 11:00 Balloon Volleyball 1:00 Sing-A-Long (B) 2:00 Family Feud (B) 3:00 Harvest House Social (B) 4:00 Music Appreciation (B) 6:00 Family Movie Night (LR) 7:00 Meditation	31 Happy Birthday Gladys P. 	Even if something is left undone. everyone must take time to sit still and watch the leaves turn. - Elizabeth Lawrence	