

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Enhance Fitness 11:00 Daily Balance 12:00 Community Dining 12:30 Red Hats Meeting 12:30 Bridge 1:30 Shakespeare Sessions 1:30 Ping Pong	2 9:00 SeaMar 9:00 Pinochle 10:00 Watercolor Painting & Drawing 10:00 French Language 10:00 Massage Therapy 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga	3 9:00 Pinochle 9:30 Enhance Fitness 10:30 Italian Language 11:00 Daily Balance 11:00 Bible Study 12:00 Community Dining 12:00 Massage 1:00 Acrylic Painting 1:00 William's Walkers 1:30 Ping Pong	4 10:00 Financial Assistance w/Kyle 10:00 Current Events 11:00 Daily Balance 11:00 Chair Yoga 12:00 Community Dining 1:00 Haircut Salon 1:00 Scrabble Games 1:15 Movie Matinee: <i>The Producers, 1967</i>	5 9:30 Enhance Fitness 10:00 Trip: Quilt & Fiber Arts Festival 10:00 Adult Coloring & Paper Craft 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 Fiber Arts Circle & Bead Works Group 1:30 Ping Pong 6:00 - 9:00 Rainbow Bingo
9 9:30 Enhance Fitness 10:30 Low Vision Support 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:00 Indigenous Peoples Day Observance/Celebration (RSVP) 1:30 Shakespeare Sessions 1:30 Ping Pong	9 9:00 SeaMar / 9:00 Pinochle 10:00 - 12:00 Flu Shot Clinic 10:00 Watercolor Painting & Drawing 10:00 French Language 10:00 Massage Therapy 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 2:00 Fiction/Lit Book Group	10 9:00 Pinochle 9:30 Enhance Fitness 10:30 Italian Language 11:00 Daily Balance / 11:00 Bible Study 12:00 Community Dining 12:00 Massage 1:00 Acrylic Painting 1:00 William's Walkers 1:30 Seattle REP: Intro to Musical Theater 1:30 Ping Pong	11 10:00 Current Events 11:00 Daily Balance 11:00 Chair Yoga 12:00 Community Dining 12:30 Travels w/Leslye: S. Georgia Island & Antarctica (RSVP) 1:00 Scrabble Games 1:30 Movie Matinee: <i>Shakleton's Captain, 2012</i>	12 9:30 Enhance Fitness 10:00 Adult Coloring & Paper Craft 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 Fiber Arts Circle 1:30 Bead Works Group 1:30 Ping Pong
16 9:30 Enhance Fitness 11:00 Daily Balance 11:30 Parkinson's Support 12:00 Community Dining 12:45 Trip: Seattle Chocolates Tour 12:30 Bridge 1:30 Shakespeare Sessions 1:30 Ping Pong	16 9:00 SeaMar 9:00 Pinochle 10:00 Watercolor Painting & Drawing 10:00 French Language 10:00 Massage Therapy 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 5:00 - 7:00 50th Anniversary Open House	17 9:00 Pinochle 9:30 Enhance Fitness 10:30 Italian Language 11:00 Daily Balance / 11:00 Bible Study 12:00 Community Dining 12:00 Massage 1:00 Acrylic Painting 1:00 William's Walkers 1:30 Seattle REP: Intro to Musical Theater 1:30 Ping Pong	18 9:00 Women's Breakfast (RSVP) 10:00 Current Events 10:45 National Theater Live: Othello (2023) 11:00 Daily Balance 11:00 Chair Yoga 12:00 Community Dining 1:00 Haircut Salon 1:00 Scrabble Games 2:15 Movie Matinee: <i>Hocus Pocus, 1993</i>	19 9:30 Enhance Fitness 10:00 Adult Coloring & Paper Craft 11:00 Daily Balance 12:00 Community Dining 12:30 Janice's Travel Adventure: Morocco (RSVP) 12:30 Bridge 1:30 Fiber Arts Circle 1:30 Bead Works Group 1:30 Ping Pong
23 9:30 Enhance Fitness 10:30 History Book Group 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 Shakespeare Sessions 1:30 Ping Pong	23 9:00 SeaMar 9:00 Pinochle 9:30 Trip: Bob's Corn & Pumpkin Farm 10:00 Watercolor Painting & Drawing 10:00 French Language 10:00 Massage Therapy 11:00 Daily Balance 12:00 Community Dining 1:00 Chair Yoga 2:00 Fiction/Lit Book Group	24 9:00 Pinochle 9:30 Enhance Fitness 10:30 Italian Language 11:00 Daily Balance / 11:00 Bible Study 12:00 Community Dining 12:00 Massage 1:00 Acrylic Painting 1:00 William's Walkers 1:30 Seattle REP: Intro to Musical Theater 1:30 Ping Pong	24 9:00 Men's Breakfast (RSVP) 10:00 Current Events 11:00 Daily Balance 11:00 Chair Yoga 12:00 Community Dining 12:45 ABLE Meeting 1:00 Scrabble Games 1:15 Movie Matinee: <i>Young Frankenstein, 1974</i>	25 9:30 Enhance Fitness 10:30 Adult Coloring & Paper Craft 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:00 UAP/UFO Update w/Anthony 1:30 Fiber Arts Circle 1:30 Bead Works Group 1:30 Ping Pong
30 9:30 Enhance Fitness 11:00 Daily Balance 12:00 Community Dining 12:30 Bridge 1:30 Shakespeare Sessions 1:30 Ping Pong *Dental Hygiene Day*	30 9:00 SeaMar 9:00 Pinochle 10:00 Watercolor Painting & Drawing 10:00 French Language 10:00 Massage Therapy 11:00 Daily Balance 12:00 Community Dining 1:00 Halloween Carnival (RSVP) 1:00 Chair Yoga	 <h1 style="font-size: 4em; color: #e67e22;">October 2023</h1>		