

 October 2026 Fred Lind Manor Activities Calendar				 1 10:00 - Art Connection (AR) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Tech Help w/Ellie (CL) 2:30 - Standing, Balance and Fall Prevention Exercises w/Angelika (MR) 6:30 - Evening Movie (BT) 7:00 - Ephelem Trio Jam Session (CL)		2 9:30 - Shopping Trip to Safeway (SIGN-UP REQUIRED) 11:00 St. Joes Healing Mass (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Home Forum w/ Joanne (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Standing Circuit Training w/Angelika (MR) 6:30 - Evening Movie (BT)		3 11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 1:30 - Meditation Group (AR) 3:30 - Flower Arranging w/ Angelika (AR) 6:30 - Evening Movie (BT) Simchat Torah Begins					
4 11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Livestreamed (AR) 1:30 - Interactive Scripture, Art & Hymns with Paul & Tina Miller (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)		5 10:00 - Mental Health Monday (BT) 11:00 - Flexercise w/ Mary (MR) 1:30 - Resident Birthday Party (CL) 2:30 - A Game of Bridge (CL) 3:30 - Neighborhood Walk: <i>Weather Permitting</i> (L) 6:30 - Evening Movie (BT)		6 10:00 - 12:00 - Real Fun! Virtual Reality w/Melissa (CL) 10:00 - 11:30 - Karaoke (BT) 1:30 - Movement Workshop w/Mary (CL) 2:30 - Bingo (CL) 3:45 - Afternoon Tea (CL) 6:30 - Evening Movie (BT)		7 10:00: Outing to Carpinito Brother's Pumpkin Patch (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - An Afternoon of Music w/ Do Peterson (CL) 2:30 - Discussion Club (AR) 2:30 - Standing Dividat Balance Training (MR) 6:30 - Evening Movie (BT)		8 10:00 - Art Connection: Pumpkin Painting (AR) 11:00 - Play in Motion with Mary & Angelika (MR) 1:00 - Wellness Forum w/ Helen (CL) 2:30 - Seated Chair Fitness w/ Angelika (MR) 3:30 - Fiber Fun Social (CL) 6:30 - Evening Movie (BT)		9 9:30 - Shopping Trip to Walmart & Dollar Tree (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 2:30 - Wine and Beer Social (CL) 3:30 - Standing Circuit Training w/Angelika (MR) 6:30 - Evening Movie (BT)		10 11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 1:30 - Meditation Group (AR) 3:30 - Flower Arranging w/ Angelika (AR) 6:30 - Evening Movie (BT)	
11 11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Livestreamed (AR) 1:30 - Interactive Scripture, Art & Hymns with Paul & Tina Miller (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)		12 10:00 - Journal Through Art w/ Mary (AR) 11:00 - Flexercise w/ Mary (MR) 1:30 - Fireside Chat w/Mike (CL) 2:30 - Scrabble Day (CL) 3:30 - Neighborhood Walk: <i>Weather Permitting</i> (L) 6:30 - Evening Movie (BT) Indigenous Peoples' Day Thanksgiving Day (Canada)		13 10:00 - 11:30 - Karaoke (BT) 1:30 - Pumpkin Yarn Craft (CL) 2:30 - Bingo (CL) 3:45 - Afternoon Tea (CL) 6:30 - Evening Movie (BT)		14 10:45 - Bookmobile 11:00: Shopping Trip to Goodwill (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Kitchen Forum (CL) 2:30 - Book Club (AR) 2:30 - Standing Dividat Balance Training (MR) 3:30 - Cocktail Hour w/ Cori (CL) 6:30 - Evening Movie (BT)		15 10:00 - Presentation w/ Lance Rhoades (CL) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Sing-Along w/David Lepse (CL) 2:30 - Standing, Balance and Fall Prevention Exercises w/Angelika (MR) 6:30 - Evening Movie (BT) 7:00 - Ephelem Trio Jam Session (CL)		16 9:30 - Shopping Trip to Whole Foods (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Curiosity University (CL) 2:30 - Wine and Beer Social (CL) 3:30 - Standing Circuit Training w/Angelika (MR) 6:30 - Evening Movie (BT)		17 11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 1:30 - Meditation Group (AR) 3:30 - Flower Arranging w/ Angelika (AR) 6:30 - Evening Movie (BT)	
18 11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Livestreamed (AR) 1:30 - Interactive Scripture, Art & Hymns with Paul & Tina Miller (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)		19 10:00 - Mental Health Monday (BT) 11:00 - Flexercise w/ Mary (MR) 1:30 - Cornhole Tournament (CL) 2:30 - Rummikub Hour (CL) 3:30 - Neighborhood Walk: <i>Weather Permitting</i> (L) 6:30 - Evening Movie (BT)		20 10:00 - 11:30 - Karaoke (BT) 1:30 - <i>It's the Great Pumpkin, Charlie Brown</i>: Watch Party (CL) 2:30 - Bingo (CL) 3:00 - Wine Tasting w/ Janice (MR) 6:30 - Evening Movie (BT)		21 10:00: Outing to National Nordic Museum (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Cosplay Presentation w/Ruby (CL) 1:30 - In Person Mass (BT) 2:30 - Standing Dividat Balance Training (MR) 3:00 - Men's Club (AR) 6:30 - Evening Movie (BT)		22 10:00 - Science Hour (AR) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - General Assembly (CL) 2:30 - Standing, Balance and Fall Prevention Exercises w/Angelika (MR) 3:30 - Fiber Fun Social (CL) 6:30 - Evening Movie (BT)		23 Vaccine Clinic Day! 9:30 - Shopping Trip to QFC (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 3:30 - Standing Circuit Training w/Angelika (MR) 6:30 - Evening Movie (BT)		24 10:00 - Festive Felt Botanicals w/ Seattle Academy of Arts & Science (CL) 11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 1:30 - Meditation Group (AR) 3:30 - Flower Arranging w/ Angelika (AR) 6:30 - Evening Movie (BT)	
25 11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Livestreamed (AR) 1:30 - Interactive Scripture, Art & Hymns with Paul & Tina Miller (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)		26 10:00 - Mental Health Monday (BT) 11:00 - Flexercise w/ Mary (MR) 1:30 - Now Hear This - "Everyone Loves Joplin" (BT) 2:30 - Scrabble Day (CL) 3:30 - Neighborhood Walk: <i>Weather Permitting</i> (L) 6:30 - Evening Movie (BT)		27 10:00 - 11:30 - Karaoke (BT) 1:30 - Curiosity University (CL) 2:30 - Bingo (CL) 3:45 - Afternoon Tea (CL) 6:30 - Evening Movie (BT)		28 10:00: Outing to Seattle Art Museum (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Family Lore: Show & Tell (CL) 2:30 - Standing Dividat Balance Training (MR) 2:30 - Poetry Club (AR) 3:30 - Cocktail Hour w/ Cori (CL) 6:30 - Evening Movie (BT)		29 10:00 - Art Connection (AR) 11:00 - Seated Chair Fitness w/ Angelika (MR) 1:30 - Tech Help w/Ellie (CL) 2:30 - Standing, Balance and Fall Prevention Exercises w/Angelika (MR) 6:30 - Evening Movie (BT) 7:00 - Ephelem Trio Jam Session (CL)		30 9:30 - Shopping Trip to Uwajimaya (SIGN-UP REQUIRED) 11:00 - Seated Chair Fitness w/ Angelika (MR) 2:00 - Halloween Party! (CL) 3:30 - Standing Circuit Training w/Angelika (MR) 6:30 - Evening Movie (BT)		31 11:00 - Chair Fitness: Cardiovascular Focus w/ Angelika (MR) 1:30 - Meditation Group (AR) 3:30 - Flower Arranging w/ Angelika (AR) 6:30 - Evening Movie (BT) Halloween	