


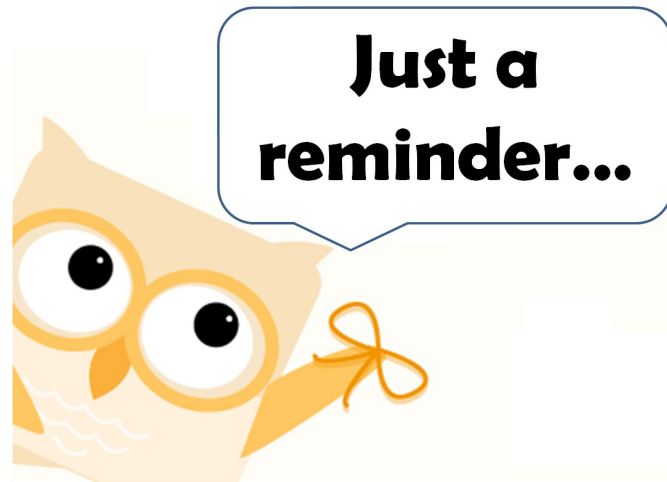
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">29</p> <p>9:00 TAI CHI Slow, controlled & seated upper body exercises. GREAT for the brain too! 3rd Floor Theater Room</p> <p>10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p>10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p>1:00 Card Games (Kings in the Corner?) Meet up to play! Meet others that enjoy cards & maybe they want to play other games too 3rd Floor Billiard Room</p> <p>1:00 Movie Matinee See your daily flyer for movie detailed movie information 3rd Floor Theater Room</p> <p>1:30 Latter Day Saints Church Service We invite you to join us! 2nd Floor Chapel</p> <p>2:00 Scenic Drive 1.5 - 2 hr trip Sign up in the Lobby</p> <p>3:00 <i>Worship in The Word</i> Scripture, singing & praise together 2nd Floor Chapel</p>	<p align="center">30</p> <p>Medical Transport Day 9:00 WHOGA Seated exercises designed for wheelchairs & or other 3rd Floor Theater</p> <p>10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p>10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p>1:00 Pinochle Foursomes Stop in and play! 3rd Floor Billiard Room</p> <p>1:00 Volunteer Project Helping Out... Making quilts for those in need 2nd Floor Craft Room</p> <p>2:00 \$Nickel\$ Bingo Pay a Nickel each game & a Quarter for the end. Large Dining Room</p> <p>3:00 Bible Figure Lessons Learn more in-depth & apply to your daily life 3rd Floor Theater</p> <p>3:00 <i>Margarita Monday</i> Stop by and socialize before dinner. We serve lemonade or Margaritas Lobby</p> <p>3:30 Rack'em up Billiards 3rd Floor Billiard Room</p> <p>7:00 Toastmaster Club Mtg. An outside group comes to utilize the room. 3rd Floor Theater Room</p>	<p align="center">1</p> <p>Medical Transport Day 9:00 TAI CHI Slow, controlled & seated upper body exercises. GREAT for the brain too! 3rd Floor Theater Room</p> <p>9:50 OTAGO Better Balance Exercise Class Seated & standing Large Dining Room</p> <p>10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p>10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p>1:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p>1:00 Pinochle Foursomes Stop in and play! 3rd Floor Billiard Room</p> <p>2:00 Candy Bingo Enjoy all regular BINGO games with mini candy bar prizes. Large Dining Room</p> <p>3:00 Old Testament Tuesdays Everyone is welcome 2nd Floor Chape</p> <p>3:00 Cribbage Meet up with others to play! Billiard Room</p>	<p align="center">2</p> <p>9:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p>9:30 Catholic Service With our very own Father Auvee 2nd Floor Chapel</p> <p>9:50 Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room</p> <p>1:00 Discerning The Word of God Bible Study Discover and understand more, together. 3rd Floor Theater</p> <p>1:00 Hand & Foot Card Game Meet up to play! 3rd Floor Billiard Room</p> <p>2:00 Music with Gabe Enjoy fun tunes together Large Dining Room</p> <p>6:00 Midweek Movie Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p>	<p align="center">3</p> <p>9:00 TAI CHI Slow, controlled & seated 3rd Floor Theater Room</p> <p>9:50 OTAGO Better Balance Exercise Class Seated & standing Large Dining Room</p> <p>10:00 Yoga Level 1 Seated 3rd Floor Theater Room</p> <p>10:30 Yoga Level 2 From sitting to standing 3rd Floor Theater</p> <p>1:00 WHOGA Seated exercises 3rd Floor Theater</p> <p>1:00 Pinochle Foursomes 3rd Floor Billiard Room</p> <p>1:30 Church with Pastor Al 2nd Floor Chapel Room</p> <p>2:00 Soda Shop Social Root Beer Floats Enjoy a classic treat. 2nd Floor "Coke" Room</p> <p>2:30 Pinewood Singers Sing with us in the Lobby!</p> <p>3:00 BUNCO Dice Game Join us for a fun dice game 2nd Floor Craft Room</p> <p align="center">5:00</p> <p align="center">★ Fascinating Facts ★ with Historian, Lance Rhoades In Person! THE BEATLES Enjoy a presentation with historian & MIT teacher 3rd Floor Theater Room</p>	<p align="center">4</p> <p>9:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p>9:30 <i>Musical Memories</i> Listen to songs you haven't heard in forever... 2nd Floor Loft</p> <p>1:00 Turtle Trekkers Join us for a walk. Slow & steady together Meet at the Lobby</p> <p>1:00 Pinochle Foursomes Stop in and play! 3rd Floor Billiard Room</p> <p>1:00 Volunteer Project Linus Helping Out... Tying quilts for children & those in need 2nd Floor Craft Room</p> <p>2:00 Live music With GREY WOLF BAND Music with John & Cuco Enjoy all kinds of music, with these great guys. Large Dining Room</p> <p>3:30 Rack'em up Billiards Meet to play before dinner 3rd Floor Billiard Room</p>	<p align="center">5</p> <p>9:00 Perplexing Puzzlement Grab your puzzle packet from the 2nd Floor Loft</p> <p>9:00 TAI CHI Slow, controlled & seated 3rd Floor Theater Room</p> <p>10:00 <i>Classical Piano with Richard</i> Enjoy beautiful piano in the Lobby with this wonderful gentleman</p> <p>10:00 Yoga Level 1 Seated 3rd Floor Theater Room</p> <p>10:30 Yoga Level 2 From sitting to standing 3rd Floor Theater</p> <p>1:00 Pinochle Foursomes Stop in and play! 3rd Floor Billiard Room</p> <p>1:00 Movie Matinee 3rd Floor Theater Room</p> <p>3:00 New Resident Mix & Mingle This is an opportunity to introduce yourself and enjoy refreshments. Lobby</p> <p align="center">5:00</p> <p align="center">★ Fascinating Facts ★ with Historian, Lance Rhoades In Person! The anniversary of Wizard of Oz Enjoy a presentation with historian & MIT teacher 3rd Floor Theater Room</p>

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<p>6</p> <p>9:00 TAI CHI Slow, controlled & seated upper body exercises. GREAT for the brain too! 3rd Floor Theater Room</p> <p>10:00 <i>Doggie Day</i> Get a good snuggle from these wonderful dogs. In the Lobby</p> <p>10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p>10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p>1:00 Card Games (Kings in the Corner?) Meet up to play! Meet others that enjoy cards & maybe they want to play other games too 3rd Floor Billiard Room</p> <p>1:00 Movie Matinee Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p> <p>1:30 Latter Day Saints Church Service We invite you to join us! 2nd Floor Chapel</p> <p>2:00 Scenic Drive 1.5 -2 hr trip Sign up in the Lobby</p> <p>3:00 <i>Worship in The Word</i> Scripture, singing & praise together.</p> <p>2 2nd Floor Chapel</p>	<p>7</p> <p>Medical Transport Day 9:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p>9:50 Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room</p> <p>1:00 Pinochle Foursomes 3rd Floor Billiard Room</p> <p>1:00 Volunteer Project Helping Out... Making quilts for those in need 2nd Floor Craft Room</p> <p>★ 2:00 ★ Laurie's Sing Along Sing your hearts out! Great for the body & soul Lobby</p> <p>3:00 Bible Figure Lessons Learn more in-depth & apply to your daily life 3rd Floor Theater</p> <p>3:00 <i>Margarita Monday</i> Stop by and socialize before dinner. We serve lemonade or Margaritas Lobby</p> <p>3:30 Rack'em up Billiards Grab a margarita & head up to play a few before dinner 3rd Floor Billiard Room</p> <p>7:00 Toastmaster Club Mtg. An outside group comes to utilize the room. 3rd Floor Theater Room</p>	<p>8</p> <p>Medical Transport Day 9:00 TAI CHI Seated upper body exercises. 3rd Floor Theater Room</p> <p>9:50 OTAGO Better Balance Exercise Class Seated & standing Large Dining Room</p> <p>10:00 Elwin on the Organ Beautifully played tunes, sure to move your heart. 2nd Floor Chapel</p> <p>10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p>10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p>1:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p>1:00 Pinochle Foursomes 3rd Floor Billiard Room</p> <p>2:00 Candy Bingo Enjoy all regular BINGO games with mini candy bar prizes. Large Dining Room</p> <p>3:00 Cribbage Meet up with others to play! Billiard Room</p>	<p>9</p> <p>9:00 Casino Outing Ride with us on a scenic tour to the casino, play games, eat lunch. Sign up in the Lobby</p> <p>9:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p>9:30 Catholic Service With our very own Father Auvée 2nd Floor Chapel</p> <p>9:50 Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room</p> <p>11:00 LDS Ladies Lunch & Learn Private Dining Room</p> <p>1:00 Discerning The Word of God Bible Study Discover and understand more, together. 3rd Floor Theater</p> <p>1:00 Hand & Foot Card Game Meet up to play! 3rd Floor Billiard Room</p> <p>2:00 Resident Birthday Party Celebrate all of the birthdays together! Enjoy Live music & cake! Large Dining Room</p> <p>6:00 Midweek Movie Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p>	<p>10</p> <p>Shopping 8:30-10:00 Fred Meyer 1.5 hr Trip</p> <p>9:00 TAI CHI Upper body exercises. 3rd Floor Theater Room</p> <p>9:50 OTAGO Better Balance Exercise Class Seated & standing Large Dining Room</p> <p>10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p>10:30 Yoga Level 2 From sitting to standing 3rd Floor Theater Room</p> <p>Shopping 12:30-10:00 Fred Meyer 1 hr Trip</p> <p>11:00 Handmade Jewelry One of a kind pieces Lobby</p> <p>1:00 WHOGA Seated exercises 3rd Floor Theater</p> <p>1:00 Pinochle Foursomes 3rd Floor Billiard Room</p> <p>1:30 Church with Pastor Al Nondenominational 2nd Floor Chapel Room</p> <p>2:00 Soda Shop Social Root Beer Floats 2nd Floor "Coke" Room</p> <p>2:30 Resident Council Mtg Discuss goings on Large Dining Room</p> <p>3:00 BUNCO Dice Game Join us for a fun dice game 2nd Floor Craft Room</p> <p>3:00 Joyce's Piano Concert In the Lobby before dinner</p>	<p>11</p> <p>9:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p>9:30 <i>Musical Memories</i> Listen to songs you haven't heard in forever... 2nd Floor Loft</p> <p>9:50 Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room</p> <p>1:00 Turtle Trekkers Join us for a walk. Slow & steady together Meet at the Lobby</p> <p>1:00 <i>Gospel Gathering</i> Meet at the 2nd Floor Chapel to listen to gospel together & share</p> <p>1:00 Pinochle Foursomes 3rd Floor Billiard Room</p> <p>1:00 Volunteer Project Linus Helping Out... Tying quilts for children 2nd Floor Craft Room</p> <p>★ 2:00 ★ Karaoke with Bobby McFay Listen and sip or get up and sing too! 10,000+ songs to choose from. Lobby</p> <p>3:30 Rack'em up Billiards Meet to play before dinner 3rd Floor Billiard Room</p>	<p>12</p> <p>9:00 Perplexing Puzzlement Grab your puzzle packet and keep your brain firing 2nd Floor Loft</p> <p>9:00 TAI CHI 3rd Floor Theater Room</p> <p>9:00-10:30 Arty Fartsy Fun Make easy but cute décor. 2nd Floor Craft Room</p> <p>10:00 <i>Classical Piano with Richard</i> Enjoy beautiful piano in the Lobby with this wonderful gentleman</p> <p>10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p>10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p>1:00 Pinochle Foursomes Stop in and play! 3rd Floor Billiard Room</p> <p>1:00 Movie Matinee Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p> <p>1:00-3:00 Mary Kay Products Meet with Diane in the Lobby to find the products you know and love</p> <p>3:00 Skip Bo Meet in the Lobby to play a few rounds before dinner. Lobby</p>

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<p align="center">13</p> <p align="center"><u>9:00</u> TAI CHI Slow, controlled & seated 3rd Floor Theater Room 3rd Floor Theater Room</p> <p align="center">★ <u>9:00</u> ★ Dollar Store Ride with us to shop Sign up in the Lobby</p> <p align="center"><u>10:00</u> Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p align="center"><u>10:30</u> Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p align="center"><u>1:00-3:00</u> Music with John Lobby</p> <p align="center"><u>1:00</u> Card Games (Kings in the Corner?) Meet up to play! Meet others that enjoy cards & maybe they want to play other games too 3rd Floor Billiard Room</p> <p align="center"><u>1:00</u> Movie Matinee Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p> <p align="center"><u>1:30</u> Latter Day Saints Church Service 2nd Floor Chapel</p> <p align="center"><u>3:00</u> Worship in The Word Scripture, singing & praise together.</p> <p align="center">3 2nd Floor Chapel</p>	<p align="center">14</p> <p align="center">Medical Transport Day</p> <p align="center"><u>9:00</u> WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p align="center"><u>9:50</u> Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room</p> <p align="center"><u>1:00</u> Pinochle Foursomes Stop in and play! 3rd Floor Billiard Room</p> <p align="center"><u>1:00</u> Volunteer Project Helping Out... Making quilts for those in need 2nd Floor Craft Room</p> <p align="center"><u>2:00</u> \$Nickel\$ Bingo Pay a Nickel each game & a Quarter for the end. Large Dining Room</p> <p align="center"><u>3:00</u> Bible Figure Lessons Learn more in-depth & apply to your daily life 3rd Floor Theater</p> <p align="center"><u>3:00</u> Margarita Monday Stop by and socialize before dinner. We serve lemonade or Margaritas Lobby</p> <p align="center"><u>3:30</u> Rack'em up Billiards Grab a margarita & head up to play a few before dinner 3rd Floor Billiard Room</p> <p align="center"><u>7:00</u> Toastmaster Club Mtg. An outside group comes to utilize the room. 3rd Floor Theater Room</p>	<p align="center">15</p> <p align="center">Medical Transport Day</p> <p align="center"><u>9:00</u> TAI CHI Seated upper body exercises. 3rd Floor Theater Room</p> <p align="center"><u>9:50</u> OTAGO Better Balance Exercise Class Seated & standing Large Dining Room</p> <p align="center"><u>10:00</u> Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p align="center"><u>10:30</u> Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p align="center"><u>1:00</u> WHOGA Seated exercises designed for wheelchairs & or physical limitations 3rd Floor Theater</p> <p align="center"><u>1:00</u> Pinochle Foursomes 3rd Floor Billiard Room</p> <p align="center"><u>2:00</u> Candy Bingo Enjoy all regular BINGO games with mini candy bar prizes. Large Dining Room</p> <p align="center"><u>3:00</u> Old Testament Tuesdays Everyone is welcome 2nd Floor Chapel</p> <p align="center"><u>3:00</u> Cribbage 3rd Floor Billiard Room</p>	<p align="center">16</p> <p align="center"><u>9:00</u> WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p align="center"><u>9:30</u> Catholic Service With our very own Father Auvee 2nd Floor Chapel</p> <p align="center"><u>9:50</u> Stronger Sr Exercises Get stronger! Large Dining Room</p> <p align="center"><u>11:00</u> Men's Lunch Meet in the Private Dining Room to meet peers and enjoy</p> <p align="center"><u>11:00</u> LDS Ladies Lunch & Learn Private Dining Room</p> <p align="center"><u>1:00</u> Discerning The Word of God Bible Study Discover and understand more, together. 3rd Floor Theater</p> <p align="center"><u>1:00</u> Hand & Foot Card Game Meet up to play! 3rd Floor Billiard Room</p> <p align="center"><u>2:00</u> Old Time Fiddlers Folk/Bluegrass Music Keeping the music alive. Come enjoy together! Large Dining Room</p> <p align="center"><u>6:00</u> Midweek Movie Check your flyer for movie info 3rd Floor Theater Room</p>	<p align="center">17</p> <p align="center"><u>8:30-10:00</u> Shopping Walmart 1.5 hr Trip</p> <p align="center"><u>9:00</u> TAI CHI Seated exercises 3rd Floor Theater Room</p> <p align="center"><u>9:50</u> OTAGO Better Balance Exercise Class Seated & standing Large Dining Room</p> <p align="center"><u>10:00</u> Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p align="center"><u>10:30</u> Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p align="center"><u>12:30</u> Shopping Walmart 1hr Trip Sign up in the Lobby to ride</p> <p align="center"><u>1:00</u> WHOGA Seated exercises designed for wheelchairs & or physical limitations 3rd Floor Theater</p> <p align="center"><u>1:00</u> Pinochle Foursomes 3rd Floor Billiard Room</p> <p align="center"><u>1:30</u> Church with Pastor Al Nondenominational 2nd Floor Chapel Room</p> <p align="center"><u>2:00</u> Soda Shop Social Root Beer Floats 2nd Floor "Coke" Room</p> <p align="center"><u>3:00</u> BUNCO Dice Game Join us for a fun dice game 2nd Floor Craft Room</p>	<p align="center">18</p> <p align="center"><u>9:00</u> WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p align="center"><u>9:30</u> Musical Memories Listen to songs you haven't heard in forever... 2nd Floor Loft</p> <p align="center"><u>9:50</u> Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room</p> <p align="center"><u>1:00</u> Pinochle Foursomes Stop in and play! 3rd Floor Billiard Room</p> <p align="center"><u>1:00</u> Volunteer Project Linus Helping Out... Calling anyone that would like to help! You do not have to be a seamstress to help. We need help ironing, 2nd Floor Craft Room</p> <p align="center"><u>2:00</u> Candy Bingo Enjoy all regular BINGO games with mini candy bar prizes. Large Dining Room</p> <p align="center"><u>3:30</u> Rack'em up Billiards Meet to play before dinner 3rd Floor Billiard Room</p>	<p align="center">19</p> <p align="center"><u>9:00</u> Perplexing Puzzlement Grab your puzzle packet and keep your brain firing 2nd Floor Loft</p> <p align="center"><u>9:00</u> TAI CHI Seated arm exercises 3rd Floor Theater Room</p> <p align="center"><u>9:00-10:30</u> Arty Fartsy Fun Make easy but cute décor. 2nd Floor Craft Room</p> <p align="center"><u>10:00</u> Classical Piano with Richard Enjoy in the Lobby</p> <p align="center"><u>10:00</u> Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p align="center"><u>10:30</u> Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p align="center"><u>1:00</u> Pinochle Foursomes 3rd Floor Billiard Room</p> <p align="center"><u>1:00</u> Movie Matinee Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p> <p align="center"><u>3:00</u> Skip Bo Meet in the Lobby to play a few rounds before dinner. This is an easy card game, just match the color or the number with cards from your hand to be the first to get rid of all your cards. Lobby</p>

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<p>20</p> <p>9:00 TAI CHI 3rd Floor Theater Room</p> <p>10:00 <i>Doggie Day</i> Get a good snuggle from these wonderful dogs. In the Lobby</p> <p>10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p>10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p>1:00 Bean Bag Baseball Join us for America's favorite game Lobby</p> <p>1:00 Card Games (Kings in the Corner?) Meet up to play! Meet others that enjoy cards & maybe they want to play other games too 3rd Floor Billiard Room</p> <p>1:00 Movie Matinee Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p> <p>1:30 Latter Day Saints Church Service We invite you to join us! 2nd Floor Chapel</p> <p>3:00 <i>Worship in The Word</i> Scripture, singing & praise together. 2nd Floor Chapel</p>	<p>21</p> <p>Medical Transport Day</p> <p>9:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p>9:50 Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room</p> <p>1:00 Pinochle Foursomes 3rd Floor Billiard Room</p> <p>1:00 Volunteer Project Helping Out... Making quilts for those in need 2nd Floor Craft Room</p> <p>2:00 \$Nickel\$ Bingo Pay a Nickel each game & a Quarter for the end game Large Dining Room</p> <p>3:00 <i>Margarita Monday</i> Stop by and socialize before dinner. We serve lemonade or Margaritas Lobby</p> <p>3:00 Bible Figure Lessons Learn more in-depth & apply to your daily life 3rd Floor Theater</p> <p>3:30 Rack'em up Billiards Grab a margarita & head up to play a few before dinner 3rd Floor Billiard Room</p> <p>7:00 Toastmaster Club Mtg. An outside group comes to utilize the room. 3rd Floor Theater Room</p>	<p>22</p> <p>Medical Transport Day</p> <p>9:00 TAI CHI Seated upper body exercises. 3rd Floor Theater Room</p> <p>9:50 OTAGO Better Balance Exercise Class Seated & standing Large Dining Room</p> <p>10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p>10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p>1:00 WHOGA Seated exercises designed for physical limitations 3rd Floor Theater</p> <p>1:00 Pinochle Foursomes 3rd Floor Billiard Room</p> <p>2:00 LARRY ASHBY Sit back & enjoy classic songs with a great guy Lobby</p> <p>3:00 Cribbage Meet up with others to play! 3rd Floor Billiard Room</p>	<p>23</p> <p>9:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p>9:00 Scenic Drive Join us for a scenic tour around the area. Sign up in the Lobby in the white book under the TV</p> <p>9:30 Catholic Service With Father Auvee Wonderful communion service with our very own Father Auvee 2nd Floor Chapel</p> <p>9:50 Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room</p> <p>1:00 Discerning The Word of God Bible Study Discover and understand more, together. Meet to get to know one another & share fellowship 3rd Floor Theater</p> <p>1:00 Hand & Foot Card Game Meet up to play! 3rd Floor Billiard Room</p> <p>2:00 Music with Gabe Enjoy fun tunes together Everyone LOVES this guy! Large Dining Room</p> <p>6:00 Midweek Movie Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p>	<p>24</p> <p>Shopping 8:30-10:00 Fred Meyer 1.5 hr Trip</p> <p>9:00 TAI CHI Slow, controlled & seated upper body exercises. 3rd Floor Theater Room</p> <p>9:50 OTAGO Better Balance Exercise Class Seated & standing Large Dining Room</p> <p>10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p>10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p>Shopping 12:30 Fred Meyer 1hr Trip</p> <p>1:00 WHOGA Seated exercises designed for wheelchairs & or physical limitations 3rd Floor Theater</p> <p>1:00 Pinochle Foursomes 3rd Floor Billiard Room</p> <p>1:30 Church with Pastor Al Nondenominational 2nd Floor Chapel Room</p> <p>2:00 Soda Shop Social Root Beer Floats 2nd Floor "Coke" Room</p> <p>3:00 BUNCO Dice Game 2nd Floor Craft Room</p> <p>3:00 Joyce's Piano Concert Join us for lovely piano Lobby</p>	<p>25</p> <p>9:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p>9:30 <i>Musical Memories</i> Listen to songs you haven't heard in forever... 2nd Floor Loft</p> <p>9:50 Stronger Sr Exercises This class will help you get stronger & more "fit" Large Dining Room</p> <p>1:00 Pinochle Foursomes 3rd Floor Billiard Room</p> <p>1:00 Volunteer Project Linus Helping Out... 2nd Floor Craft Room</p> <p>2:00 <i>Ruth Piano</i> Enjoy beautiful & passionate piano Lobby</p> <p>3:30 Rack'em up Billiards Meet to play before dinner 3rd Floor Billiard Room</p> <p>Halloween Happenings 3:30-5:30 TRUNK OR TREAT Enjoy the costumes & fun out in the east parking lot</p> 	<p>26</p> <p>9:00 Perplexing Puzzlement Grab your puzzle packet and keep your brain firing 2nd Floor Loft</p> <p>9:00 TAI CHI 3rd Floor Theater Room</p> <p>10:00 <i>Classical Piano with Richard</i> Enjoy in the Lobby</p> <p>10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p>10:30 Yoga Level 2 Alternating from sitting to standing balance strength & stretch exercises. 3rd Floor Theater</p> <p>1:00 Pinochle Foursomes 3rd Floor Billiard Room</p> <p>1:00 Movie Matinee Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p> <p>3:00 Skip Bo Meet in the Lobby to play a few rounds before dinner. This is an easy card game, just match the color or the number with cards from your hand to be the first to get rid of all your cards in your hand. Lobby</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">27</p> <p align="center">9:00 TAI CHI Slow, controlled & seated upper body exercises. 3rd Floor Theater Room</p> <p align="center">9:00 ★ Dollar Store ★ Ride with us to shop Sign up in the Lobby</p> <p align="center">10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p align="center">10:30 Yoga Level 2 Alternating from sitting to standing balance exercise exercises. 3rd Floor Theater</p> <p align="center">1:00 Card Games (Kings in the Corner?) Meet up to play! Meet others that enjoy cards & maybe they want to play other games too 3rd Floor Billiard Room</p> <p align="center">1:00 Movie Matinee Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p> <p align="center">1:30 Latter Day Saints Church Service We invite you to join us! 2nd Floor Chapel</p> <p align="center">3:00 <i>Worship in The Word</i> Scripture, singing & praise together. 2nd Floor Chapel</p>	<p align="center">28</p> <p align="center">Medical Transport Day</p> <p align="center">9:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p align="center">9:50 Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room</p> <p align="center">1:00 Pinochle Foursomes Stop in and play! 3rd Floor Billiard Room</p> <p align="center">1:00 Volunteer Project Helping Out... Making quilts for those in need 2nd Floor Craft Room</p> <p align="center">2:00 \$Nickel\$ Bingo Pay a Nickel each game & a Quarter for the end. Large Dining Room</p> <p align="center">3:00 Bible Figure Lessons Learn more in-depth & apply to your daily life 3rd Floor Theater</p> <p align="center">3:00 <i>Margarita Monday</i> Stop by and socialize before dinner. We serve lemonade or Margaritas Lobby</p> <p align="center">3:30 Rack'em up Billiards Grab a margarita & head up to play a few before dinner 3rd Floor Billiard Room</p> <p align="center">7:00 Toastmaster Club Mtg. An outside group comes to utilize the room. 3rd Floor Theater Room</p>	<p align="center">29</p> <p align="center">Medical Transport Day</p> <p align="center">9:00 TAI CHI Seated upper body exercises. 3rd Floor Theater Room</p> <p align="center">9:50 OTAGO Better Balance Exercise Class Seated & standing Large Dining Room</p> <p align="center">10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p align="center">10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p align="center">1:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p align="center">2:00 Pinochle Foursomes 3rd Floor Billiard Room</p> <p align="center">2:00 Candy Bingo Enjoy all regular BINGO games with mini candy bar prizes. Large Dining Room</p> <p align="center">3:00 Cribbage Meet up with others to play! 3rd Floor Billiard Room</p>	<p align="center">30</p> <p align="center">9:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p align="center">9:00 <i>Gravity Hill Spooky Drive</i> Ride with us to experience this for yourself. A spooky anomaly right here in our backyard. Beautiful drive. 9:30 Catholic Service With our very own Father Auvee 2nd Floor Chapel</p> <p align="center">9:50 Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room</p> <p align="center">1:00 Discerning The Word of God Bible Study Discover and understand more, together. 3rd Floor Theater</p> <p align="center">1:00 Hand & Foot Card Game Meet up to play!</p> <p align="center">6:00 Midweek Movie Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p>	<p align="center">31 HAPPY HALLOWEEN</p> <p align="center">Shopping 8:30-10:00 Walmart 1.5hr Trip Sign up in the Lobby to ride</p> <p align="center">9:00 TAI CHI Seated exercises. 3rd Floor Theater Room</p> <p align="center">10:00 Yoga Level 1 Seated exercises 3rd Floor Theater Room</p> <p align="center">10:30 Yoga Level 2 From sitting to standing 3rd Floor Theater</p> <p align="center">Shopping 12:30 Walmart 1hr Trip Sign up in the Lobby to ride</p> <p align="center">1:00 WHOGA Seated exercises 3rd Floor Theater</p> <p align="center">1:00 Pinochle Foursomes 3rd Floor Billiard Room</p> <p align="center">1:30 Church with Pastor Al Nondenominational 2nd Floor Chapel</p> <p align="center">2:00-3:00 <i>Halloween Happenings</i> Wear your costume, enjoy games and ghoulish good fun! Ghoulish Games & candy prizes</p> <p align="center">3:00 BUNCO Dice Game Lighthearted easy dice game just for fun 2nd Floor Craft Room</p>	<p align="center">1</p> <p align="center">9:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater</p> <p align="center">9:30 <i>Musical Memories</i> Listen to songs you haven't heard in forever... Bring requests or sit back & enjoy 2nd Floor Loft</p> <p align="center">1:00 Pinochle Foursomes 3rd Floor Billiard Room</p> <p align="center">1:00 Volunteer Project Linus Helping Out... Tying quilts for children 2nd Floor Craft Room</p> <p align="center">2:00 Live music With GREY WOLF BAND Music with John & Cuco Enjoy all kinds of music, with these great guys. Large Dining Room</p> <p align="center">3:30 Rack'em up Billiards Meet to play before dinner 3rd Floor Billiard Room</p>	<p align="center">2</p> <p align="center">9:00 Perplexing Puzzlement Grab your puzzle packet 2nd Floor Loft</p> <p align="center">9:00 TAI CHI Slow, controlled & seated upper body exercises. GREAT for the brain too! 3rd Floor Theater Room</p> <p align="center">10:00 <i>Classical Piano with Richard</i> Enjoy in the Lobby</p> <p align="center">10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room</p> <p align="center">10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p align="center">1:00 Pinochle Foursomes 3rd Floor Billiard Room</p> <p align="center">1:00 Movie Matinee Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p> <p align="center">3:00 Skip Bo Meet in the Lobby to play a few rounds before dinner. This is an easy card game, just match the color or the number with cards from your hand to be the first to get rid of all your cards in your hand. Lobby</p>



Please note: We have weekly outings for shopping, a scenic drive, out to lunch & more. Please use the sign up sheets located in the white book under the TV, in the Lobby

Also, grab a small daily flyer to bring with you to remind you of goings on throughout the day.

And

Check the daily flyers posted in the elevators and outside each dining room for any updates.

hAPPY
Birthday
let's celebrate



Lets Celebrate!
Birthday cake and music from
The Firesides Band
Large Dining Room