

AR - Activity Room
 LB - Library
 JB - Juice Bar
 DR - Dining Room
 CSF - Care Station
 Fireside
 R - requires reservation
 T - transportation is provided

BOLD BLACK - Outings
BOLD BLUE - Live Entertainment
RED - Medical Transports
BOLD PURPLE - Special Events
BOLD ORANGE - Meetings
BOLD GREEN - Seminars

** Resident Led Activity

SUNDAY		MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				AM Doctor Transports 1 10:00 Seated Yoga & Meditation (AR) 1:00 Blackjack (JB) 1:30 Scenic Drive R&T 3:00 No Talent Show Committee & Talent Kickoff Meeting! (HS Library) 5:45 Movie Night (AR) **	8:30 Men's Breakfast 2 10:00 Comfort Keeper's Caregiver Support Group (CSF) 11:30 Safeway/Dollar Store R&T 11:30 Sittercise (AR) 1:30 Norm Shaw's 100th Birthday! (FF JB) R&T 3:00 Bingo (AR)	PM Doctor Transports 3 9:00 Walk Redondo R&T 10:00 Seated Yoga & Meditation (AR) 11:00 Bible Study (AR) 11:00 - 1:00 Apple Fest! (FF) R&T 2:00 Reminiscing (LB) 3:00 Armchair Travel (JB)	9:00 Mobile Library (JB) 4 11:30 Sittercise (AR) 1:00 5 Card Draw Poker (JB) 2:00 Raffle Bingo (AR)	9:30 St. Vincent De Paul Communion (CSF) 5 10:00 Bridge (AL) ** 10:00 Village Green Crafters (CR) 2:00 Show & Tell (JB) **
9:30 Group Hymn Singing (JB) 6	11:30 Sittercise (AR) 7 1:00 Rummikub (JB) ** 1:45 Wii Bowling (AR) 3:00 Bingo (AR) Special Oktoberfest Dinner	AM Doctor Transports 8 10:00 Seated Yoga & Meditation (AR) 1:00 Blackjack (JB) 1:30 Scenic Drive R&T 2:00 Live Music, Dan Hausler (JB) 3:00 Balloon Volleyball (JB) 5:45 Movie Night (AR) **	9:30 Fred Meyer/Winco R&T 9 11:30 Sittercise (AR) 1:00 Round Table Meeting (JB) 1:45 Wii Bowling (AR) 3:00 Bingo (AR) 5:00 Christian Prayer Meeting (JB)	PM Doctor Transports 10 9:00 Walk Ruston R&T 10:00 Seated Yoga & Meditation (AR) 11:00 Bible Study (AR) 1:00 Rummikub (JB) ** 3:00 Armchair Travel (AR)	11:30 Sittercise (AR) 11 11:00 Ladies Lunch, Antique Sandwich Shop & Shopping at Waterfront Farmers Market R&T 1:00 5 Card Draw Poker (JB) 2:00 Raffle Bingo (AR)	9:30 St. Vincent De Paul Communion (CSF) 12 10:00 Bridge (AL) ** 10:00 Village Green Crafters (CR) 2:00 Show & Tell (JB) **		
9:30 Group Hymn Singing (JB) 13	11:30 Sittercise 14 1:00 Rummikub (JB) ** 2:15 Wine & Cheese (JB) 3:00 Bingo (AR) 4:10 Therapy Dog Visits (JB)	AM Doctor Transports 15 10:00 Seated Yoga & Meditation (AR) 1:00 Blackjack (JB) 1:30 Scenic Drive R&T 2:00 Alzheimer's Association Seminar, 10 Warning Signs (AR) 5:45 Movie Night (AR) ** NW Wellness - Chiropractor	10:00 Snoqualmie Casino R&T 16 11:30 Sittercise (AR) 1:00 Activities Meeting (JB) 1:45 Wii Bowling (AR) 3:00 Bingo (AR) 6:15 Don Quixote Ballet at PAEC R&T (Cost \$35)	PM Doctor Transports 17 9:30 Walk Commons Mall R&T 10:00 Seated Yoga & Meditation (AR) 11:00 Bible Study (AR) 1:00 Rummikub (JB) ** 2:00 Reminiscing (LB) 3:00 Armchair Travel (AR)	9:30 Target & Trader Joes R&T 18 11:30 Sittercise (AR) 1:00 5 Card Draw Poker (JB) 2:00 Raffle Bingo (AR)	9:30 St. Vincent De Paul Communion (CSF) 19 10:00 Bridge (AL) ** 10:00 Village Green Crafters (CR) 2:00 Show & Tell **		
9:30 Group Hymn Singing (JB) 20	10:00 Lemay Car Museum R&T 21 11:30 Sittercise (AR) 1:00 Rummikub (JB) ** 1:45 Wii Bowling (AR) 3:00 Bingo (AR)	AM Doctor Transports 22 10:00 Seated Yoga & Meditation (AR) 1:00 Blackjack (JB) 1:30 Scenic Drive R&T 3:00 Balloon Volleyball (JB) 3:15 Dining Out, Milton Lodge Bar & Grill R&T 5:45 Movie Night (AR) *	11:30 Sittercise 23 1:00 Talk Soup (Gardens DR) 1:45 Wii Bowling (AR) 3:00 Bingo (AR)	PM Doctor Transports 24 9:30 Walk Tacoma Mall R&T 11:00 Bible Study (AR) 1:00 Rummikub (JB) ** 2:00 Reminiscing (LB) 3:00 Armchair Travel (AR)	11:30 Sittercise 25 1:00 5 Card Draw Poker (JB) 2:00 Raffle Bingo! (AR) 3:00 Happy Hour (JB)	9:30 St. Vincent De Paul Communion (CSF) 26 10:00 Bridge (AL) ** 10:00 Village Green Crafters (CR) 1:00 CityHill Church Youth Group Song & Study (JB) 2:00 Show & Tell (JB) **		
9:30 Group Hymn Singing (JB) 27 1:00 Seahawks Viewing Party! (AR)	11:30 Sittercise (AR) 28 1:00 Rummikub (JB) ** 1:45 Wii Bowling (AR) 3:00 Bingo (AR) 4:10 Therapy Dog Visits (JB)+	AM Doctor Transports 29 10:00 Seated Yoga & Meditation (AR) 1:00 Blackjack (JB) 1:30 Scenic Drive R&T 3:00 Conversation Cafe! (JB) 5:45 Movie Night (AR) **	9:30 WalMart & Costco R&T 30 11:30 Sittercise (AR) 1:45 Wii Bowling (AR) 3:00 Sing Along with Cameron (JB) 6:00 to 7:00 Community Trick or Treat! (Campus Wide, Sign up to pass out candy!)	PM Doctor Transports 31 9:30 Walk South Hill Mall R&T 11:00 Bible Study (AR) 1:00 Rummikub (JB) ** 2:00 Reminiscing (LB) 3:00 Armchair Travel (AR)	<div data-bbox="2099 1444 2848 1791" data-label="Section-Header"> <p>2024  OCTOBER HEARTSIDE & GARDENS</p> </div>			

10/01
The No Talent Show is just around the corner with the holiday season upon us! Come to the first meeting to help with planning, to participate as talent, and to learn more!

10/03
Come sample the Flavors of Fall at Apple Fest!

10/16
Hop on the bus for a cultured, evening event. Enjoy Don Quixote, the Ballet at the PAEC. Activities will assist with your online ticket purchase. Prices range from 30.00 to 70.00.

10/21
Hop on the bus and join your friends & neighbors at The Lemay Car Museum! Entry is 22.50. We will purchase tickets day of.

10/30
It's Spooky Season and time for our Village Green Community Trick or Treat! Sign up with the front desk if you would like to pass out candy to the kiddos!

*** Doctor Transports *** AM 7:30 to 11:30 / PM 12:30 to 4:00