

# OCTOBER

## Monthly Programming 2024

Lifestyle Programming: Live Music & Entertainment, Special Events & Outings



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	01 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 WELCOME TO OCTOBER PRESENTATION</b> 2:30 STROLL & STRETCH 3:30 BINGO	02 10:00 OUTING TO GOODWILL 11:00 SEATED FLEXERCISE <b>1:30 ALL THINGS TRANSPORTATION SEMINAR</b>	03 10:00 OUTING TO GOODWILL 11:00 SEATED FLEXERCISE 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 THE ART OF ARCHITECTURE EPISODE 1</b>	04 9:30 GROCERY SHOPPING OUTING TO QFC 11:00 SEATED FLEXERCISE 11:15 ST. JOE'S HEALING MASS <b>1:30 CARSON LILY CONCERT</b> 3:30 WINE & BEER SOCIAL	05 10:00 STREAMED CONCERT 11:00 SEATED TOTAL CHAIR FITNESS 1:30 MEDITATION GROUP <b>2:30 AUTUMN FELT CRAFT ACTIVITY (CL)</b>
06 11:00 STREAMED CHURCH SERVICES 1:30 INTERACTIVE SCRIPTURE & HYMNS W/PAUL & TINA MILLER 1:30 STREAMED PERFORMANCE	07 10:00 JOURNAL THROUGH ART <b>1:30 PAPER MACHE W/WICKED RAE ART STUDIO</b> 2:30 FREE MOVEMENT W/MARY	08 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 OLIVE OIL TASTING &amp; PRESENTATION</b> 2:30 STROLL & STRETCH 3:30 BINGO	09 11:00 SEATED FLEXERCISE 11:15-11:45 BOOKMOBILE <b>1:30 THE ART OF ARCHITECTURE EPISODE 2</b>	10 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 RESIDENT ASSOCIATION KITCHEN HOUR</b>	11 9:30 GROCERY SHOPPING OUTING TO COSTCO 11:00 SEATED FLEXERCISE <b>1:30 MYTHS, LEGENDS &amp; CURIOUS EVENTS PRESENTATION BY LIFESTYLE TEAM</b> 2:30 STROLL & STRETCH 3:30 WINE & BEER SOCIAL	12 11:00 SEATED TOTAL CHAIR FITNESS 1:30 MEDITATION GROUP <b>2:30 BONE &amp; JOINT PRESENTATION &amp; DISCUSSION W/ANGELIKA</b>
13 11:00 STREAMED CHURCH SERVICES 1:30 INTERACTIVE SCRIPTURE & HYMNS W/PAUL & TINA MILLER 1:30 STREAMED PERFORMANCE	14 10:00 MENTAL HEALTH MONDAY <b>1:30 THE ART OF ARCHITECTURE EPISODE 3</b> 2:30 FREE MOVEMENT W/MARY	15 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 FIRESIDE CHAT W/MARI</b> 2:30 STROLL & STRETCH 3:30 BINGO	16 11:00 SEATED FLEXERCISE <b>1:30 PUTT PUTT MINI GOLF</b> 2:30 BOOK CLUB	17 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 SING-ALONG W/DAVID LEPSE</b> 3:30 SCRABBLE CLUB	18 9:30 GROCERY SHOPPING OUTING TO SAFEWAY 11:00 SEATED FLEXERCISE <b>1:30 RESIDENT ASSOCIATION HOME HOUR</b> 3:30 WINE & BEER SOCIAL	19 11:00 SEATED TOTAL CHAIR FITNESS 1:30 MEDITATION GROUP <b>2:30 FLOWER CLUB</b>
20 11:00 STREAMED CHURCH SERVICES 1:30 INTERACTIVE SCRIPTURE & HYMNS W/PAUL & TINA MILLER 1:30 STREAMED PERFORMANCE	21 9:00-3:00 FOOT & NAIL CARE W/KOKO 10:00 JOURNAL THROUGH ART <b>1:30 THINKTANK VIDEO &amp; DISCUSSION GROUP</b> 2:30 FREE MOVEMENT W/MARY	22 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 SEATTLE OPERA JUBILEE OUTING</b> 2:30 STROLL & STRETCH 3:30 BINGO	23 11:00 SEATED FLEXERCISE <b>1:30 COMPOSER LISTEN AND LEARN: SPOOKY CLASSICAL MUSIC (CL)</b>	24 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 RESIDENT ASSOCIATION GENERAL ASSEMBLY</b> 3:30 SCRABBLE CLUB	25 9:30 GROCERY SHOPPING OUTING TO FRED MEYER 11:00 SEATED FLEXERCISE <b>1:30 THE ART OF ARCHITECTURE EPISODE 4</b> 2:30 STROLL & STRETCH 3:30 WINE & BEER SOCIAL	26 11:00 SEATED TOTAL CHAIR FITNESS 1:30 MEDITATION GROUP
27 11:00 STREAMED CHURCH SERVICES 1:30 INTERACTIVE SCRIPTURE & HYMNS W/PAUL & TINA MILLER 1:30 STREAMED PERFORMANCE	28 10:00 MENTAL HEALTH MONDAY <b>1:30 THINKTANK VIDEO &amp; DISCUSSION GROUP</b> 2:30 FREE MOVEMENT W/MARY	29 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 BONE HEALTH W/ANGELIKA</b> 2:30 STROLL & STRETCH 3:30 BINGO	30 11:00 SEATED FLEXERCISE <b>5:00-7:00 FRED LIND MANOR FALL FESTIVAL!</b>	31 HALLOWEEN 11:00 SEATED TOTAL CHAIR FITNESS <b>1:30 HALLOWEEN SOCIAL &amp; RESIDENT/STAFF COSTUME CONTEST</b>	01	02