

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 Distinctive Retirement Lifestyles	1 8:00 Rise and Thrive (1P) 8:45 Morning Exercise (1A) 1:00 Gametime: 3x5 (1FS) 1:00 Chair Volleyball (1P) 2:00 Balance (1P) 3:00 Live Music with Paul Eddy (1A)	2 8:45 Morning Exercise (1A) 10:00 Bingo (1A) 11:15 Sit-N-Fit (1P) 1:00 Mexican Train (1FS) 2:00 Poker (2B) 6:00 Live Music—Perfectly Adequate (1A)	3 8:00 Rise and Thrive (1P) 8:45 Morning Exercise (1A) 10:00 Rosary (3T) 10:30 Communion (3T) 10:30 UPWORD (1FS) 11:00 Functional Circuit (1G) 1:00 Northern Exposure Series (3T) 1:00 Gametime: 3x5 (1FS) 1:00 Bridge Club (2CR) 2:00 Balance (1P) 3:30 Happy Hour—Trivia (1A)	4 10:00 Safeway Shopping 11:00 Garden Club 12:45 Bingo (1A) 1:00 Shopping- North Stores-Costco 1:30 Pinochle (1FS) 3:30 Socrates Café (3T) 7:00 Saturday Night Movie (3T) <i>Dead Poets Society —Drama 2hrs 8</i>
5 9:15 Church Rides 10:00 Community Worship-Zion Lutheran (3T) 1:30 Bridge Club (1P) 7:00 Mexican Train (1FS) 	6 8:00 Rise and Thrive (1P) 8:45 Morning Exercise (1A) 10:00 Better Brains Games (3T) 11:00 Functional Circuit (1G) 11:30 Qwirkle Game (IFS) 1:00 Gametime: 3x5 (1FS) 1:00 Exercise Bingo (1P) NEW 2:00 Matinee Movie (3T) 2:00 Balance (1P)	7 8:45 Morning Exercise (1A) 10:00 Bingo (1A) 10:00 Busy Fingers (1FS) 11:15 Sit-N-Fit (1P) 1:00 Games-RummiKub (1FS) 2:00 Cardio Chair Dancing (1P) 3:30 Resident Birthday Party (1A) 5:00 Piano Music with Larry Rauch (D) 	8 8:00 Rise and Thrive (1P) 8:45 Morning Exercise (1A) 11:00 Thrift Store Shopping 1:00 Gametime: 3x5 (1FS) 1:00 Chair Volleyball (1P) 2:00 Balance (1P) 3:00 Live Music —Jazz Guys (1FS) 	9 8:45 Morning Exercise (1A) 10-12:00 Flu Clinic (3T) 10:00 Bingo (1A) 11:15 Sit-N-Fit (1P) 1:00 Mexican Train (1FS) 2:00 Poker (2B) 2:00 Cardio Drumming (1P) 2:00 Watercolors with Bill Lewis (3AC) 3:00 Telescope Guy-Aliens (1A) Costumes!! Treats 	10 8:00 Rise and Thrive (1P) 8:45 Morning Exercise (1A) 10:15 Book Club (Library) <i>Time Change</i> 10:00 Rosary (3T) 10:30 Communion (3T) 10:30 UPWORD (1FS) 11:00 Functional Circuit (1G) 1:00 Northern Exposure Series (3T) 1:00 Gametime: 3x5 (1FS) 1:00 Bridge Club (2CR) 2:00 Balance (1P) 3:30 Happy Hour (1A)	11 10:00 Safeway Shopping 11:00 Garden Club—Clean up 12:45 Bingo (1A) 1:00 Shopping Trip- South Stores 1:30 Pinochle (1FS) 3:30 Socrates Café (3T) 7:00 Saturday Night Movie (3T) <i>What Would Sophia Loren Do?—Documentary 30 min</i>
12 9:15 Church Rides 10:00 Community Worship-Zion Lutheran (3T) 10:30 Walk to End Alzheimer's 1:30 Bridge Club (1P) 7:00 Mexican Train (1FS)	13 8:00 Rise and Thrive (1P) 8:45 Morning Exercise (1A) 10:00 Better Brains Games (3T) 11:00 Functional Circuit (1G) 1:00 Gametime: 3x5 (1FS) 2:00 Matinee Movie (3T) 2:00 Balance (1P)	14 8:45 Morning Exercise (1A) 10:00 Bingo (1A) 10:00 Busy Fingers (1FS) 11:15 Sit-N-Fit (1P) 1:00 Games-RummiKub (1FS) 2:00 Cardio Chair Dancing (1P) 3:00 Price Is Right-New Level (1A)	15 8:00 Rise and Thrive (1P) 8:45 Morning Exercise (1A) 10:00 Craft Time- New Level (3AC) 1:00 Chair Volleyball (1P) 1:00 Gametime: 3x5 (1FS) 2:00 Balance (1P) 2:45 Fit –4-Life (1P) NEW 3:00 Whispering Winds Sing-A-Long (1A) 	16 8:45 Morning Exercise (1A) 10:00 Bingo (1A) 11:15 Sit-N-Fit (1P) 11:15 Cooking with Chef (1A) Sign Up 1:00 Mexican Train (1FS) 2:00 Cardio Drumming (1P) 2:00 Poker (2B)	17 8:45 Morning Exercise (1A) 10:00 Rosary (3T) 10:30 Communion (3T) 10:30 UPWORD (1FS) 1:00 Northern Exposure Series (3T) 1:00 Gametime: 3x5 (1FS) 1:00 Bridge Club (2CR) 3:30 Happy Hour (1A)	18 10:00 Safeway Shopping 12:45 Bingo (1A) 1:00 Shopping Trip North Stores-Costco 1:30 Pinochle (1FS) 3:30 Socrates Café (3T) 7:00 Saturday Night Movie (3T) <i>Into the Woods —Musical 2hrs 5</i>
19 9:15 Church Rides 10:00 Community Worship-Zion Lutheran (3T) 1:00 Charlie Young-Presentation—Mediation 1:30 Bridge Club (1P) 7:00 Mexican Train	20 8:00 Rise and Thrive (1P) 8:45 Morning Exercise (1A) 10:00 Better Brains Games (3T) 11:00 Functional Circuit (1G) 11:30 Qwirkle Game (IFS) 1:00 Gametime: 3x5 (1FS) 1:00 Exercise Bingo (1P) 2:00 Matinee Movie (3T) 2:00 Balance (1P)	21 8:45 Morning Exercise (1A) 10:00 Bingo (1A) 10:00 Busy Fingers (1FS) 11:15 Sit-N-Fit (1P) 1:00 Games-RummiKub (1FS) 2:00 Cardio Chair Dancing (1P) 3:00 Resident Meeting (1A) 6:00 Jam Session with The Jammers (1A)	22 8:00 Rise and Thrive (1P) 8:45 Morning Exercise (1A) 10:00 Games-RummiKub (1FS) 10:30 Pumpkin Patch Trip 1:00 Chair Volleyball (1P) 1:00 Gametime: 3x5 (1FS) 2:00 Balance (1P) 2:45 Fit –4-Life (1P) 3:30 Get to Know Your Neighbor-Topic—What are you Most Proud of?	23 8:45 Morning Exercise (1A) 10:00 Bingo (1A) 11:15 Sit-N-Fit (1P) 1:00 Mexican Train (1FS) 1:00-4:00 Karen Stockton- Antique Show (1A) Sign Up 2:00 Cardio Drumming (1P) 2:00 Poker (2B) 2:00 Watercolors with Bill Lewis (3AC) 6:00 Live Music—Jen Forti (1A)	24 8:00 Rise and Thrive (2J) 8:45 Morning Exercise (1A) 10:00 Activities Committee Meeting (1FS) 10:00 Rosary (3T) 10:30 Communion (3T) 10:30 UPWORD (1FS) 11:00 Functional Circuit (1G) 1:00 Northern Exposure Series (3T) 1:00 Gametime: 3x5 (1FS) 1:00 Bridge Club (2CR) 2:00 Balance (1P) 2:30 Live Music Tumble Weeds 3:30 Happy Hour (1A)	25 10:00 Safeway Shopping 12:45 Bingo (1A) 1:00 Shopping Trip- South Stores 1:30 Pinochle (1FS) 3:30 Socrates Café (3T) 7:00 Saturday Night Movie (3T) <i>Thursday Murder Club— Comedy 2hrs</i>
26 9:15 Church Rides 10:00 Community Worship-Zion Lutheran (3T) 1:30 Bridge Club (1P) 7:00 Mexican Train (1FS) 	27 8:00 Rise and Thrive (1P) 8:45 Morning Exercise (1A) 10:00 Better Brains Games (3T) 11:00 Functional Circuit (1G) 11:30 Presentation—Erin —Winchester Mystery House (3T) 1:00 Gametime: 3x5 (1FS) 2:00 Matinee Movie (3T) 2:00 Balance (1P)	28 8:45 Morning Exercise (1A) 10:00 Bingo (1A) 10:00 Busy Fingers (1FS) 11:15 Sit-N-Fit (1P) 1:00 Games-RummiKub (1FS) 2:00 Cardio Chair Dancing (1P) 3:00 Residents Social (1A) <i>Donuts & Coffee</i> 4:00 Stroke Awareness Oregon <i>Strike Out Stroke Annual Event- Westside Church— Sign up</i> 	29 8:00 Rise and Thrive (1P) 8:45 Morning Exercise (1A) 10:00 Games-RummiKub (1FS) 11:30 American Cuisine —Olive Garden 1:00 Chair Volleyball (1P) 1:00 Gametime: 3x5 (1FS) 2:00 Balance (1P) 2:45 Fit –4-Life (1P) 3:00 Whispering Winds Sing-A-Long (1A)	30 8:45 Morning Exercise (1A) 10:00 Bingo (1A) 11:00 Rons Baseball Collection (1FS) 11:15 Sit-N-Fit (1P) 1:00 Mexican Train (1FS) 2:00 Cardio Drumming (1P) 2:00 Poker (2B) 	31 Halloween 8:45 Morning Exercise (1A) 10:00 Rosary (3T) 10:30 UPWORD (1FS) 1:00 Northern Exposure Series (3T) 1:00 Gametime: 3x5 (1FS) 1:00 Bridge Club (2CR) 1:30 St. Francis Children's Choir (1FS) 3:30 Halloween Party-Yappy Hour-Happy Hour (1A) 	