


October 2021

Cap Sante Court Activities Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>October cont'd</div> <div>31</div> <div>Halloween</div> <div>8:00 LL Breakfast</div> <div>10:30 SS Bible Study</div> <div>10:30 SS Chair Yoga</div> <div>12:00 LL Lunch</div> <div>2:30 LL Movie: The Bride of Frankenstein 1935 (Peacock TV)</div>	<div></div> <div>1111 32nd St. Anacortes, WA 98221 360-293-8088</div>	<div>AE Artistic Expression</div> <div>CC Community Connections</div> <div>CE Continuing Education</div> <div>LL Lifestyle & Leisure</div> <div>PE Physical Engagement</div> <div>SS Spiritual Support</div>			<div>8:00 LL Breakfast</div> <div>11:00 LL Trip to the Dollar Tree/ Burlington Shopping</div> <div>12:00 LL Lunch</div> <div>6:00 LL Movie: The Starling (Netflix)</div>	<div>8:00 LL Breakfast</div> <div>10:30 PE Chair Yoga</div> <div>12:00 LL Lunch</div> <div>2:30 LL Movie: Beethoven (Netflix)</div>
<div>8:00 LL Breakfast</div> <div>10:30 SS Bible Study</div> <div>10:30 SS Chair Yoga</div> <div>12:00 LL Lunch</div> <div>2:30 LL Movie: Poms (Netflix)</div> <div>3</div>	<div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>11:00 CE Lighthouse Tour (Admiralty Head)</div> <div>12:00 LL Lunch</div> <div>6:00 LL Movie: Cry Macho (HBO Max)</div> <div>4</div>	<div>Transportation 10AM-3PM</div> <div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>11:00 CE Ted Talk: The Surprising Science of Happiness</div> <div>12:00 LL Lunch</div> <div>1:40 PE Senior Center Yoga (@2)</div> <div>5</div>	<div>Take me to the movies!</div> <div>8:00 LL Breakfast</div> <div>9:00 CC FLU SHOT CLINIC</div> <div>10:30 SS Meditation (10 minutes)</div> <div>11:00 CC Morning Stroll</div> <div>11:30 CE Rick Steves Travel</div> <div>12:00 LL Lunch</div> <div>1:30 PE Afternoon Stroll</div> <div>6</div>	<div>Transportation 10AM-3PM</div> <div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>10:40 PE Chair Yoga</div> <div>12:00 LL Lunch</div> <div>2:00 AE Happy Hour/ Linda piano</div> <div>7</div>	<div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>11:00 CE Library visit</div> <div>12:00 LL Lunch</div> <div>1:15 LL Shopping trip Costco</div> <div>6:00 LL Movie: Little Shop of Horrors (HBO Max)</div> <div>8</div>	<div>8:00 LL Breakfast</div> <div>10:30 PE Chair Yoga</div> <div>12:00 LL Lunch</div> <div>2:30 LL Movie: The Werewolf of London 1935 (Peacock TV)</div> <div>9</div>
<div>8:00 LL Breakfast</div> <div>10:30 SS Bible Study</div> <div>10:30 SS Chair Yoga</div> <div>12:00 LL Lunch</div> <div>2:30 LL Movie: Phantom of the Opera 1943 (Peacock TV)</div> <div>10</div>	<div>Columbus Day</div> <div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>10:30 PE Morning Stroll</div> <div>12:00 LL Lunch</div> <div>1:00 LL Gordon Skagit Farm</div> <div>6:00 LL Movie: Poltergeist (HBO Max)</div> <div>11</div>	<div>Transportation 10AM-3PM</div> <div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>11:00 CE Ted Talk: Life's Third Act</div> <div>12:00 LL Lunch</div> <div>12</div>	<div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>10:30 PE Morning Stroll</div> <div>11:00 LL Lunch on the town</div> <div>12:00 LL Lunch</div> <div>3:00 LL Movie: The Witches (HBO Max)</div> <div>13</div>	<div>Transportation 10AM-3PM</div> <div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>10:40 PE Chair Yoga</div> <div>12:00 LL Lunch</div> <div>2:00 AE Happy Hour / Doug Roraback Performance</div> <div>14</div>	<div>8:00 LL Breakfast</div> <div>10:30 CE South Forks Alpaca Farm</div> <div>12:00 LL Lunch</div> <div>2:00 CE The Harvest @ Tulip Town</div> <div>6:00 LL Movie: Gremlins (HBO Max)</div> <div>15</div>	<div>8:00 LL Breakfast</div> <div>10:30 PE Chair Yoga</div> <div>12:00 LL Lunch</div> <div>2:30 LL Movie: E.T. (Peacock TV)</div> <div>16</div>
<div>8:00 LL Breakfast</div> <div>10:30 SS Bible Study</div> <div>10:30 SS Chair Yoga</div> <div>12:00 LL Lunch</div> <div>2:30 LL Movie: High Society 1956 (HBO Max)</div> <div>17</div>	<div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>10:30 PE Morning Stroll</div> <div>11:00 LL Fred Myers Shopping Trip</div> <div>12:00 LL Lunch</div> <div>2:00 AE Steve Ellis Performance</div> <div>6:00 LL Movie: The Blob 1958 (HBO Max)</div> <div>18</div>	<div>Transportation 10AM-3PM</div> <div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>11:00 CE Ted Talk: How Societies Can Grow Old Better</div> <div>12:00 LL Lunch</div> <div>1:40 PE Senior Center Yoga (@2)</div> <div>19</div>	<div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>11:00 PE Morning Stroll</div> <div>12:00 LL Lunch</div> <div>1:30 AE Resident Pumpkin Carving</div> <div>3:00 LL Movie: King Kong 1933 (HBO Max)</div> <div>20</div>	<div>Transportation 10AM-3PM</div> <div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>10:40 PE Chair Yoga</div> <div>12:00 LL Lunch</div> <div>2:00 AE Happy Hour/ Linda piano</div> <div>21</div>	<div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>11:00 CE Library visit</div> <div>12:00 LL Lunch</div> <div>3:00 LL Movie: The BFG (Netflix)</div> <div>3:00 CC Pumpkin Painting and Trick or Treating Event</div> <div>22</div>	<div>8:00 LL Breakfast</div> <div>10:30 PE Chair Yoga</div> <div>12:00 LL Lunch</div> <div>2:30 LL Movie: Mystic Pizza (Netflix)</div> <div>23</div>
<div>8:00 LL Breakfast</div> <div>10:30 SS Bible Study</div> <div>10:30 SS Chair Yoga</div> <div>12:00 LL Lunch</div> <div>2:30 LL Movie: Planet of the Apes 1968 (HBO Max)</div> <div>24</div>	<div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>10:30 PE Morning Stroll</div> <div>11:00 LL Mystery Drive</div> <div>12:00 LL Lunch</div> <div>6:00 LL Movie: The Wizard of Oz (HBO Max)</div> <div>25</div>	<div>Transportation 10AM-3PM</div> <div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>11:00 CE Ted Talk: There's No Shame in Taking Care of Your Mental Health</div> <div>12:00 LL Lunch</div> <div>1:40 PE Senior Center Yoga (@2)</div> <div>26</div>	<div>8:00 LL Breakfast</div> <div>10:00 CC Morning Stroll</div> <div>10:30 SS Meditation (10 minutes)</div> <div>12:00 LL Lunch</div> <div>2:00 AE Paint n' Sip</div> <div>6:00 LL Movie: Practical Magic (HBO Max)</div> <div>27</div>	<div>Transportation 10AM-3PM</div> <div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>10:40 PE Chair Yoga</div> <div>12:00 LL Lunch</div> <div>12:00 LL October Birthday Celebration</div> <div>2:00 AE Happy Hour/ Linda piano</div> <div>28</div>	<div>8:00 LL Breakfast</div> <div>10:30 SS Meditation (10 minutes)</div> <div>10:30 CE Schuh Farm Visit</div> <div>12:00 LL Lunch</div> <div>2:30 PE Afternoon Stroll</div> <div>6:00 LL Movie: The Witches of Eastwick 1987 (HBO Max)</div> <div>29</div>	<div>8:00 LL Breakfast</div> <div>10:30 PE Chair Yoga</div> <div>12:00 LL Lunch</div> <div>2:30 LL Movie: Beetlejuice (Peacock TV)</div> <div>30</div>

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