

Sunday	Music Mondays	Travelogue Tuesdays	Wednesday	Thursday	Friday Family BBQ	Saturday
8:30 AM Morning Serenity 1 10:00 AM Resident Church Service REMOTE Viewing - B Cottage PM Watch Seahawks Game 2:00 PM Vivid Colors 6:00 PM Sensory Music	830 AM Morning Serenity 2 9:30 Daily Chronicles 10:30 AM Sip N Snack 1:30 PM Mandalas w/ Patricia 3:30 PM Snack and MeTV 6:00 PM Sensory Music Labor Day	8:30 AM Morning Serenity 3 9:30 AM Daily Chronicles 10:20 AM Sit & Stretch 10:30 AM Sip N Snack 1:00 Aroma Therapy 1:30 PM Popcorn Matinee 3:15 PM Sensory Music	9:30 AM Daily Chronicles 4 10:00 AM Garden Group 10:30 AM Sip N Snack 1:00 PM Scripture Songs For Worship with Genesis 1:30 PM Vivid Colors with Pat 2:30 PM Back to School Social	830 AM Daily Chronicles 5 10:30 Snack and Sip 10:45 Patio Time 11:30 Pizza Party 1:30 PM Soothing Mandalas 2:30 Sip N Snack 3:00 Aroma Therapy 6:00 PM Scenic Sounds Nation Cheese Pizza Day	8:30 AM Morning Hymns 6 9:15 AM Daily Chronicles 10:30 AM Sip N Snack 11:30 AM AGM Family BBQ Entertainment with Lynn 2:30 PM Sip N Snacks 3:00 PM Aroma Therapy Food Bank Day	8:30 AM Morning Serenity 7 10:00 AM Patio Walk 10:30 AM Sip N Snack 11:00 AM Sing Along 2:30 PM Walking Group 3:15 PM Grandparents Day Social (in 6:00 PM Evening Movie
8:30 AM Morning Serenity 8 10:00 AM Resident Church Service REMOTE Viewing - B Cottage PM Seahawks Party 2:00 PM Vivid Colors 6:00 PM Sensory Music Grandparents Day	8:30 AM Daily Chronicles 9 9:45 AM Lynn's Music 10:30 AM Sip N Snack 11:00 AM Me TV 1:30 PM Art of the Day with Patricia 3:30 PM Snack and MeTV 6:00 PM Vivid Colors Nation Assisted Living Week	9:30 AM Daily Chronicles 10 10:15 AM Sit & Stretch 10:30 AM Sip N Snack 11:00 AM Armchair Travel - 1:30 Watercolor Grp. 2:30 PM Garden Time 6:00 PM Name that tune Nation Assisted Living Week	9:30 AM Daily Chronicles 11 10:30 AM Garden Group & Snacks 11:00 AM Fall Tye Dye 1:00 PM Scripture Songs For Worship with Genesis 2:30 PM Men's Group, Snacks 3:30 PM Art Walk 6:00 PM Evening Prayer - YT	9:30 AM Daily Chronicles 12 10:00 National Charity Day 10:30 AM Sip N Snack 1:30 PM Patricia's Mandalas 2:30 PM Sip N Snacks 3:00 PM Singalong with SuzieQ 4:30 PM Arm Chair Travel Nation Assisted Living Week	9:30 AM Daily Chronicles 13 10:00 Seated Gentle Workout 11:30 AM AGM Family BBQ & National Assited Living Week Celebration 2:30 PM Sip N Snacks 4:00 PM Balloon Toss Nation Assisted Living Week	8:30 AM Morning Serenity 14 9:30 AM Daily Chronicles 10:15 AM Snacks 1:00 Aroma Therapy 2:30 PM Balloon Volleyball 3:15 PM Snack 3:30 PM Dave's Fishing Group 6:00 PM Name that tune (YT)
8:30 AM Morning Serenity 15 10:00 AM Resident Church Service REMOTE Viewing - B Cottage PM Watch Seahawks Game 2:00 PM Vivid Colors 6:00 PM Sensory Music	830 AM Daily Chronicles 16 9:30 AM Lynn's Music 10:30 AM Sip N Snack 1:00 PM Art of the Day 3:15 PM Snack and MeTV 4:00 PM Serene Sounds- YT 6:00 PM Vivid Colors	9:30 AM Daily Chronicles 17 10:15 AM Chair Yoga 10:30 AM Sip N Snack 10:45 AM SingAlong 1:30 PM Patricia's Mandalas 3:15 PM Snacks 3:30 PM Armchair Travel -Fall 6:00 PM Movie&Musicals	9:30 AM Daily Chronicles 18 10:15 AM Sit & Stretch 10:30 Snack and Chat 4:00 Washington in the Fall YT 6:00 PM Back to School "Grease"	9:30 AM Daily Chronicles 19 10:15 AM Chair Yoga 10:30 Snack and Chat 1:30 PM Table Puzzles 2:30 PM Popcorn Matinee Back to School "Gidget. 1959"	9:30 AM Daily Chronicles 20 11:30 AM AGM Family BBQ Last Friday of the Summer Salmon Bake 2:30 PM Sip N Snacks 6:00 PM Movie Night & Popcorn	8:30 AM Morning Hymns 21 9:30 AM Daily Chronicles 10:15 AM Sit & Stretch 10:30 AM Snack Social 1:30 PM Vivid Colors 3:15 PM Snack 4:00 PM Balloon Toss 6:00 PM Name that tunes (YT) Oktoberfest Begins Sept 21-Oct 6,
8:30 AM Morning Serenity 22 10:00 AM Resident Church Service REMOTE Viewing - B Cottage PM Watch Seahawks Game 2:00 PM Vivid Colors 6:00 PM Sensory Music Autumn Begins	8:30 AM Morning Serenity 23 9:30 AM Lynn's Music 10:30 AM Sit & Stretch 11:00 AM Ball Toss 1:30 PM Cards 3:00 PM Relaxing Music- YT 6:00 PM Vivid Colors	9:30 AM Daily Chronicles 24 10:15 AM Sit & Stretch 10:30 AM Snack and Chat 11:00 AM October Fest Music 1:30 PM Garden Walk 3:15 PM Dessert Social 4:00 Armchair Travel 6:00 PM Movie&Music	9:30 AM Daily Chronicles 25 10:00 Scenic Drive 11:00 AM ME TV 1:30 PM Scripture Songs For Worship with Genesis 2:00 Balloon Volleyball 2:30 Sip and Snack 6:00 PM Lawrence Welk Polka- YT	9:30 AM Daily Chronicles 26 10:30 AM Glamor Shots with Melissa 1:30 PM Art with Patricia 2:30 PM Men's Group - Bingo and Beer 2:30 Singalong Sound of Music 6:00 PM Movie & Music	9:30 AM Daily Chronicles 27 10:15 AM Sit & Stretch 10:30 AM Snack 11:00 AM "Ententanz", which means "duck dance". 11:30 AM Family BBQ October Fest 2:30 PM Sip N Snacks	9:30 AM Daily Chronicles 28 10:30 AM Sit & Stretch 1:00 AM Sing Along 1:30 PM Hymns with Bruce 3:15 PM Snack 3:30 PM Garden Walk 6:00 PM Name that tune (YT)
8:30 AM Morning Serenity 29 10:00 AM Rick's Church Service REMOTE Viewing - B Cottage PM Watch Seahawks Game 2:00 PM Vivid Colors 6:00 PM Sensory Music	830 AM Morning Serenity 30 9:00 AM Daily Chronicles 9:45 Music with Lynn 10:30 AM Sip N Snack 1:00 AM Comedy Hour MeTV 2:30 PM Sip N Snack 6:00 PM Sensory Music					

The Difference Between Living and Living Well! - Activities are subject to change depending on Resident's needs.