

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2022 Activities

						<p>8:30 Activity Cart Rounds <b>1</b></p> <p>10:30 Exercise/Games</p> <p>1:30 BINGO</p>
<p><b>2</b></p> <p>8:30 Activity Cart Rounds</p> <p>1:00 Church Service</p> <p>1:00 Seahawks game</p> <p>2:00 Pizza</p> <p>Dixie dog visit/Time to be determined</p>	<p><b>3</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Ceramics</p> <p>3:00 Card Games</p>	<p><b>4</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Exercise /Games</p> <p>11:45 Trivia/Word Games</p> <p>1:30 BINGO</p> <p>6:00 Movie</p>	<p><b>5</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Exercise/Games</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Arts and Crafts</p> <p>3:00 Sunshine and Fresh Air</p>	<p><b>6</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Exercise/Games</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Ballroom Dancers</p> <p>5:00 Resident led BINGO</p>	<p><b>7</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:45 Quilt Show Outing</p> <p>11:45 Trivia/Word Games</p> <p>1:45 Quilt Show Outing</p> <p>6:00 Movie</p>	<p><b>8</b></p> <p>8:30 Activity Cart Rounds</p> <p>10:30 Exercise/Games</p> <p>1:30 BINGO</p>
<p><b>9</b></p> <p>8:30 Activity Cart Rounds</p> <p>1:00 Church Service</p> <p>1:00 Seahawks game</p> <p>2:00 Pizza</p> <p>Dixie dog visit/Time to be determined</p>	<p><b>10</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Music/Gary Hood</p> <p>3:00 Card Games</p>	<p><b>11</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Exercise /Games</p> <p>11:45 Trivia/Word Games</p> <p>1:30 BINGO</p> <p>6:00 Movie</p>	<p><b>12</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Exercise/Games</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Arts and Crafts</p> <p>3:00 Sunshine and Fresh Air</p>	<p><b>13</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Exercise/Games</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Sing a Long</p> <p>5:00 Resident led BINGO</p>	<p><b>14</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Garden Club</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Manicures</p> <p>6:00 Movie</p>	<p><b>15</b></p> <p>8:30 Activity Cart Rounds</p> <p>10:30 Exercise/Games</p> <p>1:30 BINGO</p>
<p><b>16</b></p> <p>8:30 Activity Cart Rounds</p> <p>1:00 Church Service</p> <p>1:00 Seahawks game</p> <p>2:00 Pizza</p> <p>Dixie dog visit/Time to be determined</p>	<p><b>17</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Ceramics Class</p> <p>3:00 Card Games</p>	<p><b>18</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Exercise /Games</p> <p>11:45 Trivia/Word Games</p> <p>1:30 BINGO</p> <p>2:30 Resident Council</p> <p>6:00 Movie</p>	<p><b>19</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Exercise/Games</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Arts and Crafts</p> <p>3:00 Sunshine and Fresh Air</p>	<p><b>20</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Exercise/Games</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Music with Kelly</p> <p>5:00 Resident led BINGO</p>	<p><b>21</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Manicures</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Manicures</p> <p>6:00 Movie</p>	<p><b>22</b></p> <p>8:30 Activity Cart Rounds</p> <p>10:30 Exercise/Games</p> <p>1:30 BINGO</p>
<p><b>23</b></p> <p>8:30 Activity Cart Rounds</p> <p>1:00 Church Service</p> <p>1:00 Seahawks game</p> <p>2:00 Pizza</p> <p>Dixie dog visit/Time to be determined</p>	<p><b>24</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Ceramics</p> <p>3:00 Card Games</p>	<p><b>25</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Exercise /Games</p> <p>11:45 Trivia/Word Games</p> <p>1:30 BINGO Store</p> <p>6:00 Movie</p>	<p><b>26</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Exercise/Games</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Arts and Crafts</p> <p>4:00 Chili and Cornbread Dinner</p>	<p><b>27</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Exercise/Games</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Sing a Long</p> <p>5:00 Resident led BINGO</p>	<p><b>28</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 Coffee Hour</p> <p>10:30 Garden Club</p> <p>11:45 Trivia/Word Games</p> <p>1:30 W/C Halloween Decorating</p> <p>6:00 Movie</p>	<p><b>29</b></p> <p>8:30 Activity Cart Rounds</p> <p>10:30 Exercise/Games</p> <p>1:30 BINGO</p>
<p><b>30</b></p> <p>8:30 Activity Cart Rounds</p> <p>1:00 Church Service</p> <p>1:00 Seahawks game</p> <p>2:00 Pizza</p> <p>Dixie dog visit/Time to be determined</p>	<p><b>31</b></p> <p>8:30 Activity Cart Rounds</p> <p>9:30 W/C Halloween Decorating</p> <p>11:45 Trivia/Word Games</p> <p>1:30 Ceramics</p>	<p>Participation in group activities allowed according to DOH guidelines. Exercise and Games in Chapel. Manicures in activity room. All other activities take place in 3<sup>rd</sup> floor dining room. 6:00 Movie in 3<sup>rd</sup> dining room by request. All activities subject to change. Beautician here on Sundays. Schedule with activities staff or call activities department at 425-551-6310</p>				