



OCTOBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		HALLOWEEN DOOR DECORATING CONTEST! (MORE DETAILS TO COME!)		1 10:30 Stretch & Flex (GA) 11:15 Fall Colors Scenic Drive w/ Coffee & Pastries Stop * 1:00 Rummikub Game (1FL) 1:00 Balance Class (GA) 3:00pm-4:30pm <i>Art Gala</i> <i>"Northwest Watercolor Society" (L, LR, 1FLR)</i>	2 9:45 Enhance Fitness (GA) <i>11:30 Life Enrichment Planning Meeting! (GA)</i> 12:30 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 Emergency Preparedness Presentation w/ Susan V. (GA)	3 10:30 Stretch & Flex (GA) 11:15 Pause & Connect (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 1:00 Travel w/Art: <i>"Jungfrau to Zurich"</i> (GA) 2:00 Creative Writing Class w/Claudia (PDR)
4 NO CHURCH SHUTTLE due to SALMON DAYS * 11:00 Women's Coffee Hour (GA) 1:00 Scrabble (1FL) 1:00 Rummikub Game (1FL) 3:00 Card Game "Sevens" (1FL)	5 9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:00 Needlework Club (LR) <i>New!</i> <i>(knitting, crochet, needle point)</i> 12:30 Low Vision Support (GR) 1:00 Art Class w/Local Artist * <i>(sign up in binder)</i> (CR) 3:00 Oktoberfest Happy Hour w/ Bavarian Beer Garden Band! (GA) 6:30 Jumbo Crossword Puzzle (LR)	6 9:00 Water Exercise (P) <i>10:00-2:00 Flu/COVID Clinic (GA)</i> 10:45/1:15 Fred Meyer Grocery Shuttle* \$ 12:30 Bridge (GR) 1:30 Episcopal Communion (1FL) <i>New—All Welcome!</i> 2:00 Bible Class w/ Pastor Joe (PDR) 3:00 Contemporary Issue Co-ed Group <i>"Ringing the AI Alarm"</i> (GA)	7 9:45 Enhance Fitness (GA) 10:30 Outing to Issaquah Salmon Hatchery * \$ 11:00 Chair Yoga (GA) 12:30 Bridge (GR) 3:00 Town Hall (GA) <i>4:00-5:30 OnSite Dermatology Informational Event (LR) (Free stuff!)</i> 6:30 Poker Night (GA)	Food Bank Pick Up 8 <i>10:00-10:30 Traveling Library (L)</i> 10:30 Stretch & Flex (GA) 11:30 Current Events (GA) 1:00 Rummikub Game (1FL) 1:30 Balance Class (GA) 2:00 Open Studio Time (CR) <i>New!</i> 2:30 Music Lecture w/Theo Deacon <i>"My Fair Lady"</i> (GA)	9 9:45 Enhance Fitness (GA) 11:15 Lunch Outing to Dickey's Barbeque Pit * \$ 12:30 Bridge (GR) 1:00 Mah-Jong Game (1FL) 2:00 Corn Hole, Chips & Beer (GA) 3:00 Stories of a Lifetime: <i>"The Evolution of Technology"</i> (GA) 7:00 Movie Night: <i>"My Fair Lady"</i> (GA)	10 10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 11:15 Pause & Connect (GA) 12:00 Rummikub Game (1FL) 1:00 Travel w/Art: <i>"Turkey"</i> (GA) 2:00 Creative Writing Class w/Claudia (PDR) 3:00 Beer, Chips & Bingo (GA) 3:00-4:30 Technology Help Desk (LR) *
11 8:00-12:30 Church Shuttle* 11:00 Women's Coffee Hour (GA) 1:00 Outing to Shakespeare's "Hamlet" * 1:00 Scrabble (1FL) 1:00 Rummikub Game (1FL) 3:00 Card Game "Sevens" (1FL)	12 9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 11:00 Stroke Support Group (GR) <i>New!</i> 12:00 Needlework Club (LR) <i>New!</i> <i>(knitting, crochet, needle point)</i> 12:30 Caregiver Support (GR) 1:30 Wellness 360 <i>"Forever Chemicals"</i> (GA) 3:00 Wine Tasting w/Meghan Wines from Greece! * (GA) <i>(sign up in LE binder!)</i>	13 9:00 Water Exercise (P) 10:00 Outing to Value Village * \$ 10:45/1:15 QFC Grocery Shuttle * \$ 12:30 Bridge (GR) 2:00 Contemporary Issues Men's Group: <i>"Media Bans in the White House"</i> (PDR) 3:00 Book Club (GA)	14 9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:15 Lunch Outing to Tantalus Greek Restaurant * \$ 12:00 Catholic Communion (PDR) <i>1:00-2:30 New Resident Orientation (GA)</i> 12:30 Bridge (GR) 3:00 Contemporary Issues Women's Group (GA) 6:30 Poker Night (GA)	15 9:30 Outing to Seattle Aquarium * \$ PATD <i>10:00-12:00 Flu/COVID Clinic (GR)</i> 10:30 Stretch & Flex (GA) 11:30 Food Forum (GA) 1:00 Rummikub Game (1FL) 1:30 Balance Class (GA) 2:00 Open Studio Time (CR) <i>New!</i> 3:00 Film Lecture w/ Lance Rhoades <i>"Mack Sennett, Father of Slapstick"</i> (GA) 4:15 Candidate, Lisa Callan; House of Representatives 5th District (GA)	16 9:45 Enhance Fitness (GA) 10:00 Birthday Brunch * (DR) 🎈 11:30 <i>"Where does it go?"</i> Recycling w/Recology (GA) 12:30 Bridge (GR) 1:00 Mah-Jong Game (1FL) 2:00 Shabbat w/Rabbi Farkash (PDR) 3:00 Musical Performance w/ Hammered Dulcimer! (GA)	17 10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 11:15 Pause & Connect (GA) 12:00 Rummikub Game (1FL) 1:00 Travel w/Art: <i>"Autumn Colors of Vermont"</i> (GA) 3:00 Musical Performance: <i>Music from India!</i> (GA)



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18 8:00-12:30 Church Shuttle* 11:00 Women’s Coffee Hour (GA) 1:00 Scrabble (1FL) 1:00 Rummikub Game (1FL) 3:00 Card Game “Sevens” (1FL) 3:00 Sage Academy: <i>“Intergenerational Discussion”</i> (GA)	19 9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:00 Talent Show Rehearsal (GA) 12:00 Needlework Club (LR) <i>New!</i> <i>(knitting, crochet, needle point)</i> 12:30 Caregiver Support (GR) 1:30 Death Café (PDR) 3:00 Resident Council Meeting (GA) 6:30 Jumbo Crossword Puzzle (LR)	20 9:00 Water Exercise (P) 10:45/1:15 Fred Meyer Grocery Shuttle * \$ 11:00 Chronic Disease/Pain Support Group (GR) 12:30 Bridge (GR) 2:00 Bible Class w/ Pastor Joe (PDR) 3:00 Understanding Shakespeare Class (GA)	21 9:45 Enhance Fitness (GA) 10:30 Outing to Factoria Mall * \$ <i>(shop, eat, or walk—2 hours)</i> 11:00 Chair Yoga (GA) 12:00 Talent Show Rehearsal (GA) 12:30 Bridge (GR) 3:00 Travel w/Art: <i>“Greece”</i> (GA) 6:30 Poker Night (GA)	22 10:30 Stretch & Flex (GA) 11:30 Current Events (GA) 1:00 Rummikub Game (1FL) 1:30 Balance Class (GA) 2:00 Open Studio Time (CR) <i>New!</i> 3:00 Special Guest Speaker, Teresa Andre <i>“Postcards From the Park”</i> (GA) 4:00-7:00 Destination Dinner GREECE! <i>(reservations requested)</i>	23 9:45 Enhance Fitness (GA) 11:30 Talent Show Rehearsal (GA) 12:30 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 Bingo & Cookies (GA) 4:00 Uncorked & Connected Social Hour (LR) <i>New!</i>	24 10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 12:00 Rummikub Game (1FL) 2:00 TALENT/NO TALENT SHOW! (GA) <i>(suggested donation of \$5 to benefit the employee appreciation fund)</i>
25 8:00-12:30 Church Shuttle* 11:00 Women’s Coffee Hour (LR) 12:30 Fireside Chat w/ Susan V (LR) 1:00 Scrabble (1FL) 1:00 Rummikub Game (1FL) 1:15 Outing to Washington Wind Symphony “Legends, Superheroes, and Story Tellers” * \$ 3:00 Card Game “Sevens” (1FL)	26 9:45 Enhance Fitness (GA) 11:00 Brain Fitness (GA) 12:00 Needlework Club (LR) <i>New!</i> <i>(knitting, crochet, needle point)</i> 1:30 Script Reading w/ William (GA) 3:00 Bingo & Spooky Mimosas (GA)	27 9:00 Water Exercise (P) 9:00 Veteran’s Breakfast Club (DR) <i>(resident lead)</i> 10:45/1:15 Safeway Grocery Shuttle * \$ 12:30 Bridge (GR) 3:00 Nutrition Talk: w/ Amanda + Chef Demo! <i>“Nutrition for Immunity”</i> (GA) <i>*Smoke Detector Testing Today!</i>	28 9:45 Enhance Fitness (GA) 11:00 Chair Yoga (GA) 11:00 Shopping Outing To Trader Joe’s * \$ 11:30 Sunshine Club (GR) 12:00 Catholic Communion (PDR) 12:30 Bridge (GR) 2:00 Craft Kits for Children’s Hospital (CR) <i>(Volunteer Opportunity!)</i> 3:00 Musical Performance: <i>Bewitching Autumn Belles!</i> (GA) 6:30 Poker Night (GA)	29 10:30 Stretch & Flex (GA) 11:30 Special Lecture w/Loma Pendergraft <i>“Brilliant Birds & Beasts”</i> (GA) 1:00 Rummikub Game (1FL) 1:30 Balance Class (GA) 2:00 Open Studio Time (CR) <i>New!</i> 4:15 Dinner Outing to Caudxi Oaxaca Mexican Restaurant *	30 9:45 Enhance Fitness (GA) 10:00 Outing to Snoqualmie Casino * \$ 11:30 Housekeeping/Maintenance Forum (GA) 12:30 Bridge (GR) 1:00 Mah-Jong Game (1FL) 3:00 Halloween Costume Party & Happy Hour (GA) <i>(wear a costume!)</i>	31 10:30 Stretch & Flex (GA) 11:00 Mah-Jong Game (1FL) 11:15 Pause & Connect (GA) 12:00 Rummikub Game (1FL) 1:00 Travel w/Art: <i>“Ireland’s SW Counties”</i> (GA) 3:00 Foggy Dog 4H Group Dog Show (GA)
			Room Key: 1st Floor Loft (1FL) 1st Floor Living Room (1FLR) Dining Room (DR) Dining Room Patio (DRP) Game Room (GR) Gilman Auditorium (GA) Library (LB) Living Room (LR) Lobby (L) Craft Room (CR) Pool (P) Private Dining Room (PDR)	Symbol Key: “*” Advanced sign-up in Life Enrichment Binder—1st Floor. Anything in BLUE indicates TouchTown (TT) (Ch. 370/371) \$ = Bring your wallet along! \$ PATD = Pay At The Door \$\$ = Tickets Purchased Ahead & Charged to your apartment	WELLNESS SERVICES: Podiatrist, Dr. Mak 10/6 OnSite Dermatology 10/7 See the Wellness Center on 1st floor to schedule appointments	<i>For additional activity supplies please contact Life Enrichment on the 3rd floor or by calling the front desk at 425-557-4200</i>