

October Holidays

Feast of St. Francis of Assisi ~ 4th
 Columbus Day ~ 8th
 Boss' Day ~ 16th
 United Nations Day ~ 24th
 Halloween ~ 31st





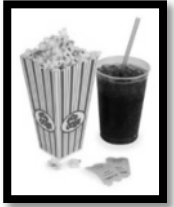

October 2018

Life Enrichment Calendar

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6:9

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Nail Care</u> <u>by Sheila Winter</u> 2nd & 4th Tuesday 10:00am - 3:00pm</p>  <p>(3rd floor Sharrard Room) Please call her to set up an appointment. (253) 709-2809</p>	<p>1</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 12:30 Mahjong (FS) 1:00 The Great Courses DVD Lecture Series: "How to Listen To and Understand Great Music" (T) 2:30 Lea Hill Singers (A)</p>	<p>2</p> <p>8:30 Outing to YMCA Pool (*) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Bible Study (JC) 3:00 Movie Committee Meeting (T) 7:00 Resident ERT Radio Check 7:15 Yoga & Meditation (F)</p>	<p>3</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:00 Lunch Outing to The Olive Branch Café (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 3:00 Hymn Sing (FS)</p>	<p>4</p> <p>8:30 Outing to YMCA Pool (*) 8:45 Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 12:30 Veterans' Parade Committee Meeting (JC) 1:00 Emergency Response Team Meeting (A) 3:00 Drum Circle w/ Andrew (A)</p>	<p>5</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) 1:00 "Moms' Night Out" Movie & Popcorn (T) 1:30 "ShakeAlert: Time to Act" Earthquake Presentation (A) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p>6</p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 Lea Hill Quilters (JC) 1:00 "Little Boy" Movie (T) 6:30 Movie 2nd Showing (T)</p>
<p>7</p> <p>1:00 Walking Club Outing (*) 3:00 Bean Bag Toss/ Tournament (F) 6:30 Sunday Vespers (B)</p> <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p>50¢ OFF Your Deli next Sandwich 10/31/18</p> </div>	<p>8</p> <p>9:15 Cardio Circuit (F) 9:30 Resident Photoshoot (FS) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 12:30 Mahjong (FS) 1:00 The Great Courses DVD Lecture Series: "How to Listen To and Understand Great Music" (T) 2:30 Lea Hill Singers (A)</p>	<p>9</p> <p>7:30 Omelet Bar (HD) 8:30 Outing to YMCA Pool (*) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (JC) 10:15 Pinnacle Circuit (F) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Bible Study (B) 3:00 Native American Flute Presentation (A) 3:00 Prayer Chain Group (CCC) 7:00 Resident ERT Radio Check 7:15 Yoga & Meditation (F)</p>	<p>10</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:00 Lunch Outing to Class Act Restaurant (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 3:00 Hymn Sing (FS)</p>	<p>11</p> <p>8:30 Outing to YMCA Pool (*) 8:45 Tai Chi (F) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Veterans' Parade Committee Meeting (JC) 2:00 Conversation In The Round (A) 2:30 "Oktoberfest" Happy Hour (FS)</p>	<p>12</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) 1:00 "Ansel Adams-American Experience" Movie & Popcorn (T) 2:00 Welcome Wagon Committee Meeting (FS) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p>13</p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "How Do You Know?" Movie (T) 1:00 Outing to "Addams Family" Musical (*) 6:30 Movie 2nd Showing (T)</p>

<p>14</p> <p>1:15 Outing to Auburn Symphony (*) 6:30 Sunday Vespers (B)</p>	<p>15</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 1:00 The Great Courses DVD Lecture Series: "How to Listen To and Understand Great Music" (T) 1:00 Lea Hill Book Club (JC) 2:30 Lea Hill Singers (A) 6:00 Guide Dog Visit (FS)</p>	<p>16</p> <p>9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 10:45 Visiting Library (FS) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Bible Study (JC) 2:30 Functional Aging Presentation (A) 7:00 Resident ERT Radio Check 7:15 Yoga & Meditation (F)</p>	<p>17</p> <p>9:00 Breakfast Outing to Sunbreak Café (*) 9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 12:30 Visit w/ Japanese Students (FS) 1:00 Cooking Class & Nutrition Talk with Executive Chef Jerry and Dietitian Mariya (HD) 3:00 Hymn Sing (FS)</p>	<p>18</p> <p>8:45 Tai Chi (F) 9:00 Water Aerobics Class (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Veterans' Parade Committee Meeting (JC) 2:00 Grief Support Group (S) 3:00 Drum Circle w/ Andrew (A)</p>	<p>19</p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility(F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) 1:00 Thirty-Minute Book Talk (AL) 1:00 "Beyond A Reasonable Doubt" Movie & Popcorn (T) 2:00 Medicare Presentation with Paul Gunther (A) 3:00 Brain Fitness (JC) 4:00 Dinner on The Hill "A Taste of Italy" (HD) 6:30 Movie 2nd showing (T)</p>	<p>20</p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) 1:00 "Antarctica-A Year On Ice" Movie (T) 3:30 Entertainment w/ Jim & Beth Wulff (FS) 6:30 Movie 2nd Showing (T)</p>
<p>21</p> <p>6:30 Sunday Vespers (B)</p>	<p>22</p> <p>9:15 Cardio Circuit (F) 9:30 Resident Photoshoot (FS) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 12:30 Mahjong (FS) 1:00 The Great Courses DVD Lecture Series: "How to Listen To and Understand Great Music" (T) 1:00 Outing to Trader Joe's (*) 2:30 Lea Hill Singers (A)</p>	<p>23</p> <p>9:00 Water Aerobics Class (P) 9:00 OnSite Dermatology Appointments (HD) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Bible Study (JC) 2:30 "Sounds of Sinatra" w/ Tony McCarthy (FS) 7:00 Resident ERT Radio Check 7:15 Yoga & Meditation (F)</p>	<p>24</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 1:30 The Rise of Autocracies: China, Russia, Turkey and Venezuela by GRC Primetime Presenter, Rich Elfers 3:00 Hymn Sing (FS) 4:30 Happy Hour Dinner Outing to Applebee's (*)</p>	<p>25</p> <p>8:45 Tai Chi (F) 9:00 Schryver Medical Lab (S) 9:00 Water Aerobics Class (P) 10:15 Pinnacle Circuit (F) 10:30 Shopping @ Fred Meyer (*) 11:00 Resistance Training with Bands (F) 11:45 Chair Exercises (F) 1:00 Veterans' Parade Committee Meeting (JC) 1:30 Parkinson's Support Group (B) 2:00 Paper crafts w/ Emily (JC) 2:00 Caregiver Support Group (CCC)</p>	<p>26</p> <p>8:00 Men's Breakfast Outing (*) 9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) 1:00 "Finding Your Feet" Movie & Popcorn (T) 1:00 Presentation: "Behind Barbed Wire-Living in a Japanese Internment Camp" (A) 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p>27</p> <p>9:00 AAA Driving Class (A) 12:00 Pinochlers (HD) 12:30 Bridge (FS) 12:30 Outing to Pet Costume Parade (*) 1:00 "Only The Brave" Movie (T) 6:30 Movie 2nd Showing (T)</p>
<p>28</p> <p>11:30 October Prime Rib Brunch (HD) 3:00 Brian Wharton Concert (FS) 6:30 Sunday Vespers (B)</p>	<p>29</p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) 12:30 Mahjong (FS) 1:00 The Great Courses DVD Lecture Series: "How to Listen To and Understand Great Music" (T) 2:30 Lea Hill Singers (A) 4:00 Outing to Serve @ Auburn Community Dinner (*)</p>	<p>30</p> <p>8:00 Training Exercise for Resident ERT Members (A) 9:00 Water Aerobics Class (P) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Bible Study (JC) 2:30 Good News! (T) 7:00 Resident ERT Radio Check 7:15 Yoga & Meditation (F)</p>	<p>31</p> <p>9:00 Self-Guided Water Walking (P) 9:15 Cardio Circuit (F) 10:00 Trick-or-Treaters Visit 10:15 Flexibility (F) 11:00 Ladies Lunch Outing (*) 11:15 Chair Exercises (F) 12:30 Bridge (JC) 3:00 Hymn Sing (FS) 6:00 Visit with Bentley (FS)</p>	<p>Healing Hands Massage Sherrie Miller, LMP</p> <p><i>A variety of massage services are offered</i></p>  <p>Please call her to set up an appointment. (206) 303-8744</p>	<p>Snacks Available</p> <p>Popcorn is provided in the Theater, during the 1:00 movie on Fridays.</p>  <p>A soda pop vending machine is available in the Theater, as well, for your enjoyment anytime.</p>	<p>Medical Appointment Transportation</p> <p>Every Tuesday</p>  <p>Please see book in Andrew's library for times and areas covered, and please sign up 24 hours in advance.</p>

<p>First Floor (*) Lobby/Outing (H) Holman Conference Room (FS) Fireside Room</p>	<p>First Floor (F) Fitness Center (P) Swimming Pool (AL) Andrew's Library</p>	<p>Second Floor (T) Theater (JC) John's Club (A) Assembly Hall</p>	<p>Second Floor (B) Burdine Chapel (HD) Hoben Dining Room (K) Klopfenstein Dining Room</p>	<p>Third Floor (C) Craft Room (S) Sharrard Room</p>	<p>Other (CCC) Care Center Chapel</p>
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