



MON		TUE		WED		THU		FRI		SAT		SUN	
				1	11:00 Chair Fitness: Upper Body Strength 1:30 World Music Day w/Do Peterson 2:30 Standing Balance & Fall Prevention	2	11:00 Chair Fitness: Lower Body Strength 1:30 Beyond the Pink: A Month of Awareness & Advocacy	3	11:00 Seated Dynamic & Static Stretches 1:30 Resident Association Home Forum	4	11:00 Chair Fitness: Cardio Focus 1:30 Meditation Group 2:30 Standing Tai Chi for Balance	5	11:00 Streamed Church Services 1:30 Interactive Scripture & Hymns w/Millers 1:30 Streamed Performance
6	11:00 Free Movement w/Mary 3:00 Resident Association Wellness Forum	7	11:00 Flexercise 1:30 Mariners Tailgate Party	8	11:00 Chair Fitness: Upper Body Strength 1:30 Oktoberfest w/Bonnie Birch Trio 2:30 Standing Balance & Fall Prevention	9	11:00 Chair Fitness: Lower Body Strength 1:30 Lance Rhodes Presentation: The Great Gatsby 100th Anniversary	10	11:00 Seated Dynamic & Static Stretches 1:30 Resident Association Kitchen Forum w/Paulette	11	11:00 Chair Fitness: Cardio Focus 1:30 Meditation w/ Brother River 2:30 Standing Tai Chi for Balance	12	11:00 Streamed Church Services 1:30 Interactive Scripture & Hymns w/Millers 1:30 Streamed Performance
13	11:00 Free Movement w/Mary 1:30 Fireside Chat w/Mike)	14	11:00 Flexercise 1:30 Indigenous People Day Streamed Presentation	15	11:00 Chair Fitness: Upper Body Strength 1:30 Resident Lecture Series 2:30 Standing Balance & Fall Prevention	16	11:00 Chair Fitness: Lower Body Strength 1:30 Sing-along w/David Lepse-	17	11:00 Seated Dynamic & Static Stretches Booster/Flu Vaccination Clinic	18	11:00 Chair Fitness: Cardio Focus 1:30 Meditation Group 2:30 Standing Tai Chi for Balance	19	11:00 Streamed Church Services 1:30 Interactive Scripture & Hymns w/Millers 1:30 Streamed Performance
20	11:00 Free Movement w/Mary 1:30 This Month in History	21	11:00 Flexercise 1:30 Reptile Rescue Visit	22	11:00 Chair Fitness: Upper Body Strength 1:30 New Resident Welcome Social 2:30 Standing Balance & Fall Prevention	23	11:00 Chair Fitness: Lower Body Strength 1:30 Resident Association General Assembly	24	11:00 Seated Dynamic & Static Stretches 1:30 Men's Club	25	11:00 Chair Fitness: Cardio Focus 1:30 SAM Artist Talk 2:30 Standing Tai Chi for Balance	26	11:00 Streamed Church Services 1:30 Interactive Scripture & Hymns w/Millers 1:30 Streamed Performance
27	11:00 Free Movement w/Mary 1:30 You Be the Judge	28	9:30 Seattle Opera Matinee 11:00 Flexercise	29	11:00 Chair Fitness: Upper Body Strength 1:30 Halloween Arts & Culture Presentation 2:30 Standing Balance & Fall Prevention	30	10:00 Beginnings Preschool 11:00 Chair Fitness: Lower Body Strength 1:30 Author Talk: Kay Smith-Blum	31	11:00 Seated Dynamic & Static Stretches 1:30 Hallloween Party				