<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
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<tr>
<td>8:00—3:30 Bus to Doctors</td>
<td>8:00—11:00 Bus to Doctors</td>
<td>8:00—11:00 Bus to Doctors</td>
<td>8:00—3:30 Bus to Doctors</td>
<td>9:15 Strength &amp; Balance - PR</td>
<td>9:15 Stretch, Flex, Energize - PR</td>
<td>10:00 Adult Coloring-CR</td>
</tr>
<tr>
<td>8-11 Flu Shot Clinic-PR</td>
<td>9:00 Writers Group-CR</td>
<td>9:15 Seated Yoga -PR</td>
<td>10:00 Adult Coloring - AC</td>
<td>9:30 Catholic Communion - CR</td>
<td>10:00 Pretty Nails - ELR</td>
<td>2:00 Bible Study</td>
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<tr>
<td>1:30 Movie &amp; Popcorn-CR</td>
<td>9:15 Strength &amp; Balance - PR</td>
<td>10:00 Group Activities—CR</td>
<td>10:00 Pretty Nails - ELR</td>
<td>1:30 Mystery Drive</td>
<td>1:30 Beanbag Baseball-PR</td>
<td>w/Fran-COL</td>
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<tr>
<td>2:00 Pretty Nails - ML</td>
<td>9:15 Group Activities –AC</td>
<td>11:00 Blood Pressure Clinic-ML</td>
<td>3:00 Music Sing-along w/Jan-PR</td>
<td>2:30 Dish Round Up</td>
<td>2:30 Dish Round Up</td>
<td>6:30 Skipbo-CR</td>
</tr>
</tbody>
</table>

**7**

9:30 Worship Service -PR
2:30 Bible Study - CR

**9**

9:30 Worship Service & Communion - PR
9:30 Bible Study - CR

**14**

9:30 Worship Service -PR
2:30 Bible Study - CR

**21**

9:30 Worship Service -PR
2:30 Bible Study - CR

**28**

9:30 Worship Service -PR
2:30 Bible Study - CR

**29**

8:00—3:30 Bus to Doctors
9:00 Writers Group-CR
9:15 Strength & Balance - PR
9:15 Group Activities –AC
11:00 Blood Pressure Clinic-ML
1:00 Bingo - PR
1:30 Walmart
2:30 Dish Round Up
6:00 Poker-COL

**30**

8:00—11:00 Bus to Doctors
9:00 Writers Group-CR
9:15 Strength & Balance - PR
9:15 Group Activities –AC
11:00 Blood Pressure Clinic-ML
1:00 Bingo - PR
1:30 Walmart
2:30 Dish Round Up
6:00 Poker-COL

**31**

HALLOWEEN
8:00—3:30 Bus to Doctors
9:15 Seated Yoga-PR
9:15 Group Activities –AC
1:00 Spanish Conversation COL
1:30 Pinoche –1st FA

Happy Birthday!
Peg Owens 10/5
Beppy Hunter 10/7
Bob Hicks 10/24
Veronica Scouler 10/25
Joan Dummer 10/26
Jean Brady 10/30

**October 2018**

**AC**
- Arts Center
- Columbia Room - 1st fl
- CR - Cascade Room - 2nd fl
- ELR - East Living Room - 1st fl
- FA - Floor Alcove
- LIB - Library - 2nd floor
- ML - Main Lobby - 1st fl
- PC - Pacific Univ. Clinic - 1st

**PR**
- Party Room - 2nd fl
- SR - Sewing Room - 3rd fl
- RCY - Retirement Side
- Court Yard
- AL - Assisted Living
- RL - Retirement Living