

US Navy's 246th Birthday



A 13 October 1775 resolution of the Continental Congress established what is now the United States Navy with “a swift sailing vessel, to carry ten carriage guns, and a proportionable number of swivels, with eighty men, be fitted, with all possible despatch, for a cruise of three months....” After the American War of Independence, the U.S. Constitution empowered the new Congress “to provide and maintain a navy.” Acting on this authority, Congress established the Department of the Navy on 30 April 1798.

The central theme of this year’s 246th Navy Birthday and Heritage week is “Resilient and Ready”, which speaks to the Navy’s history of being able to shake off disaster, such as the loss of a ship or a global pandemic, and still maintain force lethality and preparedness.

Birthdays This Month

10/7 - Virginia

10/17 - Pasty

10/25 - Joanne

"Count your age by friends, not years. Count your life by smiles, not tears." — John Lennon



Miss Marj showing off her matching scarf she just won at Bingo!

October
2021

Lighthouse Memory
Care

3502 "K" Avenue
Anacortes, WA 98221



It's not everyday you turn 105!!! Happy Belated birthday Charlotte!



Enjoying Bingo Friday

Things to Look Forward to in OCTOBER!

- Bingo Fridays with PRIZES
- Community projects for a local rabbit rescue and for our furry visitors
- Taste & Tell: Pumpkin Twists
- Military Coffee & Chat for the Navy's 246th birthday
- Candy Corn Pinecones
- Poke a Pumpkin Trivia for Prizes
- Musical Instruments Museum Tours
- Rock Monster Painting



Miss Shirley enjoying a fresh strawberry from our garden!

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 Baggar 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 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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