

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

October 2024

<p>October 2024</p>	<p>Dr. Appointments: West Seattle 1 10:00 Morning Stretch 10:30 Games: Uno 11:15 Coffee & Conversation 1:15 Hairology: Mo talks hair 2:30 Screen Bingo 3:30 Games: Rummy</p>	<p>2 10:00 Morning Stretch 10:45 Strength & Balance 11:00 Lunch Out: Indian Bistro 2:00 Games: Farkle 3:30 Games: Spooky Smash 6:30 Games: Wizard</p> <p>Rosh Hashanah Begins</p>	<p>3 10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 1:15 Hand & Foot 2:00 Hocus Pocus Party 2:15 Language Learning: ASL</p>	<p>4 10:00 Morning Stretch 10:45 Fitness & Balance 11:15 Exercise with Danica 1:15 Bonsai Museum 3:00 Word Games</p>	<p>5 10:30 Wizard Card Game 2:00 Movie Matinee</p>	
<p>Church Transport: West Seattle 6 2:00 Movie Matinee 2:00 Wizard Card Game</p>	<p>7 10:00 Morning Stretch 10:30 Wii Sports: Bowling 11:15 Exercise with Danica 1:15 Shopping: Goodwill 2:15 Games: Wizard 4:00 Prayer & Communion</p>	<p>Dr. Appointments: West Seattle 8 10:00 Morning Stretch 10:30 Games: Tik Tak Toe 11:15 Coffee & Conversation 1:15 Prize Bingo 2:15 Lifelong Learning; Octopi 3:30 Movie Matinee: Octopus 5:00 Birthday Celebrations!</p>	<p>9 10:00 Morning Stretch 10:00 Morning Stretch 10:30 Animal Visit: Bohdi 1:15 Scenic Drive: Discovery 4:00 Reminiscing: Roadtrips 6:30 Games: Wizard</p>	<p>10 10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 1:15 Gym Hour 3:30 German Happy Hour 5:00 Octoberfest Dinner</p>	<p>11 10:00 Morning Stretch 10:45 Fitness & Balance 1:15 Lifelong Learning: Myths 2:00 Quarterly Auction 3:00 Word Games 4:00 Games in the Gardens</p> <p>Yom Kippur Begins</p>	<p>12 10:30 All Resident Council Meeting with David 11:00 Wizard Card Game 2:00 Movie Matinee</p>
<p>Church Transport: West Seattle 13 2:00 Wizard Card Game 2:00 Movie Matinee</p>	<p>14 10:00 Morning Stretch 10:30 Wii Sports: Bowling 11:15 Exercise with Danica 1:15 Shopping: Southcenter 2:15 Games: Wizard 4:00 Prayer & Communion</p> <p>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</p>	<p>Dr. Appointments: Burien 15 10:00 Morning Stretch 10:30 Resident Council & Eva 11:15 Coffee & Conversation 12:00 Home Sweet Home Lunch 1:15 Music: Hymn Sing 2:00 Prize Bingo 3:15 Craft Corner: Cards</p>	<p>16 10:00 Morning Stretch 10:45 Seattle Aquarium + Lunch 6:30 Games: Wizard</p> <p>Sukkot Begins</p>	<p>17 10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 1:15 Hand & Foot</p>	<p>18 10:00 Morning Stretch 10:45 Fitness & Balance 11:15 Healthy Living Series 1:15 Scenic Drive: Alki 3:00 Word Games 4:00 Games in the Gardens</p>	<p>19 10:30 Wizard Card Game 2:00 Movie Matinee</p>
<p>Church Transport: West Seattle 20 10:30 All Souls Church Service 2:00 Wizard Card Game 2:00 Movie Matinee</p>	<p>21 10:00 Morning Stretch 10:30 Wii Sports: Bowling 11:15 Exercise with Danica 1:15 Shopping: Fred Meyer 2:15 Games: Wizard 4:00 Prayer & Communion</p>	<p>Dr. Appointments: Capitol Hill 22 10:00 Morning Stretch 10:30 Games in the Gardens 11:15 Coffee & Conversation 1:15 Scenic Drive: Seahurst 2:15 Tasty Tuesday: Dessert Nachos</p>	<p>23 10:00 Morning Stretch 10:45 Strength & Balance 1:15 Theo Chocolate Tour 6:30 Games: Wizard</p>	<p>24 10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 2:15 Fall Festival</p> <p>Simchat Torah Begins</p>	<p>25 10:00 Morning Stretch 10:45 Fitness & Balance 1:15 International Art Day 2:00 Talk Food with MaGlori 3:00 Word Games 4:00 Games in the Gardens</p>	<p>26 10:30 Wizard Card Game 2:00 Movie Matinee</p>
<p>Church Transport: West Seattle 27 2:00 Wizard Card Game 2:00 Movie Matinee</p>	<p>28 10:00 Morning Stretch 10:30 Wii Sports: Bowling 11:15 Exercise with Danica 1:15 Shopping: Westwood 2:15 Games: Wizard 4:00 Prayer & Communion</p>	<p>Dr. Appointments: Capitol Hill 29 10:00 Morning Stretch 10:30 Games in the Gardens 11:15 Anima Visit: Kallie's Cat 1:15 Games: Resident Choice 2:15 Activity Meeting</p>	<p>30 10:00 Morning Stretch 10:30 Trick or Treat 1:15 Halloween Party 3:30 Prize Bingo 6:30 Games: Wizard</p>	<p>31 10:00 Morning Stretch 10:30 Chair Yoga with Nadine 11:15 Wii Sports: Bowling 1:15 Carmel Apple Flight 2:15 Happy Hour: Mimosas 4:00 Reminiscing: Costumes</p> <p>Halloween</p>		