

October 2024

Doctor transport:
Tuesday: noon to 4pm &
Thursday: 8am to noon

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Falling leaves, pumpkin spice everything, crows and goblins! October is full of excitement, and so are we!

Movie descriptions will be listed on the daily schedule posted at front desk.

<p>9:00 Morning Walk, Self-Led 6 10:30 New: Yarn Arts (Knit & Crochet) 2:00 Fact or Fiction? 4:00 Hangman 6:00 Documentary: <i>Muscle Shoals</i> (Pea)</p>	<p>9:30 Morning Stretch 7 10:30 Shopping: Bi-Mart 11:30 Morning Walk, Self-Led 2:30 Activity Planning for September 4:00 New Resident Meet & Greet 6:00 Game: Residents' Choice</p>	<p>9:30 Chair Dance Fun 1 10:30 Quiddler w/Kristy 1:30 Afternoon Astrology 2:30 Bingo 4:00 Resident Led Social Hour 6:00 Movie: <i>The Scorpion King</i> (Pea)</p>	<p>9:30 Exercise w/Johonna from Steel Feathers 2 10:30 Coffee Social 11:00 Group Chat: Why Are You Here at Emerald Valley? 2:00 Gus Russell on Piano 3:30 New Game: Noodle Hockey 6:00 Resident Card Game</p>	<p>10:30 Resident Led Help Your Neighbor 3 11:30 Mingle Before Lunch 1:00 Afternoon Stretch 2:00 Craft: Make a Button Pin 4:30 Happy ½ Hour 6:00 Series Night: <i>Dark Winds</i> (NF)(S1E5)</p>	<p>9:30 Exercise w/Kristy 4 10:30 Craft: Clay Bead Making 2:00 Discussion: Thinking Traps 3:00 Texas Hold 'Em 6:00 TV Time, Caregivers Choice</p>	<p>9:30 Chair Fitness 5 w/Paul Eugene on YouTube 10:30 Morning Walk, Self-Led 11:00 Spiritual Services on YouTube 1:30 Movie & Popcorn: <i>50 First Dates</i> (Pea) 6:00 Game: Residents' Choice</p>
<p>9:00 Morning Walk, Self-Led 13 10:30 Morning Movement w/Rita 2:00 Craft: Leaf Mobile 4:00 Armchair Travel: Navajo Nation 6:00 Documentary: <i>Navajo Nation USA</i> (AP)</p>	<p>9:30 Morning Stretch 14 10:00 Shopping: Trader Joe's 11:00 Read a Book from the Library 2:00 Harold & Annette Perform 4:00 Bingo 6:00 Game: Residents' Choice</p>	<p>9:30 Chair Dance Fun 8 10:30 Craft: Spoon Art 1:30 Poetry 101: Acrostic Writing 2:30 Bingo 4:00 Social Coloring 6:00 Movie: <i>Aeon Flux</i> (P+)</p>	<p>9:30 Exercise w/Rita 9 10:30 Coffee Social 11:00 Group Chat: More Curious, Less Furious 2:00 Vocalist Sara Scofield 4:00 Fall Trivia 6:00 Resident Card Game</p>	<p>10:30 Resident Led Dominos 10 11:30 Morning Walk, Self-Led 1:00 Afternoon Stretch 2:00 Craft: Autumn Leaf Rubbing 4:30 Happy ½ Hour 6:00 Series Night: <i>Dark Winds</i> (NF)(S1E6)</p>	<p>9:30 Exercise w/Kristy 11 10:30 Noodle Hockey 2:00 Discussion: Beginnings & Endings 3:00 Texas Hold 'Em 6:00 Resident Led Game</p>	<p>9:30 Chair Fitness 12 w/Paul Eugene on YouTube 10:30 Morning Walk, Self-Led 11:00 Spiritual Services on YouTube 1:30 Movie & Popcorn: <i>Gifted</i> (AP) 6:00 Game: Residents' Choice Patricia's Birthday</p>
<p>9:00 Morning Walk, Self-Led 20 10:30 Yarn Arts 2:00 Dance with Pani 4:00 Short Story Reading 6:00 Documentary: <i>It All Begins With a Song</i> (Pea)</p>	<p>9:30 Morning Stretch 21 9:45 Shopping: Walmart 11:30 Mingle Before Lunch 2:00 Pepsi or Coke? Blind Taste Test 4:00 Bingo 6:00 Game: Residents' Choice</p>	<p>9:30 Chair Dance Fun 15 10:30 Craft: Marbled Mugs 1:30 Balloon Swat 2:30 Pictionary 4:00 Resident Led Discussion: Living Your Best Life 6:00 Movie: <i>Postcards From the Edge</i> (AP)</p>	<p>9:30 Exercise w/Johonna from Steel Feathers 16 10:00 Outing: Florence, Casino & Lunch 2:00 Resident Led Help Your Neighbor 4:00 Browse the Library 6:00 Resident Card Game</p>	<p>10:30 Resident Led Game of Choice 17 11:30 Mingle Before Lunch 1:00 Afternoon Stretch 2:00 Timothy Patrick on Guitar 4:30 Happy ½ Hour 6:00 Series Night: <i>Dark Winds</i> (NF)(S1E7)</p>	<p>9:30 Exercise w/Kristy 18 10:30 Rummikub 2:00 Discussion: 10 Types of Meditation & How to Do Them 3:00 Texas Hold 'Em 6:00 Resident Led Game</p>	<p>9:30 Chair Fitness 19 w/Paul Eugene on YouTube 10:30 Morning Walk, Self-Led 11:00 Spiritual Services on YouTube 1:30 Movie & Popcorn: <i>An Autumn Romance</i> (AP) 6:00 Game: Residents' Choice</p>
<p>9:00 Morning Walk, Self-Led 27 10:30 Fall Landscape Paper Craft 2:00 Resident Council 4:00 FETCH Therapy Dog Visit 6:00 Documentary: <i>Scary Stories</i> (AP)</p>	<p>9:30 Morning Stretch 28 10:15 Shopping: Safeway 11:30 Morning Walk, Self-Led 2:00 Tim Biggs on Guitar 3:30 October Birthdays Cake 6:00 Game: Residents' Choice</p>	<p>9:30 Chair Dance Fun 22 10:30 Craft: Leaf Bowls 1:30 Poetry 101: Haiku Writing 2:30 Quiddler w/Kristy 4:00 Social Coloring 6:00 Movie: <i>The Amazing Spiderman</i> (Pea)</p>	<p>9:30 Exercise w/Rita 23 10:30 Coffee Social 11:00 Group Chat: The Golden Rule 2:00 Game: Noodle Hockey 4:00 Willamette Violin Academy Students Perform 6:00 Resident Card Game</p>	<p>10:30 Resident Led Dominos 24 11:30 Morning Walk, Self-Led 1:00 Afternoon Stretch 1:30 Outing: Swimming at Waterford 4:30 Happy ½ Hour 6:00 Series Night: <i>Dark Winds</i> (NF)(S1E8) Maxine's Birthday</p>	<p>9:30 Exercise w/Kristy 25 10:30 Hangman 2:00 Discussion: Positivity in Your Day 3:00 Texas Hold 'Em 6:00 Resident Led Game</p>	<p>9:30 Chair Fitness 26 w/Paul Eugene on YouTube 10:30 Morning Walk, Self-Led 11:00 Spiritual Services on YouTube 1:30 Movie & Popcorn: <i>Fantastic Beasts and Where to Find Them</i> (Pea) 6:00 Game: Residents' Choice</p>
<p>9:00 Morning Walk, Self-Led 27 10:30 Fall Landscape Paper Craft 2:00 Resident Council 4:00 FETCH Therapy Dog Visit 6:00 Documentary: <i>Scary Stories</i> (AP)</p>	<p>9:30 Morning Stretch 28 10:15 Shopping: Safeway 11:30 Morning Walk, Self-Led 2:00 Tim Biggs on Guitar 3:30 October Birthdays Cake 6:00 Game: Residents' Choice</p>	<p>9:30 Chair Dance Fun 29 10:30 Craft: Halloween Candy Pots 1:00 Resident Food Council 2:30 Bingo 4:00 Resident Social Hour 6:00 Movie: <i>Dune</i> (NF)</p>	<p>9:30 Exercise w/Rita 30 10:30 Coffee Social 11:00 Group Chat: The American Dream 1:30 Mid-Week Matinee: <i>Frankenstein</i> (Pea) 4:30 Happy ½ Hour 5:00 Friends & Family Buffet</p>	<p>10:30 Resident Led Help Your Neighbor 31 11:00 Mingle Before Lunch 1:00 Afternoon Stretch 2:30 Halloween Costume Party 6:00 Scary Movie: <i>The Legend of Sleepy Hollow</i> (Pea)</p>	<p>Please remember, all bus outings require sign-up in advance! Activities are hosted in the lounge unless otherwise indicated. Every effort is made to fulfill all calendar events; however, activities could be subject to change.</p>	