

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 Exercise w/Rita 1 2:00 Craft: Aromatherapy Jewelry 3:30 About: Oktoberfest 6:00 Documentary: <i>Bombshell: The Hedy Lamarr Story</i> (Netflix) International Day for the Elderly	9:30 Morning Stretch w/Kristy 2 10:15 Shopping: Safeway 2:00 Activity Planning for November 4:00 New Resident Meet & Greet 6:00 Game: Residents' Choice National Custodial Worker Day	9:30 Exercise w/Kristy 3 1:00 Craft: Mirror Leaf Drawing 2:00 Dominos 6:00 Movie: <i>Captain Marvel</i> (D+) National Angel Food Cake Day	9:30 Exercise w/Rita 4 10:30 New Game: Hot Seat 1:00 Outing: Harvest Days in Pleasant Hill 6:00 Resident Led Card Game	10:30 Resident Led Quiddler 5 1:00 Afternoon Stretch w/Rita 2:00 DIY Nails 4:30 Happy ½ Hour 6:00 <i>Mandalorian</i> (S3Ch23)(D+)	9:30 Exercise w/Johonna 6 from Steel Feathers 10:30 Craft: Kindness Rocks 1:00 Game: Hot Seat 3:00 Texas Hold 'Em 6:00 Resident Game: Uno World Smile Day	9:30 Chair Fitness 7 w/Paul Eugene on YouTube 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn: <i>The Art of Racing in the Rain</i> (D+) 6:00 Resident Game: Dominos National Forgiveness Day
9:30 Exercise w/Rita 8 10:30 Craft: Pumpkin Decorating 2:00 New Game: Alphabet Soup 4:00 Game: Uno 6:00 Documentary: <i>My Octopus Teacher</i> (Netflix)	9:30 Morning Stretch w/Kristy 9 10:15 Shopping: Bi-Mart 10:30 Uno 1:00 Guess What 2:00 Craft: Ghosts w/Cherie 4:00 Bingo 6:00 Game: Residents' Choice	9:30 Exercise w/Kristy 10 10:30 Quiddler 1:00: Horse Racing 2:00 Discussion: Will Human Beings Ever Go Extinct? 6:00 Movie: <i>Arrival</i> (Netflix) National Angel Food Cake Day	9:30 Exercise w/Rita 11 10:30 Paint a Full Moon 1:00 Outing: Emerald Lanes Bowling 4:00 Storytelling 6:00 Resident Led Card Game	10:30 Resident Led Quiddler 12 1:00 Afternoon Stretch w/Rita 2:00 Sara Scofield, Vocalist 4:30 Happy ½ Hour 5:30 Chandra at Bristol Hospice Presents: Death Cafe	9:30 Exercise w/Johonna 13 from Steel Feathers 10:30: Alphabet Soup 1:00 Craft: Mosaic Bottle 3:00 Texas Hold 'Em 6:00 Resident Game: Uno	9:30 Chair Fitness 14 w/Paul Eugene on YouTube 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn: <i>Lemony Snicket's A Series of Unfortunate Events</i> (P+) 6:00 Resident Game: Dominos National Dessert Day
9:30 Exercise w/Rita 15 10:30 New Game: Coin Bowling 1:30 Craft: Leaf Bowls 4:00 Writing Prompts 6:00 Documentary: <i>Parrot Heads</i> (Prime)	9:30 Morning Stretch w/Kristy 16 10:15 Shopping: MoC 10:30 Apples to Apples 1:00 Trivia: New England 2:00 Dominos 4:00 Bingo 6:00 Game: Residents' Choice	9:30 Exercise w/Kristy 17 10:30 Craft: Decoupage Box 1:00 Guess What 2:00 Alphabet Soup 6:00 Movie: <i>Heart of Stone</i> (Netflix) National Pasta Day	9:30 Exercise w/Rita 18 10:30 Hangman 11:30 Lunch Outing: The Pub at Laurelwood 2:30 Sing Along 4:00 Balloon Swat 6:00 Resident Led Card Game	10:30 Resident Led Quiddler 19 1:00 Afternoon Stretch w/Rita 2:00 Timothy Patrick on Guitar 4:30 Happy ½ Hour 6:00 <i>Mandalorian</i> (S3Ch24)(D+)	9:30 Exercise w/Johonna 20 from Steel Feathers 10:30 Hot Seat 1:00 Dominos 3:00 Texas Hold 'Em 6:00 Resident Game: Uno	9:30 Chair Fitness 21 w/Paul Eugene on YouTube 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn: <i>Ali & Ava</i> (P+) 6:00 Resident Game: Dominos
9:30 Exercise w/Rita 22 10:30 Quiddler 1:30 Outing: St. Vinnie's 4:00 Armchair Travel to New England 6:00 Documentary: <i>Reinventing Elvis</i> (P+)	9:30 Morning Stretch w/Kristy 23 10:15 Shopping: Trader Joe's 10:30 Alphabet Soup 1:00 Uno 2:00 Reminiscing: Pet Stories 4:00 Bingo 6:00 Game: Residents' Choice	9:30 Exercise w/Kristy 24 10:30 Craft: Clay Leaves 1:00: Hangman 2:00 Discussion: Is There Evidence of Life After Death? 6:00 Movie: <i>Robin Hood</i> (Netflix) Maxine's Birthday	9:30 Exercise w/Rita 25 10:30 About: Differences 2:00 New Game: Who's That? 4:00 Recital w/Willamette Violin Academy 6:00 Resident Led Card Game	10:30 Resident Led Quiddler 26 1:00 Afternoon Stretch w/Rita 2:00 Craft: Herbal Sachets 4:30 Happy ½ Hour 5:00 Family & Friends Buffet	9:30 Exercise w/Johonna 27 from Steel Feathers 10:30 World Religions: The Dalai Lama's Perspective on Emotions 1:00 Van Gogh's Starry Night 3:00 Texas Hold 'Em 6:00 Resident Game: Uno Frankenstein Friday	9:30 Chair Fitness 28 w/Paul Eugene on YouTube 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn: <i>Abbot and Costello Meet Frankenstein</i> (Prime) 6:00 Resident Game: Dominos
9:30 Exercise w/Rita 29 10:30 Craft: Paper Pumpkins 2:00 Afternoon Tea 4:00 FETCH Therapy Dogs 6:00 Documentary: <i>Frank and Ollie</i> (D+)	9:30 Morning Stretch w/Kristy 30 10:15 Shopping: Safeway 1:00 Resident Council Meeting 2:00 Tim Biggs on Guitar 3:30 October Birthdays Celebration 6:00 Game: Residents' Choice	9:30 Exercise w/Kristy 31 10:30 Craft: Pumpkin Pie Scrub 1:00 Food Council Meeting 2:00 Ghost Racing 6:00 Scary Movie Night: <i>Dracula</i> (Prime) Halloween	<div> <p>Please remember, all bus outings require sign-up in advance! Activities are hosted in the lounge unless otherwise indicated.</p> <p>Every effort is made to fulfill all calendar events; however, activities could be subject to change.</p> </div>			Movie descriptions will be listed on the daily schedule posted at front desk.