

# September 2022

## PACIFICA SENIOR LIVING ELLENSBURG

(509) 925-1220  
Lifestyle Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>P</b> Physical Wellness/Fitness  <b>S</b> Social/Spiritual Engagements  <b>C</b> Cognitive Visual &amp; Language Skills  <b>M</b> Music  <b>L</b> Life Enrichment Skills  <b>O</b> Outdoor Activities</p>		<p>Activities are subject to change at anytime. Please keep that in mind. Thank you :)</p>		<p><b>Salon Day 01</b></p> <p><b>L</b> 10:00 Baking Club  <b>C</b> 2:00 BINGO</p>	<p><b>02</b></p> <p><b>S</b> 10:00 Tea Time w/ Monica  <b>P</b> 2:00 Gardening/Outing  <b>S</b> 6:00pm Movies &amp; Popcorn</p>	<p><b>03</b></p> <p><b>O</b> 9:00 Saturday Market -  1:00 Knit &amp; Crochet Club w/ Deborah</p>
<p><b>04</b></p> <p><b>S</b> 9:30 Worship Service  <b>C</b> 1:30 Bingo</p>	<p><b>LABOR DAY 05</b></p>	<p><b>Read A Book Day 06</b></p> <p><b>S</b> 10:00 Bible Study  <b>Womens Lunch</b>  2:00 Sing-A-Long  <b>M</b> 5:00 HAPPY HOUR !</p>	<p><b>07</b></p> <p><b>P</b> 9:00 SAIL Exercise  <b>O</b> 10:00 Shopping FM  <b>M</b> 2:00 Piano w/ Carl</p>	<p><b>Salon Day 08</b></p> <p><b>L</b> 10:00 Baking Club  <b>C</b> 2:00 BINGO</p>	<p><b>09</b></p> <p><b>S</b> 10:00 Tea Time w/ Monica  <b>P</b> 2:00 Gardening/Outing  <b>S</b> 6:00pm Movies &amp; Popcorn</p>	<p><b>10</b></p> <p><b>O</b> 10:00 <b>SAIL Exercise</b>  1:00 Knit &amp; Crochet Club w/ Deborah</p>
<p><b>Patriot Day 11</b>  <b>National Assisted Living Week</b>  <b>Grandparents Day</b></p> <p><b>S</b> 9:30 Worship Service  <b>C</b> 1:30 Bingo</p>	<p><b>12</b></p> <p><b>C</b> 10:00 <b>SAIL Exercise</b>  <b>O</b> 2:00 <b>Outing</b>  <b>C</b> 1:00 Trivia in Lobby</p>	<p><b>International Chocolate Day 13</b></p> <p><b>S</b> 10:00 Bible Study  <b>Mens Lunch</b>  <b>M</b> 2:00 Sing-A-Long  <b>S</b> 5:00 HAPPY HOUR !</p>	<p><b>14</b></p> <p><b>P</b> 9:00 SAIL Exercise  <b>O</b> 10:00 Shopping \$ Store  <b>M</b> 2:00 Piano w/ Carl</p>	<p><b>Salon Day 15</b></p> <p><b>L</b> 10:00 Baking Club  <b>C</b> 2:00 BINGO</p>	<p><b>16</b></p> <p><b>National Guacamole Day</b></p> <p><b>S</b> 10:00 Tea Time w/ Monica  <b>P</b> 2:00 Gardening/Outing  <b>S</b> 6:00pm Movies &amp; Popcorn</p>	<p><b>17</b></p> <p><b>Oktoberfest</b></p> <p><b>O</b> 9:00 Saturday Market -  1:00 Knit &amp; Crochet Club w/ Deborah</p>
<p><b>18</b></p> <p><b>National Cheeseburger day</b></p> <p><b>S</b> 9:30 Worship Service  <b>C</b> 1:30 Bingo</p>	<p><b>19</b></p> <p><b>National Dance Day</b></p> <p><b>C</b> 10:00 <b>SAIL Exercise</b>  <b>C</b> 1:00 Trivia in Lobby</p>	<p><b>National Pepperoni Pizza Day 20</b></p> <p>10:00 Bible Study  <b>S</b> 2:00 Sing-A-Long  <b>M</b> 3:00 <b>RESIDENT COUNCIL</b>  <b>S</b> 5:00 HAPPY HOUR !</p>	<p><b>21</b></p> <p><b>World Alzheimer's Day</b></p> <p><b>P</b> 9:00 SAIL Exercise  <b>O</b> 10:00 Shopping Bi-Mart  <b>M</b> 2:00 Piano w/ Carl</p>	<p><b>Salon Day 22</b></p> <p><b>Autumnal Equinox</b>  <b>HAPPY BIRTHDAY RESIDENTS !</b></p> <p><b>L</b> 10:00 Baking Club  <b>C</b> 2:00 BINGO</p>	<p><b>23</b></p> <p><b>S</b> 10:00 Tea Time w/ Monica  <b>P</b> 2:00 Gardening/Outing  <b>S</b> 6:00pm Movies &amp; Popcorn</p>	<p><b>24</b></p> <p><b>O</b> 10:00 <b>SAIL Exercise</b>  1:00 Knit &amp; Crochet Club w/ Deborah</p>
<p><b>25</b></p> <p><b>National Daughter Day</b></p> <p><b>S</b> 9:30 Worship Service  <b>C</b> 1:30 Bingo</p>	<p><b>26</b></p> <p><b>C</b> 10:00 <b>SAIL Exercise</b>  <b>O</b> 2:00 <b>Outing</b>  <b>C</b> 1:00 Trivia in Lobby</p>	<p><b>27</b></p> <p><b>S</b> 10:00 Bible Study  <b>M</b> 2:00 Sing-A-Long  <b>S</b> 5:00 HAPPY HOUR !</p>	<p><b>28</b></p> <p><b>P</b> 9:00 SAIL Exercise  <b>O</b> 10:00 Shopping Bi-Mart  <b>M</b> 2:00 Piano w/ Carl</p>	<p><b>Salon Day 29</b></p> <p><b>National Coffee Day</b></p> <p><b>L</b> 10:00 Baking Club  <b>C</b> 2:00 BINGO</p>	<p><b>30</b></p> <p><b>S</b> 10:00 Tea Time w/ Monica  <b>P</b> 2:00 Gardening/Outing  <b>S</b> 6:00pm Movies &amp; Popcorn</p>	

ALL ACTIVITIES SUBJECT TO CHANGE

# September 2022

## PACIFICA SENIOR LIVING ELLENSBURG

(509) 925-1220  
Legacies™ Memory Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>P</b> Physical Wellness/Fitness  <b>S</b> Social/Spiritual Engagements  <b>C</b> Cognitive Visual &amp; Language Skills  <b>M</b> Music  <b>L</b> Life Enrichment Skills  <b>O</b> Outdoor Activities</p>		<p><b>Activities are subject to change at anytime. Please keep that in mind. Thank you :)</b></p>				
				01	02	03
					<p><b>P</b> 8:30 Stretch N' Bend  <b>M</b> 9:30 Piano w/ Carl    <b>L</b> 12:30 Sorting  <b>P</b> 2:00 Strut &amp; Stroll  <b>S</b> 3:00 Movie &amp; Popcorn  <b>C</b> 4:00 Do you remember..</p>	<p><b>P</b> 8:30 SAIL  <b>C</b> 11:30 Hangman  <b>L</b> 12:30 Arts &amp; Crafts  <b>O</b> 2:00 Walk about</p>
04	05	06	07	08	09	10
<p><b>S</b> 9:30 Church Service  <b>C</b> 1:30 Tic Tac Toe  <b>L</b> 2:30 Fold Clothes  <b>P</b> 2:00 Walk About</p>	<p><b>Independence Day !</b>    <b>BBQ 11-1</b>  <b>Parade 1-3</b></p>	<p><b>P</b> 8:30 Get up and dance !  <b>C</b> 10:00 Arts &amp; Crafts  <b>L</b> 12:30 Money Counting  <b>P</b> 2:00 Sing a Long (w/AL)  <b>M</b> 3:00 Easy Listening  <b>C</b> 4:00 Guess Who ?  <b>S</b> 5:00 <b>HAPPY HOUR</b></p>	<p><b>P</b> 8:30 Reach for the Sky  <b>C</b> 10:00 Arts &amp; Crafts    <b>L</b> 12:30 Clothes Folding  <b>O</b> 2:00 Reading w/Nan  <b>M</b> 3:00 Sing with me  <b>C</b> 4:00 Trivia</p>	<p><b>P</b> 8:30 SAIL  <b>C</b> 10:00 Arts &amp; Crafts  <b>L</b> 12:30 Set the table  <b>O</b> 2:00 Nature walk  <b>P</b> 3:00 Dance with me  <b>C</b> 4:00 Back when...  <b>S</b> 5:00 <b>Ice Cream Social</b></p>	<p><b>P</b> 8:30 Stretch N' Bend  <b>M</b> 9:30 Piano w/ Carl    <b>L</b> 12:30 Sorting  <b>P</b> 2:00 Strut &amp; Stroll  <b>S</b> 3:00 Movie &amp; Popcorn  <b>C</b> 4:00 Do you remember</p>	<p><b>S</b> 8:30 SAIL  <b>C</b> 11:30 Hangman  <b>C</b> 12:30 Arts &amp; Crafts  <b>L</b> 2:00 Walk about</p>
11	12	13	14	15	16	17
<p><b>S</b> 9:30 Church Service  <b>C</b> 1:30 Tic Tac Toe  <b>L</b> 12:30 Fold Clothes  <b>P</b> 2:00 Walk About</p>	<p><b>P</b> 8:30 Stretch N' Bend  <b>C</b> 10:00 Arts &amp; Crafts    <b>L</b> 12:30 Flower Arranging  <b>P</b> 2:00 Balloon Tennis  <b>O</b> 3:00 Country Drive  <b>C</b> 4:00 Favorite Food ?</p>	<p><b>P</b> 8:30 Get up and dance !  <b>C</b> 10:00 Arts &amp; Crafts  <b>L</b> 12:30 Money Counting  <b>P</b> 2:00 Sing a Long (W/AL)  <b>M</b> 3:00 Easy Listening  <b>C</b> 4:00 Guess Who ?  <b>S</b> 5:00 <b>HAPPY HOUR</b></p>	<p><b>P</b> 8:30 Reach for the Sky  <b>C</b> 10:00 Arts &amp; Crafts    <b>L</b> 12:30 Clothes Folding  <b>O</b> 2:00 Reading w/Nan  <b>M</b> 3:00 Sing with me  <b>C</b> 4:00 Trivia</p>	<p><b>P</b> 8:30 SAIL  <b>C</b> 10:00 Arts &amp; Crafts  <b>L</b> 12:30 Set the table  <b>O</b> 2:00 Nature walk  <b>P</b> 3:00 Dance with me  <b>C</b> 4:00 Back when...  <b>S</b> 5:00 <b>Karaoke</b></p>	<p><b>P</b> 8:30 Stretch N' Bend  <b>M</b> 9:30 Piano w/ Carl    <b>L</b> 12:30 Sorting  <b>P</b> 2:00 Strut &amp; Stroll  <b>S</b> 3:00 Movie &amp; Popcorn  <b>C</b> 4:00 Do you remember</p>	<p><b>S</b> 8:30 SAIL  <b>C</b> 11:30 Hangman  <b>C</b> 12:30 Arts &amp; Crafts  <b>L</b> 2:00 Walk about</p>
18	19	20	21	22	23	24
<p><b>S</b> 9:30 Church Service  <b>C</b> 1:30 Tic Tac Toe  <b>L</b> 2:30 Fold Clothes  <b>P</b> 2:00 Walk About</p>	<p><b>P</b> 8:30 Stretch N' Bend  <b>C</b> 10:00 Arts &amp; Crafts    <b>L</b> 12:30 Flower Arranging  <b>P</b> 2:00 Balloon Tennis  <b>O</b> 3:00 Country Drive  <b>C</b> 4:00 Favorite Food ?</p>	<p><b>P</b> 8:30 Get up and dance !  <b>C</b> 10:00 Arts &amp; Crafts  <b>L</b> 12:30 Money Counting  <b>P</b> 2:00 Sing a Long (w/AL)  <b>M</b> 3:00 Easy Listening  <b>C</b> 4:00 Guess Who ?  <b>S</b> 5:00 <b>HAPPY HOUR</b></p>	<p><b>P</b> 8:30 Reach for the Sky  <b>C</b> 10:00 Arts &amp; Crafts    <b>L</b> 12:30 Clothes Folding  <b>O</b> 2:00 Reading w/Nan  <b>M</b> 3:00 Sing with me  <b>C</b> 4:00 Trivia</p>	<p><b>HAPPY BIRTHDAY</b>  <b>PACIFICA RESIDENTS</b>  <b>P</b> 8:30 SAIL  <b>C</b> 10:00 Arts &amp; Crafts  <b>L</b> 12:30 Set the table  <b>O</b> 2:00 Nature walk  <b>P</b> 3:00 Dance with me  <b>C</b> 4:00 Back When</p>	<p><b>P</b> 8:30 Stretch N' Bend  <b>M</b> 9:30 Piano w/ Carl    <b>L</b> 12:30 Sorting  <b>P</b> 2:00 Strut &amp; Stroll  <b>S</b> 3:00 Movie &amp; Popcorn  <b>C</b> 4:00 Do you remember</p>	<p><b>S</b> 8:00 SAIL  <b>C</b> 11:30 Hangman  <b>C</b> 12:30 Arts &amp; Crafts  <b>L</b> 2:00 Walk about</p>
25	26	27	28	29	30	
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