

October 2022

Cap Sante Court Activities Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>October cont'd 30</p> <p>8:00 PE Breakfast - Self Serve</p> <p>12:00 PE Lunch</p> <p>3:00 F PE Afternoon Gardening</p> <p>4:30 Dinner -</p>	<p>Halloween 31</p> <p>10:30 PE Gentle Exercise</p> <p>11:30 CC Lunch Out On The Town- Agave Mexican</p> <p>1:00 LL RUMMIKUB</p> <p>3:00 CC Trick-or-Treat</p>	<p>CAP SANTE COURT Retirement Community</p> <p>1111 32nd St. Anacortes, WA 98221 360-293-8088</p>		<p>AE Artistic Expression</p> <p>CC Community Connections</p> <p>LL Lifestyle & Leisure</p> <p>PE Physical Engagement</p>		<p>12:00 PE Lunch</p> <p>4:00 F PE Evening Stroll to Stovik Park</p> <p>4:30 PE Dinner -</p>
<p>2</p> <p>8:00 PE Breakfast - Self Serve</p> <p>12:00 PE Lunch</p> <p>3:00 F PE Afternoon Gardening</p> <p>4:30 PE Dinner -</p>	<p>3</p> <p>10:30 PE Gentle Exercise</p> <p>1:00 LL RUMMIKUB</p>	<p>4</p> <p>Transportation 9AM-4PM</p> <p>10:30 LL Bingo</p> <p>10:30 PE Gentle Exercise</p> <p>4:00 F PE Evening Stroll to Stovik Park</p>	<p>5</p> <p>9:15 A PE Morning Stroll to Stovik Park</p> <p>10:30 PE Gentle Exercise</p> <p>1:00 LL Mexican Train Game</p>	<p>6</p> <p>Transportation 9AM-4PM</p> <p>10:30 PE Gentle Exercise</p> <p>4:00 F PE Evening Stroll to Stovik Park</p>	<p>7</p> <p>10:30 PE Gentle Exercise</p> <p>1:00 LL UNO</p> <p>3:00 AB Happy Hour - Ward McCary</p> <p>4:00 F PE Evening Stroll to Stovik Park</p>	<p>8</p> <p>8:00 Breakfast - Self Serve</p> <p>12:00 PE Lunch</p> <p>4:00 F PE Evening Stroll to Stovik Park</p> <p>4:30 PE Dinner -</p>
<p>9</p> <p>8:00 PE Breakfast - Self Serve</p> <p>12:00 PE Lunch</p> <p>3:00 F PE Afternoon Gardening</p> <p>4:30 PE Dinner -</p>	<p>Columbus Day 10</p> <p>Resident Council Meeting 2PM</p> <p>10:30 PE Gentle Exercise</p> <p>1:00 LL RUMMIKUB</p>	<p>11</p> <p>Lunch Out On The Town-</p> <p>Transportation 9AM-4PM</p> <p>10:30 LL Bingo</p> <p>10:30 PE Gentle Exercise</p> <p>4:00 F PE Evening Stroll to Stovik Park</p>	<p>12</p> <p>Library- Give away</p> <p>9:15 A PE Morning Stroll to Stovik Park</p> <p>10:30 PE Gentle Exercise</p> <p>1:00 LL Mexican Train Game</p> <p>2:00 LL Resident Forum with Life Style & Leisure Director</p>	<p>13</p> <p>Transportation 9AM-4PM</p> <p>10:30 PE Gentle Exercise</p> <p>4:00 F PE Evening Stroll to Stovik Park</p>	<p>14</p> <p>10:30 PE Gentle Exercise</p> <p>1:00 LL UNO</p> <p>1:30 LL Adventure Out- The Stand</p> <p>3:00 AB Happy Hour - Danny Ward</p> <p>4:00 F PE Evening Stroll to Stovik Park</p>	<p>15</p> <p>8:00 PE Breakfast - Self Serve</p> <p>12:00 PE Birthday Cake</p> <p>4:00 F PE Evening Stroll to Stovik Park</p> <p>4:30 PE Dinner -</p>
<p>16</p> <p>8:00 PE Breakfast - Self Serve</p> <p>12:00 PE Lunch</p> <p>3:00 F PE Afternoon Gardening</p> <p>4:30 PE Dinner -</p>	<p>17</p> <p>10:30 PE Gentle Exercise</p> <p>11:30 LL Lunch Out On The Town - Bob's Chowder</p> <p>1:00 LL RUMMIKUB</p>	<p>18</p> <p>Transportation 9AM-4PM</p> <p>10:30 LL Bingo</p> <p>10:30 PE Gentle Exercise</p> <p>2:00 PE Resident Forum with Culinary Director</p> <p>4:00 F PE Evening Stroll to Stovik Park</p>	<p>19</p> <p>9:15 A PE Morning Stroll to Stovik Park</p> <p>10:00 LL Shopping Trip's- Fred Meyer</p> <p>10:30 PE Gentle Exercise</p> <p>1:00 LL Mexican Train Game</p>	<p>20</p> <p>Transportation 9AM-4PM</p> <p>10:30 PE Gentle Exercise</p> <p>4:00 F PE Evening Stroll to Stovik Park</p>	<p>21</p> <p>10:30 PE Gentle Exercise</p> <p>1:00 LL UNO</p> <p>1:30 LL Adventure Out- Schuh Farm</p> <p>3:00 AB Happy Hour - Steve Ellis</p> <p>4:00 F PE Evening Stroll to Stovik Park</p>	<p>22</p> <p>8:00 PE Breakfast - Self Serve</p> <p>12:00 PE Lunch</p> <p>4:00 F PE Evening Stroll to Stovik Park</p> <p>4:30 PE Dinner -</p>
<p>23</p> <p>8:00 PE Breakfast - Self Serve</p> <p>12:00 PE Lunch</p> <p>3:00 F PE Afternoon Gardening</p> <p>4:30 PE Dinner -</p>	<p>24</p> <p>10:30 PE Gentle Exercise</p> <p>11:30 CC Lunch Out On The Town- Calico Cupboard</p> <p>1:00 LL RUMMIKUB</p>	<p>25</p> <p>Transportation 9AM-4PM</p> <p>10:30 LL Bingo</p> <p>10:30 PE Gentle Exercise</p> <p>1:00 PE Bulb Planting</p> <p>4:00 F PE Evening Stroll to Stovik Park</p>	<p>26</p> <p>9:15 A PE Morning Stroll to Stovik Park</p> <p>10:00 LL Shopping Trip- Walmart</p> <p>10:30 PE Gentle Exercise</p> <p>1:00 LL Mexican Train Game</p> <p>2:00 CC Resident Forum with Executive Director</p>	<p>27</p> <p>Transportation 9AM-4PM</p> <p>10:30 PE Gentle Exercise</p> <p>4:00 F PE Evening Stroll to Stovik Park</p>	<p>28</p> <p>10:30 PE Gentle Exercise</p> <p>1:00 LL UNO</p> <p>1:30 LL Adventure Out- Gordan's Farm</p> <p>3:00 AB Happy Hour -</p> <p>4:00 F PE Evening Stroll to Stovik Park</p>	<p>29</p> <p>8:00 PE Breakfast - Self Serve</p> <p>12:00 PE Lunch</p> <p>4:00 F PE Evening Stroll to Stovik Park</p> <p>4:30 PE Dinner -</p>

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