

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>For additional activity supplies please contact Life Enrichment on the 3rd floor or by calling the front desk at 425-557-4200</i></p>	<p>Halloween Door Decorating Contest! (more details to come!)</p>	<p>1 10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 1:00 Bridge (GR) 1:15 Bible Class: <i>"Book of Peter"</i> (GA) 3:00 Town Hall (GA) 6:30 Poker Night (GA) 7:00 Film Fans Movie Night: <i>"Philadelphia"</i> (1993) (TT)</p>	<p>2 10:30 Stretch & Flex (GA) 1:00 Card Game "Sevens" (1FL) 3:00-4:30 Art Gala <i>"Colors in Harmony"</i> (L, LR, DR, 1FL, GA) 6:30 Film Fans Discussion Group <i>"Philadelphia"</i> (1993)</p>	<p>3 10:00 Enhance Fitness (GA) 11:30 Recycling Presentation w/ Recology (GA) 1:00 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 Art Lecture w/ Kolya Rice: <i>"Museum Masterpieces - Europe Part 2"</i> (2/4) (GA) 7:00 Movie: <i>"Momma Mia"</i> (2008) (TT)</p>	<p>4 8:30 Outing to be IN the Salmon Days Parade! * (Sign up to be part of the parade in our bus! FREE shirt & candy) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 2:00 Short Story Creative Writing Class (PDR) 7:00 Movie: <i>"Momma Mia—Here We Go Again"</i> (2018) (TT)</p>
<p>5 No Church Shuttle due to Salmon Days* 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee: <i>"Notting Hill"</i> (1999) (TT) 3:00 Card Game "Sevens" (1FL)</p>	<p>6 10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:00 Ambassador Meeting (PDR) 12:30 Low Vision Support (GR) 1:30 David Smith Lecture: <i>"Social & Criminal Justice"</i> (GA) 3:00 Life Enrichment Planning Meeting (GA) 4:15 Dinner Outing to Well & Table * \$ (Issaquah) 6:30 Jumbo Crossword Puzzle (LR)</p>	<p>7 9:00 Water Exercise (P) 10:45/12:00 Fred Meyer Grocery Shuttle * \$ 1:00-2:30 New Resident Orientation (Gilman Auditorium) 1:00 Bridge (GR) 3:00 Book Club (GR)</p>	<p>8 10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:00 Outing to the Issaquah Salmon Hatchery * 12:00 Catholic Communion (GR) 1:00 Bridge (GR) 3:00 Contemporary Issues Women's Group (GA) 6:30 Poker Night (GA)</p>	<p>9 9:00 Water Exercise (P). 10:00-10:30 Traveling Library (L) 10:30 Stretch & Flex (GA) 11:30 Current Events (GA) 1:00 Card Game "Sevens" (1FL) 1:15 Outing to Village Theater "Brigadoon" * \$\$ 1:30 Balance Class (GA) 3:00 Bingo & Cookies (GA)</p>	<p>10 Food Bank Pick Up 10:00 Enhance Fitness (GA) 10:00 Birthday Brunch * (DR) 11:30 Food Forum (GA) 1:00 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 Art Lecture w/ Kolya Rice: <i>"Museum Masterpieces - Europe Part 2"</i> (3/4) (GA) 7:00 Movie Night: <i>"Heat"</i> (1995) (GA) & (TT)</p>	<p>11 10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 11:15 Mindfulness Practices (GA) 12:00 Rummikub Game (1FL) 2:00 Short Story Creative Writing Class (PDR) 7:00 Movie: <i>"Secretariat"</i> (2010) (TT)</p>
<p>12 8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL) 2:00 Movie Matinee: <i>"The Second Best Exotic Marigold Hotel"</i> (2015) (TT) 3:00 Card Game "Sevens" (1FL)</p>	<p>13 10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 11:00 Caregiver Support (GR) 12:30 Parkinson's Support w/ Guest Speaker from NW Parkinson's Foundation (GR) 1:30 David Smith Lecture: <i>"Social & Criminal Justice"</i> (GA) 3:00 Wellness at a Glance for Independent Residents (GA)</p>	<p>14 9:00 Water Exercise (P) 9:45 Outing to Value Village * \$ 10:45/12:00 QFC Grocery Shuttle * \$ 1:00 Bridge (GR) 2:00 Contemporary Issues Men's Group (PDR) 3:00 Beer, Chips & Bingo (GA)</p>	<p>15 10:00 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:15 Outing—Fall Colors Scenic Drive * 1:00 Bridge (GR) 1:15 Bible Class: <i>"Book of Peter"</i> (GA) 6:30 Poker Night (GA)</p>	<p>16 9:00 Water Exercise (P) 10:30 Stretch & Flex (GA) 11:45 Lunch Outing to Levitate in Issaquah * \$ 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:00 Craft w/Katherine (GR) 3:00 Film Lecture w/Lance Rhoades: <i>"American Indians In Cinema—Part 1"</i> (GA)</p>	<p>17 10:00 Enhance Fitness (GA) 1:00 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 Stories of a Lifetime: <i>"The time I met this famous person and ..."</i> (GA) 7:00 Movie: <i>"Scent of a Woman"</i> (1992) (TT)</p>	<p>18 10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 11:15 Mindfulness Practices (GA) 12:00 Rummikub Game (1FL) 2:00 Liberty High School Robotics Team (GA) 7:00 Movie: <i>"Something to Talk About"</i> (1995) (TT)</p>



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<p>19</p> <p>8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL) 2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee: <i>"The Princess Bride" (1987)</i> (TT)</p> <p>3:00 Card Game "Sevens" (1FL)</p>	<p>20</p> <p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:00 Talent Show Rehearsal (GA) 12:30 Veterans' Group (GR) 1:00 Library Volunteering (LB) 2:00 Sunshine Club (PDR) 3:00 Resident Council Meeting (GA) 6:30 Jumbo Crossword Puzzle (LR)</p>	<p>21</p> <p>9:00 Water Exercise (P)</p> <p> 10:45/12:00 Fred Meyer Grocery Shuttle * \$</p> <p>1:00 Bridge (GR) 3:00 Understanding Shakespeare Class (GA)</p>	<p>22</p> <p>10:00 Enhance Fitness (GA)</p> <p> 11:00 Shopping Outing to Trader Joe's * \$</p> <p>11:00 Chair Yoga (GA) 12:00 Catholic Communion (GR) 12:00 Talent Show Rehearsal (GA) 1:00 Bridge (GR) 3:00 Contemporary Issues Women's Group (GA) 6:30 Poker Night (GA)</p>	<p>23</p> <p>9:00 Water Exercise (P) 10:30 Stretch & Flex (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 3:00 Music w/ Joe Barth & Friends <i>Featuring: Resident, Larry Naughton</i> (GA)</p>	<p>24</p> <p>10:00 Enhance Fitness (GA)</p> <p> 10:00 Outing to \$noqualmie Casino * \$</p> <p>11:15 Talent Show Rehearsal (GA) 1:00 Bridge (GR) 1:00 Mah-Jong Game (1FL) 1:30 Kitchen Tour * (DR) 3:00 Art Lecture w/ Kolya Rice: "Museum Masterpieces - Europe Part 2" (4/4) (GA)</p> <p>7:00 Movie: <i>"Gravity" (2013)</i> (TT)</p>	<p>25</p> <p>10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 11:15 Mindfulness Practices (GA) 12:00 Rummikub Game (1FL)</p> <p>2:00 Talent/No Talent Show! (GA) <i>(\$5 donation suggested, proceeds to benefit the Employee Appreciation Fund)</i></p> <p>7:00 Movie: <i>"War Horse" (2011)</i> (TT)</p>
<p>26</p> <p>8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (LR) 1:00 Scrabble (1FL)</p> <p>1:15 Outing to the Washington Wind Symphony * \$</p> <p>2:00 Rummikub Game (1FL)</p> <p>2:00 Movie Matinee: <i>"South Pacific" (1958)</i> (TT) <i>[*Movie for lecture on 10/30]</i></p> <p>3:00 Card Game "Sevens" (1FL)</p>	<p>27</p> <p>10:00 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 11:00 Grief Support (GR) 12:30 Caregiver Support (GR) 1:30 Kitchen Tour * (DR) 3:00 Music Lecture w/David Joyner "Bill Haley's World and the Roots of Rock n' Roll" (GA)</p>	<p>28</p> <p>9:00 Water Exercise (P)</p> <p>10:00-2:00 <i>Flu/COVID Clinic (GA)</i></p> <p> 10:45/12:00 Safeway Grocery Shuttle * \$</p> <p>1:00 Bridge (GR) 3:00 Nutrition Talk: w/ Amanda + Chef Demo! "Nutrition Intervention for Gastrointestinal Reflux Disease" (GA)</p>	<p>29</p> <p>10:00 Enhance Fitness (GA)</p> <p> 11:00 Lunch Outing to Carnation Café * \$</p> <p>11:00 Chair Yoga (GA) 1:00 Bridge (GR) 3:00 Co-ed Contemporary Issues Group (GA) 6:30 Poker Night (GA)</p>	<p>30</p> <p>9:00 Water Exercise (P) 10:30 Stretch & Flex (GA) 11:30 Current Events (GA) 1:00 Card Game "Sevens" (1FL) 1:30 Balance Class (GA) 2:30 Music Lecture w/Theo Deacon: Rodgers & Hammerstein's: *"South Pacific" (GA)</p>	<p>HALLOWEEN 31</p> <p>10:00 Enhance Fitness (GA) 11:30 Halloween Bingo & Spooky Mimosas (GA) 1:00 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 Halloween Happy Hour w/ DJ Sheila E! (GA) <i>(Wear a Costume!)</i></p> <p>7:00 Movie: <i>"The Ghost and Mrs. Muir" (1947)</i> (TT)</p>	
<p>ROOM KEY:</p> <p>1st Floor Loft (1FL) 1st Floor Living Room (1FLR) Dining Room (DR) Dining Room Patio (DRP) Game Room (GR) Gilman Auditorium (GA) Library (LB) Living Room (LR) Lobby (L) Pea Patch (PP) Pool (P) Private Dining Room (PDR)</p>		<p>Anything in BLUE indicates TouchTown (TT) (Ch. 370/371)</p> <p><i>We have an in-house television station, called TouchTown (Channel 370 or 371), which we use to make announcements. You will also see slides with the description of what is happening that, and the following, day.</i></p> <p>TouchTown is also where you find movies, documentaries, etc. we program for you.</p>	<p>Symbol Key:</p> <p>** <i>Advanced sign-up Front Desk Life Enrichment Binder.</i></p> <p>*Bold & Purple - <i>Advanced RSVP & Invite at front desk</i></p> <p>Anything in *Bold* is typically off site</p> <p>Anything in BLUE indicates TouchTown (TT) (Ch. 370/371)</p> <p>\$ = <i>Bring your wallet along!</i> \$ PATD = <i>Pay At The Door</i> \$\$ = <i>Tickets Purchased Ahead & Charged to your apartment</i></p>		<p>WELLNESS SERVICES:</p> <p>Dermatologist—1 X a month (10/1) Dr. Mak, Podiatrist— 2 X's a month (10/3 & 10/24)</p> <p><i>If you have questions about the wellness services</i> —OR— <i>If you would like to schedule your appointments for the above... please go to the Wellness Center on the first floor.</i></p>	