

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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October 2026

Happy Birthday!			
Joan Bender	10/02	Jenny Lui	10/23
Jim Irwin	10/03	Peggy Garber	10/25
Bill Stafford	10/04	Arnie Gersch	10/25
Peggy Bernstein	10/06	Stephanie Stafford	10/27
Susannah Johnson	10/07	Tina Cohen	10/29
Joan Bergy	10/19	Lew Beatty	10/30

● Music & Lectures ● Marketing Events ● Trips ● Unique Events ALJOYA MERCER ISLAND				1 9:30 Enhance Fitness 10:45 Book Mobile 11:00 Aspiring Writers 1:00 Sit and Be Fit 1:00 Great Decisions 2:00 Current Events 3:15 Tech w/Andrea 3:30 Men's Group 4:15 Docuseries 7:00 MOSAIC MI	2 9:00 Men's Breakfast 9:15 Water Fitness 10:50 Rosary 11:00 Living Well w/ Hearing Loss 11:00 Costco 1:00 Bridge 1:00 American Mahjong Lessons 1:15 Watercolor Group 2:00 Tai Chi (video) 3:15 Advanced Guided Meditation	3 9:15 Met Opera in HD-- Cosi Fan Tutti 9:30 Enhance Fitness 11:00 Tap with Peggy G 11:00 Cribbage 1:00 Bridge 1:00 Mahjong 3:15 Bingo! 3:15 Movie Matinee
4 8:30 Church Transport 10:00 Good News 1:00 Sit and Be Fit 1:15 Ragtime at Village Theater 2:00 Tech Help with MI HS Students 3:00 Scrabble 3:15 Movie Matinee	5 9:15 Water Fitness 10:00 Knitting Group 10:00 French II avec Chloe 11:00 Dancing w/Bella 1:00 Bridge 2:00 Tai Chi 3:00 Schmooze w/ Rabbi Nissan 4:00 Loma Pendergraft Cat Presentation	6 9:30 Enhance Fitness 11:00 QFC & Met Market 11:00 French I avec Chloe 1:00 Mahjong 1:00 Sit and Be Fit 1:00 Rummy Tiles 2:30 Acrylic Painting w/Emily 4:15 Docuseries	7 9:00 Communion 9:15 Water Fitness 10:00 Facilities Committee 11:00 Balance Class w/ Select Rehab 1:00 Bridge 1:15 Brain Fitness 2:00 Tai Chi 3:00 Kris Hambrick 3:15 Mindful Meditation	8 9:30 Enhance Fitness 11:00 Caregiver Support Group 1:00 Sit and Be Fit 2:00 Current Events 3:00 Women's Group 4:15 Docuseries	9 9:00 Men's Breakfast 9:15 Water Fitness 10:50 Rosary 11:00 Living Well with Chronic Pain 11:00 Music Committee 1:00 Bridge 1:00 American Mahjong Lessons 1:15 Watercolor Group 2:00 Tai Chi (video) 4:30 Tap Dance w/Peggy	10 9:30 Enhance Fitness 11:00 Tap with Peggy G 11:00 Cribbage 12:00 Snoqualmie Casino North Bend Outlets 1:00 Bridge 1:00 Mahjong 3:15 Bingo! 3:15 Movie Matinee

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 8:30 Church Transport 10:00 Good News 1:00 Sit and Be Fit 1:00 Union Arts Center: Hamlet 2:00 Tech Help with MI HS Students 3:00 Scrabble 3:15 Matinee Movie	12 9:15 Water Fitness 10:00 Knitting Group 10:00 French II avec Chloe 11:00 Lance Rhoades 1:00 Bridge 1:30 Tiny Homes Curtain Making 2:00 Tai Chi 3:00 Shakespeare Class	13 9:30 Enhance Fitness 11:00 QFC & Met Market 11:00 French I avec Chloe 11:00 Aljoya Book Club 1:00 Mahjong 1:00 Sit and Be Fit 1:00 Rummy Tiles 2:30 Bill Woodward Guest Speaker 4:15 Docuseries	14 9:00 Communion 9:15 Water Fitness 11:00 Town Hall 1:00 Bridge 1:15 Brain Fitness 2:00 Tai Chi 3:15 Mindful Meditation 3:30 Housekeeping Committee 4:15 Lance Rhoades	15 10:00-1:00 Covid/Flu Clinic 11:00 Aspiring Writers 11:00 Culinary Committee 1:00 Sit and Be Fit 2:00 Current Events 3:30 Men's Group	16 9:00 Men's Breakfast 9:15 Water Fitness 10:50 Rosary 11:00 Wellness Committee 1:00 Bridge 1:00 American Mahjong Lessons 1:15 Watercolor Group 3:15 Advanced Meditation 3:30 Cocktail Party	17 9:15 Met Opera in HD-- Macbeth 9:30 Enhanced Fitness 11:00 Tap w/Peggy G 11:00 Cribbage 1:00 Bridge 1:00 Mahjong 3:15 Bingo!
18 BRUNCH 11 - 2 8:30 Church Transport 10:00 Good News 1:00 Sit and Be Fit 1:00 Scenic Drive w/Marc 2:00 Tech Help with MI HS Students 3:00 Scrabble NO DINNER	19 9:15 Water Fitness 10:00 Knitting Group 10:00 French II avec Chloe 11:00 Resident Activity Committee 11:00 Dancing w/Bella 12:30 MIW Book Group 1:00 Bridge 2:00 Tai Chi 3:30 Marla Presentation	20 9:30 Enhance Fitness 11:00 QFC & Met Market 11:00 French I avec Chloe 12:00 Birthday Lunch 1:00 Mahjong 1:00 Sit and Be Fit 1:00 Rummy Tiles 1:15 Admin & Reception Committee 2:00 Nutritionist Presentation	21 9:00 Communion 9:15 Water Fitness 10-12 Trick or Treat Bagging 11:00 Balance Class w/ Select Rehab 11:30 Flower Arranging for Lilly's 1:00 Bridge 1:15 Brain Fitness 2:00 Tai Chi 3:15 Mindful Meditation 4:00 Chris Anderson Happy Hour	22 9:30 Enhance Fitness 1:00 Sit and Be Fit 2:00 Current Events 3:00 Women's Group	23 9:00 Men's Breakfast 9:15 Water Fitness 10:50 Rosary 1:00 Bridge 1:00 American Mahjong Lessons 1:15 Watercolor Group 2:00 Tai Chi (video) 4:30 Tap Dance w/Peggy	24 9:30 Enhance Fitness 11:00 Gym Equipment Demo 11:00 Cribbage 11:00 Tap w/Peggy G 12:30 Exquisite Creatures Exhibit in Seattle 1:00 Bridge 1:00 Mahjong 3:15 Bingo!
25 8:30 Church Transport 10:00 Good News 1:00 Sit and Be Fit 1:00 Belle Square 2:00 Tech Help with MI HS Students 3:00 Scrabble	26 9:15 Water Fitness 10:00 Knitting Group 10:00 French II avec Chloe 1:00 Bridge 2:00 Tai Chi 3:00 Shakespeare Class	27 9:15 Uwajimaya Shopping 9:30 Enhance Fitness 10:00 Birthday Dreams 11:00 French I avec Chloe 11:00 Resident Council 1:00 Mahjong 1:00 Sit and Be Fit 1:00 Rummy Tiles 2:00 Spooky House Painting 3:00 QFC & Met Market	28 9:00 Communion 9:15 Water Fitness 11:00 Balance Class w/ Select Rehab 1:00 Bridge 1:15 Brain Fitness 2:00 Tai Chi 3:00 Kris Hambrick 3:15 Mindful Meditation	29 9:30 Enhance Fitness 10:00 Parkinson's Support Group 11:00 Death Cafe 1:00 Sit and Be Fit 2:00 Current Events 3:15 Tech w/Andrea 3:30 Men's Group	30 9:00 Men's Breakfast 9:15 Water Fitness 10:50 Rosary 1:00 Bridge 1:00 American Mahjong Lessons 1:15 Watercolor Group 2:00 Tai Chi (video) - 4-6 Mercer Island Trick or Treaters	31 9:30 Enhance Fitness 11:00 Tap w/Peggy G 11:00 Cribbage 12:30 Great Hall of WA History Museum in Tacoma 1:00 Bridge 1:00 Mahjong 3:15 Bingo!