

October 2021

In The Moment – Memory Support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October cont'd 31 Halloween 10:00 CE Daily Chronicle & News 11:00 PE Roll & Color for Halloween Candies 2:00 LL Live Guitar with Steve [AA] 3:00 CE Fall/Halloween Lists - Ipad 4:00 LL Halloween Candy Bingo! 6:30 LL Young Frankenstein - Prime [AA]		3502 "K" Avenue Anacortes, WA 98221 360-399-7263	AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	Healthy Snacks & Hydration offered throughout each day!	10:00 CE Daily Chronicle & Trivia 11:00 PE Stretch & Flex 2:00 CE Dog School - Prime 3:00 CE Wheel of Fortune - Ipad 4:00 LL Bingo! w/ PRIZES 6:30 LL Dear John - Netflix [AA]	10:00 CE Daily Chronicle & News 10:30 PE Gentle Weights 11:00 LL Music & Tunes w/ Don via ZOOM 2:00 CE Quark Science - Prime 3:00 AE Manicures & Mimosas [CY] 4:00 PE Gentle Yoga 6:30 LL Rudy - Prime [AA]
10:00 CE Daily Chronicle & News 11:00 PE Stretch & Flex 2:00 LL Live Guitar with Steve [AA] 3:00 CE Jeopardy - Ipad 4:00 PE Gentle Yoga 6:30 LL I Can Only Imagine - Prime [AA]	10:00 SS Hymn Sing Along [CY] 11:00 PE Seated Kickboxing 2:00 CE Explained - Netflix 2:30 LL Piano w/ Jim 3:30 AE DIY Fall Bookmarks 4:00 LL Book Club 6:30 LL The Legend of Bagger Vance - Prime [AA]	10:00 CE Daily Chronicle & News 11:00 PE Seated Aerobics 2:00 CE Lore - Prime 3:00 Guess That Decade 3:45 PE Stretch & Flex 4:00 LL Book Club 6:30 LL Dumbo - Prime [AA]	10:00 CE Daily Chronicle & News [CY] 11:00 PE Gentle Yoga 2:00 CE Dogs with Jobs - Prime 2:30 CC Treats for Rabbit Rescue Group 3:30 PE Music and Dancing with Ann [AA] 6:30 LL Secret Life of Walter Mitty - Prime [AA]	10:00 CE Daily Chronicle & News 11:00 PE Drumming Fitness 11:30 CE Musical Instrument Museum: Middle East 2:00 CE Shock & Awe: Story of Electricity - Prime 2:00 CE Taste & Tell - Fruits 3:00 LL Music & Ice Cream with Ward [AA] 4:00 SS Gentle Yoga 6:30 LL The Sound of Music - Prime [AA]	10:00 CE Daily Chronicle & Trivia 11:00 PE Stretch & Flex 2:00 CE Empire Games - Netflix 3:00 LL Virtual Fieldtrip - National Parks 4:00 LL Bingo! w/ PRIZES 6:30 LL Across the Universe - Prime [AA]	10:00 CE Daily Chronicle & News 10:30 PE Gentle Weights 11:00 LL Music & Tunes w/ Don via ZOOM 2:00 CE Quark Science - Prime 3:00 AE Manicures & Mimosas [CY] 4:00 PE Gentle Yoga 6:30 LL The Help - Prime [AA]
10:00 CE Daily Chronicle & News 11:00 PE Stretch & Flex 2:00 LL Live Guitar with Steve [AA] 3:00 CE Scattergories - Ipad 4:00 PE Gentle Yoga 6:30 LL War Room - Prime [AA]	Columbus Day 10:00 SS Hymn Sing Along [CY] 11:00 PE Seated Kickboxing 2:00 CE Mega Transports - Prime 3:00 LL Tunes w/ Bonita [AA] 4:00 LL Book Club 6:30 LL Hidden Figures [AA]	10:00 CE Daily Chronicle & News 11:00 PE Seated Aerobics 11:30 CE Musical Instrument Museum: Asia 2:00 CE Lore - Prime 3:00 Name That Tune 3:45 PE Stretch & Flex 4:00 LL Book Club 6:30 LL Evan Almighty - Prime [AA]	US Navy 246th Birthday 10:00 CE Daily Chronicle & News [CY] 11:00 PE Gentle Yoga 2:00 CE Dogs with Jobs - Prime 3:00 CC Military Coffee & Chat 3:30 PE Music and Dancing with Ann [AA] 6:30 LL Midway - Prime [AA]	10:00 CE Daily Chronicle & News 11:00 PE Drumming Fitness 2:00 CE Shock & Awe: Story of Electricity - Prime 3:00 LL Music & Ice Cream with Ward [AA] 4:00 SS Gentle Yoga 6:30 LL Benji - Prime [AA]	10:00 CE Daily Chronicle & Trivia 11:00 PE Stretch & Flex 2:00 CE Empire Games - Netflix 3:00 AE DIY Herbs & Planters [CY] 4:00 LL Bingo! w/ PRIZES 6:30 LL Ladies in Lavender - Prime [AA]	10:00 CE Daily Chronicle & News 10:30 PE Gentle Weights 11:00 LL Music & Tunes w/ Don via ZOOM 2:00 CE Under the Boardwalk: The Monopoly Story - Prime 3:00 AE Manicures & Mimosas [CY] 4:00 PE Gentle Yoga 6:30 LL The Nutty Professor - Netflix [AA]
10:00 CE Daily Chronicle & News 11:00 PE Stretch & Flex 2:00 LL Live Guitar with Steve [AA] 3:00 CE Hangman - Ipad 4:00 PE Gentle Yoga 6:30 LL Where Hands Touch - Prime [AA]	10:00 SS Hymn Sing Along [CY] 11:00 PE Seated Kickboxing 2:00 CE Mega Transports - Prime 2:30 LL Piano w/ Jim 3:30 AE Candy Corn Pinecones 4:00 LL Book Club 6:30 LL Mary Poppins - Prime [AA]	10:00 CE Daily Chronicle & News 11:00 PE Seated Aerobics 2:00 CE Lore - Prime 3:00 CE Name 5!!! Fall & Halloween Theme 4:00 LL Book Club 6:30 LL Walk The Line - Prime [AA]	10:00 CE Daily Chronicle & News [CY] 11:00 PE Gentle Yoga 11:30 CE 9 Letter Squares - Ipad 2:00 CE Dogs with Jobs - Prime 3:00 CE What's in the Box - Memory Game 3:30 PE Music and Dancing with Ann [AA] 6:30 LL Charlie's Angels - Netflix [AA]	10:00 CE Daily Chronicle & News 11:00 PE Drumming Fitness 2:00 CE Shock & Awe: Story of Electricity - Prime 2:15 CC Treats for our Dog Visitors 3:00 LL Music & Ice Cream with Ward [AA] 4:00 PE Cover the Number - Dice Game 6:30 LL Marley & Me - Prime [AA]	10:00 CE Daily Chronicle & Trivia 11:00 PE Stretch & Flex 11:30 CE Musical Instrument Museum: Latin America 2:00 CE Empire Games - Netflix 3:00 LL Taste & Tell: Pumpkin Pie Twists 4:00 LL Bingo! w/ PRIZES 6:30 LL Holiday in the Wild - Netflix [AA]	10:00 CE Daily Chronicle & News 10:30 PE Gentle Weights 11:00 LL Music & Tunes w/ Don via ZOOM 2:00 CE Technological Marvels of the Ancient World - Prime 3:00 AE Manicures & Mimosas [CY] 4:00 PE Gentle Yoga 6:30 LL Max - Prime [AA]
10:00 CE Daily Chronicle & News 11:00 PE Stretch & Flex 2:00 LL Live Guitar with Steve [AA] 3:00 CE Alphabet Cattergories - Ipad 4:00 PE Gentle Yoga 6:30 LL Heaven is for Real [AA]	10:00 SS Hymn Sing Along [CY] 11:00 PE Seated Kickboxing 2:00 CE Mega Transports - Prime 3:00 LL Tunes w/ Bonita [AA] 4:00 LL Book Club 6:30 LL A Dog's Purpose - Prime [AA]	10:00 CE Daily Chronicle & News 11:00 PE Seated Aerobics 2:00 CE Lore - Prime 3:00 CE I Spy Pix - Ipad 4:00 LL Book Club 6:30 LL Judy - Prime [AA]	10:00 CE Daily Chronicle & News [CY] 11:00 PE Gentle Yoga 2:00 CE Dogs with Jobs - Prime 3:00 CE Lists - Memory Game 3:30 PE Music and Dancing with Ann [AA] 6:30 LL Cats - Prime [AA]	10:00 CE Daily Chronicle & News 11:00 PE Drumming Fitness 2:00 CE Myths & Monsters - Netflix 2:30 AE DIY Rock Monsters [CY] 3:00 LL Music & Ice Cream with Ward [AA] 4:00 SS Gentle Yoga 6:30 LL Les Miserables - Netflix [AA]	10:00 CE Daily Chronicle & Trivia 11:00 PE Stretch & Flex 11:30 CE Musical Instrument Museum: USA & Candana 2:00 CE Empire Games - Netflix 3:00 CE Poke-a-Pumpkin Trivia 4:00 LL Bingo! w/ PRIZES 6:30 LL Addams Family Values - Prime [AA]	10:00 CE Daily Chronicle & News 10:30 PE Gentle Weights 11:00 LL Music & Tunes w/ Don via ZOOM 2:00 CE Technological Marvels of the Ancient World - Prime 3:00 AE Manicures & Mimosas [CY] 4:00 PE Gentle Yoga 6:30 LL Murder on the Orient Express - Prime [AA]

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