

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Meal Times:</i> 8:00 AM Breakfast 12:00 PM Lunch 3:00 PM Snack 5:00 PM Dinner				1 10:00 Daily Chronicles 10:15 Ball Exercise 11:00 Calendar Review 1:15 Pass It Down 2:00 Sacred Heart Visit & Crafting Session: Self Portraits 2:45 Follow Along Music Circle 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: Goodbye Mr. Chips	2 10:00 Daily Chronicles 10:15 Morning Exercise 11:00 Zen Zone 1:15 Stretch & Flex 1:45 Baking Session: Baked Apples & Spiced Yogurt 2:15 Watercolor Painting: 3:00 Refreshments & Music 3:30 Basketball 6:00 Movie: Oklahoma!	3 10:00 Daily Chronicles 10:15 Stretch & Strength 11:00 Would You Rather 1:15 Reminiscing 1:45 Category Catch the Ball 2:30 Begins With.... Word Play 3:00 Refreshments & Music 3:30 Bean Bag Frog Toss 6:00 Movie: The Lady in The Van
4 10:00 Daily Chronicles 10:15 Pool Noodle Exercise 11:00 Short Story 1:15 Bingo 2:00 Tic Tac Toe Golf 2:45 Guess the Animal Sound 3:00 Refreshments & Music 3:30 Pass the Ball 6:00 Movie: Life of Brian	5 10:00 Be Fit with Select Rehab 10:30 Daily Chronicles 11:00 Shake Loose a Memory 1:15 Stretch & Flex 1:45 Memory: Matching Pairs 2:30 Musical Performance with Do Peterson 3:00 Refreshments & Music 3:30 Horse Shoes 6:00 Movie: Forrest Gump	6 10:00 Daily Chronicles 10:15 Zumba with Music 11:00 Connect the Dots 1:15 Sing-Fit Sing Along 2:00 Category Catch the Ball 2:30 Art Walk & Bistro Social 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: The Curious Case Of Benjamin Button	7 10:00 Daily Chronicles 10:15 Spa Hour 11:00 Giant Jigsaw Puzzles 1:15 Scenic Drive 1:45 Stretch & Flex 2:15 Headbandz Guessing Card Game 3:00 Refreshments & Music 3:30 Curling Zone 6:00 Movie: Catch Me If You Can	8 10:00 Daily Chronicles 10:15 Ball Exercise 11:00 Brain Café 1:15 Pass It Down 2:00 Sacred Heart Visit & Crafting Session: Self Portraits 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: Fiddler on the Roof	9 10:00 Daily Chronicles 10:15 Morning Exercise 11:00 Zen Zone 1:15 Stretch & Flex 1:45 Drama Theatre: Shaping What Matters 2:30 Follow Along Music Circle 3:00 Refreshments & Music 3:30 Pass the Ball 6:00 Movie: For Me & My Gal	10 10:00 Daily Chronicles 10:15 Stretch & Strength 11:00 True or False Game 1:15 Add It Up Math Games 1:45 Ring Toss 2:30 Junk Drawer Detective: Home Fire Safety 3:00 Refreshments & Music 3:30 Skee Ball 6:00 Movie: Senna
11 10:00 Daily Chronicles 10:15 Pool Noodle Exercise 11:00 Reading Retreat 1:15 Bingo 2:00 Bullseye 2:30 Drawing & Painting 3:00 Refreshments & Music 3:30 Basketball 6:00 Movie: Airplane II	12 10:00 Daily Chronicles 10:30 Meditation with Seth 11:00 Question Ball Game 1:15 Stretch & Flex 1:45 Parachute Games 2:30 October IQ 3:00 Refreshments & Music 3:30 Cornhole Bag Toss 6:00 Movie: It's Kind of a Funny Story	13 10:00 Daily Chronicles 10:15 Zumba with Music 11:00 Category Catch the Ball 1:15 Sing-Fit Sing Along 2:00 Poetry & Literature with Linda 2:30 Table Bowling 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: Sleepless in Seattle	14 10:00 Daily Chronicles 10:15 Spa Hour 11:00 Word Puzzles: October 1:15 Stretch & Flex 1:45 Destination Travelogue: Czech Republic 2:30 Baking Session: Pumpkin Cookies 3:00 Refreshments & Music 3:30 Balloon Volleyball 6:00 Movie: Crash Dive	15 10:00 Daily Chronicles 10:15 Full Body Exercise 11:00 5-Second Think Fast 1:15 Pass It Down 2:00 All About Oktoberfest 2:15 Oktoberfest Social & Musical Performance with Jacob Bean 3:30 Bingo 6:00 Movie: Gone with the Wind	16 10:00 Daily Chronicles 10:15 Morning Exercise 11:00 Zen Zone 1:15 Stretch & Flex 1:45 Watercolor Painting: 2:30 Who Am I? 3:00 Refreshments & Music 3:30 Basketball 6:00 Movie: Sabrina	17 10:00 Daily Chronicles 10:15 Stretch & Strength 11:00 Would You Rather 1:15 Reminiscing 1:45 Category Catch the Ball 2:30 Begins With.... Word Play 3:00 Refreshments & Music 3:30 Bean Bag Frog Toss 6:00 Movie: Mr. Hollands' Opus
18 10:00 Daily Chronicles 10:15 Pool Noodle Exercise 11:00 Short Story 1:15 Bingo 1:45 Tic Tac Toe Golf 2:30 Guess the Animal Sound 3:00 Refreshments & Music 3:30 Pass the Ball 6:00 Movie: The War with Grandpa	19 <i>Happy Birthday Gary!</i> 10:00 Be Fit with Select Rehab 10:45 Shake Loose a Memory 11:15 Birthday Celebration 1:15 Stretch & Flex 1:45 Memory: Matching Pairs 2:30 Musical Cabaret: Harvest Fest 3:00 Refreshments & Music 3:30 Horse Shoes 6:00 Movie: Best in Show	20 10:00 Daily Chronicles 10:15 Zumba with Music 11:00 Connect the Dots 1:15 Sing-Fit Sing Along 2:00 Documentary: The President's 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: Kate & Leopold	21 10:00 Daily Chronicles 10:15 Spa Hour 11:00 Giant Jigsaw Puzzles 1:15 Scenic Drive 1:45 Stretch & Flex 2:30 Autumn Leaf Scavenger Hunt 3:00 Refreshments & Music 3:30 Curling Zone 6:00 Movie: Minority Report	22 10:00 Daily Chronicles 10:15 Ball Exercise 11:00 Brain Café 1:15 Pass It Down 2:00 Sacred Heart Visit & Crafting Session: Fall Wreathes 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: The Pajama Game	23 10:00 Daily Chronicles 10:15 Morning Exercise 11:00 Zen Zone 1:15 Stretch & Flex 1:45 What Am I? 2:15 Art Walk & Bistro Social 3:00 Refreshments & Music 3:30 Pass the Ball 6:00 Movie: Gigi	24 10:00 Daily Chronicles 10:15 Stretch & Strength 11:00 True or False Game 1:15 Add It Up Math Games 1:45 Ring Toss 2:30 Junk Drawer Detective: Scouting 3:00 Refreshments & Music 3:30 Skee Ball 6:00 Movie: Field of Dreams
25 10:00 Daily Chronicles 10:15 Pool Noodle Exercise 11:00 Reading Retreat 1:15 Bingo 2:00 Bullseye 2:30 Drawing & Painting 3:00 Refreshments & Music 3:30 Basketball 6:00 Movie: License to Wed	26 10:00 Daily Chronicles 10:15 Creative Movement 11:00 Question Ball Game 1:15 Stretch & Flex 1:45 Parachute Games 2:30 Halloween Rhyme Time 3:00 Refreshments & Music 3:30 Cornhole Bag Toss 6:00 Movie: i am sam	27 10:00 Daily Chronicles 10:15 Zumba with Music 11:00 Category Catch the Ball 1:15 Sing-Fit Sing Along 2:00 Poetry & Literature with Linda 2:30 Table Bowling 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: Outsourced	28 10:00 Daily Chronicles 10:15 Spa Hour 11:00 Word Puzzles: Celebrating Halloween 1:15 Stretch & Flex 1:45 Believable Or Batty? 2:30 Trick-Or-Treat Sensory 3:00 Refreshments & Music 3:30 Balloon Volleyball 6:00 Movie: Lawrence of Arabia	29 10:00 Daily Chronicles 10:15 Ball Exercise 11:00 5-Second Think Fast 1:15 Pass It Down 2:00 Halloween Bash 2:30 Musical Performance with Jon Pressman 3:00 Refreshments & Music 3:30 Bingo 6:00 Movie: Funny Face	30 10:00 Daily Chronicles 10:15 Morning Exercise 11:00 Zen Zone 1:15 Stretch & Flex 1:45 Drama Theatre: Boo Who? 2:30 Follow Along Music Circle 3:00 Refreshments & Music 3:30 Basketball 6:00 Movie: Dr. Zhivago	31 10:00 Daily Chronicles 10:15 Stretch & Strength 11:00 Would You Rather 1:15 Reminiscing 1:45 Category Catch the Ball 2:30 Begins With.... Word Play 3:00 Refreshments & Music 3:30 Bean Bag Frog Toss 6:00 Movie: The Lady Vanishes

The Terrace: October 2026

October Birthdays & Highlighted Events:

October 6th & 23rd, Art Walk & Bistro Socials: Take in the community art display followed by an afternoon of discussion over coffee and treats.

October 7th& 21st, Scenic Drive: Enjoy a relaxing scenic drive as we take in the beautiful surroundings our state has to offer.

October 15th, Oktoberfest Social: Accordionist Jakob Bean will be here to entertain us with a lively, themed performance! Snacks and beverage will be provided.

October 19th, Happy Birthday Bash: Celebrate Gary with cake, decorations, and a joyful birthday social to make him feel truly special.

October 29th: Halloween Bash: Tis the season to be spooky! Celebrate the Halloween season with games, treats and a live musical performance with Jon Pressman.

Knit & Chat, Wednesdays at 1:45pm: Calling all knitters! All those that enjoy any type of needlework are invited to this relaxing activity.



Activities: We offer a variety of active and brain stimulating activities. Groups are lead by Life Enrichment and Terrace staff members throughout the day, and take place seven days a week. We are always open to suggestions and welcome you to join us.

The Gardens at Town Square
933 111th Avenue NE,

Bellevue, WA 98004
(425) 688-1900 tel
(425) 462-1127 fax

The Terrace LE Staff

Maria Susner:	Maria.ArellanoSus@eraliving.com
Jabria Allen:	Jabria.Allen@eraliving.com
Esther Kado:	Esther.Kado@eraliving.com
Linda Brisk:	Linda.Brisk@eraliving.com

Live Entertainment:

Join us for a little fun as we invite entertainers to get us singing and dancing to old time favorites.

Monday, October 5th at 2:30pm: Do Peterson (Vocals & Guitar)

Thursday, October 15th at 2:15pm: Jakob Bean (Accordion)

Monday, October 19th at 2:30pm: Harvest Fest Cabaret (Vocals)

Thursday, October 29th at 2:30pm: Jon Pressman (Vocals & Guitar)

