

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Strength & Balance w/ Select Rehab (AZ) 11:00 Great Decisions with Jacob Bolotin: Ruptured Alliances & Risk of Nuclear Proliferation (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 RH Bible Study (AZ) 3:00 Musical Performance w/ Barbara Lamb (LR) 6:45 Evening Movie (TH) <i>Something's Gotta Give</i>	2 Tech Support w/ Evan* <i>Sign Up Required</i> 10:00 Stretch & Flex (AZ) 10:00 RH Bridge w/ Kay (LR) 10:45 Enhance Fitness (AZ) 1:00 Matinee Series (TH) <i>Midsomer Murders</i> 2:00 Tech Support (OR) Computer Workshop* <i>Sign Up Required</i> 3:00 Taboo Word Game (LR) 6:45 Evening Movie (TH) <i>P.S I Love You</i>	3 10:00 Independent (B) Walking Group 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>Carl Sagan: Cosmos</i> 2:00 RH Writing (OR) with Catherine 2:30 RH Mah Jongg (LR) 3:00 RH Bananagrams Tile Game (LR) 6:45 Evening Movie (TH) <i>The Pacifier</i>
4 11:00 Morning Series (TH) <i>The Honeymooners</i> 1:00 RH Ping Pong (LR) 2:00 RH Bingo (OR) 3:00 Sunday Series & Popcorn (TH) <i>Killers of the Deep</i> 6:45 Evening Movie (TH) <i>Somewhere in Time</i>	5 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fit. (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 QFC/ CVS* 1:00 Matinee Series (TH) <i>The Thornbirds</i> 2:00 RH Men's Pool Game (BR) 3:00 Healing Hearts Collective (OR) 6:45 Evening Movie (TH) <i>Fried Green Tomatoes</i>	6 2nd Floor Mix & Mingle 10:00AM - 10:45AM (AZ) 11:00 Virtual Gentle Chair Yoga (AZ) 1:00 Meditation w/ Seth (TH) 1:30 RH Mexican Train Dominos (MDR) 2:00 Awareness & Education w/ Onsite Derm. (TH) 3:00 Oktoberfest & Musical Performance with Jakob Bean (LR) 6:45 Evening Movie (TH) <i>Gandhi</i>	7 Vaccine Clinic 9:00AM - 12:00PM (AZ) 11:00 Knit Wits (LR) 1:00 RH Canasta (OR) 1:30 RH Sing-Along w/ Carleen & Kathy (LR) 3:00 Culinary/ Dining Meeting (AZ) 6:00 Bistro Night & Apple Cider Floats (B) 6:45 Evening Movie (TH) <i>Monster-in-Law</i>	8 10:00 Strength & Balance w/ Select Rehab (AZ) 10:00 Mass & Communion w/ Father Joseph (TH) 10:30 Brunch Outing* Maltby Café 11:00 RH Bridge with Sally (LR) 1:00 RH Bible Study (OR) 2:30 All Residents' Council Meeting (AZ) 6:45 Resident Choice Movie Night with Kay (TH)	9 Tech Support w/ Evan* <i>Sign Up Required</i> 10:00 Stretch & Flex (AZ) 10:00 RH Bridge w/ Kay (LR) 10:45 Enhance Fitness (AZ) 1:00 Train Your Brain (OR) 1:00 Matinee Series (TH) <i>Midsomer Murders</i> 2:00 Tech Support (OR) Computer Workshop* <i>Sign Up Required</i> 3:00 Piatigorsky Foundation (LR) 6:45 Evening Movie (TH) <i>Ray</i>	10 9:00 Swimming at Aljoja* 10:00 Bellevue Square Independent Mall Walk* 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>Carl Sagan: Cosmos</i> 2:30 RH Mah Jongg (LR) 2:30 Digital Photography Group (AZ) 6:45 Evening Movie (TH) <i>Uptown Girls</i>
11 10:00 Dollar Tree Shopping* 11:00 Morning Series (TH) <i>The Honeymooners</i> 1:00 RH Ping Pong (LR) 1:00 Village Theatre: Ragtime* 2:00 RH Book Club (OR) 3:00 Sunday Series & Popcorn (TH) <i>Killers of the Deep</i> 6:45 Evening Movie (TH) <i>Mary Poppins Returns</i>	12 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 Fred Meyer* 1:00 Matinee Series (TH) <i>The Thornbirds</i> 2:00 RH Women's Pool Game (BR) 3:00 Men's Parlor with Seth (OR) 6:45 Evening Movie (TH) <i>The Music Never Stopped</i>	13 3rd Floor Mix & Mingle 10:00AM - 10:45AM (AZ) 11:00 Virtual Gentle Chair Yoga (AZ) 1:30 RH Mexican Train Dominos (MDR) 2:00 Guest Speaker Keith Swenson (AZ) I Listen to the Land 3:00 Apples to Apples Board Game (LR) 6:45 Evening Movie (TH) <i>The Thomas Crown Affair</i>	14 10:00 Chihuly Garden & Glass Museum* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 Knit Wits (LR) 1:00 RH Canasta (OR) 1:00 Matinee Series (TH) <i>Midsomer Murders</i> 2:00 UW Presentation with Abby Winter: GLP-1 (AZ) 3:00 Flannel & Fizz Social (LR) 6:45 Evening Movie (TH) <i>Wicked</i>	15 10:00 Strength & Balance w/ Select Rehab (AZ) 11:00 RH Bridge w/ Sally (LR) 11:00 Current Events with Jacob Bolotin (AZ) 1:00 RH Bible Study (AZ) 3:00 Birthday Happy Hour & Musical Performance with Ashley Webster (LR) 5:00 VIP Chef's Dinner: October Birthdays* 6:45 Evening Movie (TH) <i>Wicked For Good</i>	16 Tech Support w/ Evan* <i>Sign Up Required</i> 10:00 Stretch & Flex (AZ) 10:00 RH Bridge w/ Kay (LR) 10:45 Enhance Fitness (AZ) 1:00 Train Your Brain (OR) 2:00 Guest Speaker Bill Woodward 250 Years Ago: From Testing to Triumph 1776-1781 (TH) 3:00 Life Enrichment Open Forum (AZ) 6:45 Evening Movie (TH) <i>Pay It Forward</i>	17 9:00 Swimming at Aljoja* 10:00 Bellevue Square Independent Mall Walk* 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) <i>Carl Sagan: Cosmos</i> 2:00 RH Writing (OR) with Catherine 2:30 RH Mah Jongg (LR) 3:00 Bananagrams Tile Game (LR) 6:45 Evening Movie (TH) <i>Annapolis</i>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Church Transportation* 8:30am-10:30am 11:00 Morning Series(TH) The Honeymooners 1:00 RH Ping Pong (LR) 1:00 PCC Shopping* 2:00 RH Bingo (OR) 3:00 Sunday Series & Popcorn (TH) Killers of the Deep 6:45 Evening Movie (TH) Ladies in Lavender	19 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fit. (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 Whole Foods* 1:00 Matinee Series (TH) The Thornbirds 2:00 Town Hall (AZ) 3:00 RH Men's Pool Game (BR) 3:00 Caring for the Caregiver (OR) 6:45 Evening Movie (TH) Julie & Julia	20 4th Floor Mix & Mingle 10:00AM - 10:45AM (AZ) 11:00 Virtual Gentle Chair Yoga (AZ) 1:00 Meditation w/ Seth (TH) 1:30 RH Mexican Train Dominos (MDR) 2:00 Fitness Center Tutorial* w/ Life Enrichment (FC) 3:00 Death Café (AZ) 4:00 Restaurant Week: DeLille Cellars* 6:45 Evening Movie (TH) Intern	21 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 Knit Wits (LR) 12:20 MET Opera Live HD: Macbeth* 1:00 RH Canasta (OR) 2:00 Matinee Series (TH) Midsomer Murders 3:00 Guest Speaker (AZ) Loma Pendergraft: Clever, Curious & Charismatic Crows 6:45 Evening Movie (TH) Mona Lisa Smile	22 10:00 Strength & Balance w/ Select Rehab (AZ) 10:00 Remlinger Farms Market & Café* 11:00 RH Bridge w/ Sally (LR) 1:00 RH Bible Study (OR) 2:00 Nutrition w/ Amanda: Nutrition for Immunity (AZ) 3:00 Chef Demo with Chef Sam (AZ) 6:45 Resident Choice Movie Night with Kay (TH)	23 Tech Support with Evan* Sign Up Required 10:00 Stretch & Flex (AZ) 10:00 RH Bridge w/ Kay (LR) 10:45 Enhance Fitness (AZ) 1:00 Train Your Brain (OR) 2:00 RH Low Vision Support (OR) 3:00 Guest Speaker David Lee Joyner The First British Rock Invasion (AZ) 6:45 Evening Movie (TH) Rain Man	24 MOD 9:00 Swimming at Aljoya* 10:00 Bellevue Square Independent Mall Walk* 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) Carl Sagan: Cosmos 2:30 RH Mah Jongg (LR) 2:30 Digital Photography Group (AZ) 6:45 Evening Movie (TH) Mama Mia!
25 10:00 Scenic Drive* 11:00 Morning Series(TH) The Honeymooners 1:00 RH Ping Pong (LR) 1:00 Thrift Store: Halloween Costume Shopping* 2:00 RH Bingo (OR) 3:00 Sunday Series & Popcorn (TH) Killers of the Deep 6:45 Evening Movie (TH) The Princess Bride	26 9:30 QFC/ CVS* 10:00 Stretch & Flex (AZ) 10:45 Enhance Fit. (AZ) 11:00 RH Bridge w/ Sally (LR) 1:00 QFC/ CVS* 1:00 Matinee Series (TH) The Thornbirds 2:00 RH Women's Pool Game (BR) 3:00 Guest Speaker Sarah Fox (AZ) Duwamish River 6:45 Evening Movie (TH) The West Side Story	27 5th Floor Mix & Mingle 10:00AM - 10:45AM (AZ) 11:00 Virtual Gentle Chair Yoga (AZ) 1:00 Meditation w/ Seth (TH) 1:30 RH Mexican Train Dominos (MDR) 2:00 Fresh Flower Bouquet Making (PDR)* Sign-up Required 3:00 Women's Forum with Seth (AZ) 6:45 Evening Movie (TH) The Illusionist	28 Tech Support with Evan* Sign Up Required 10:00 Stretch & Flex (AZ) 10:45 Enhance Fitness (AZ) 11:00 Knit Wits (LR) 1:30 Guest Speaker Theo Deacon: (AZ) Cats & Phantom Of The Opera 3:00 Gourmet S'mores Social (LR) 6:45 Evening Movie (TH) Killers of the Flower Moon	29 10:00 Strength & Balance w/ Select Rehab (AZ) 10:00 Crossroads Mall Shopping* 11:00 RH Bridge w/ Sally (LR) 1:00 RH Bible Study (AZ) 2:00 October Trivia (TH) 3:00 Halloween Musical Performance with Jake & Caitlin (LR) 4:30 Restaurant Week: The Lakehouse* 6:45 Evening Movie (TH) The Mask of Zorro	30 10:00 Stretch & Flex (AZ) 10:00 RH Bridge w/ Kay (LR) 10:45 Enhance Fitness (AZ) 1:00 Poem Study with Monica: Poems That Haunt (OR) 1:00 Matinee Series (TH) Midsomer Murders Halloween Bash & Costume Contest 2:30PM - 3:30PM (LR) 6:45 Evening Movie (TH) Pans Labyrinth	31 10:00 Bellevue Square Independent Mall Walk* 1:00 RH Scrabble (LR) 1:00 Matinee Movie & Popcorn (TH) Carl Sagan: Cosmos 2:00 RH Writing (OR) with Catherine 2:30 RH Mah Jongg (LR) 3:00 Pumpkin Painting (AZ) 6:45 Evening Movie (TH) Beetlejuice
Location Legend (AZ) Azalea Room - FL3 (B) Bistro - FL1 (CH) In-House Channel 370 (TL) Terrace - FL2 (LR) Living Room - FL1 (FC) Fitness Center - FL1 (MDR) Magnolia Dining - FL1 (FD) Front Desk - FL1 (OR) Orchid Room- FL3 (CY) Courtyard - FL2 (TH) Theater - FL1 (RH) Resident Hosted (*) Sign-Up Required (BR) Billiards Room - FL 1			Maria Zulema, LMP kickbackrelax206@gmail.com Kick Back Relax, PLLC 425.545.3582 Office 425.495.3808 Cell Wednesdays 10-2pm apt 216 Factoria Hearing: Call 425-457-7999, to schedule your 15 minute visit today!	One-on-One Holy Communion Wednesdays 10:30am By Appointment Only Contact Sacred Heart: Diana Schiro @ 425-864-9277 or Jackie Weeks @ 425-443-7353	LIFE: Select Rehab Apt. 362 Contact Clinical Lead, Diane Bridges, about the following services: Physical/ Occupational Therapy Speech Therapy 425-389-2360	The GARDENS AT TOWN SQUARE Premier Retirement Living