

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Transportation: APPT. Day 1 9:30 Cardio/Strength Fitness 10:30 Playing 8-ball & Darts 10:30 Games in Bistro 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Bingo 3:15 Resident Run Card Games 6:15 Triominos 7:00 Movie Night	2 9:30 SAIL Fitness 10:00 Red Wind Casino 10:30 Water Aerobics 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Titanic Pt 2 w/Peter Cook 3:00 Needle Group 3:00 Cards: Bridge 5:30 Larry Barry Sing-along 6:30 Cribbage 6:30 Bingo <small>Rosh Hashanah Begins</small>	3 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Games in Bistro 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Blood Pressure Clinic 4:30 Thirsty Thursday 6:15 Mexican Train 6:30 Resident Run Card Games	4 9:30 SAIL Fitness 10:00 Schilters Pumpkin Patch 10:15 Bible Study 10:30 Water Aerobics 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Bingo 6:15 Triominos 7:00 Movie Night	5 9:15 Support Run 2 Remember 9:30 Exercise 10:00 Fred Meyer, Lacey 10:30 Board Games 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Bingo 3:00 Cribbage 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 Movie Night 7:00 Bar Trivia Night w/Steve D
6 8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 Chair Yoga 1:00 Ft Lewis PX/Commissary 1:00 Sit & Fit 2:00 Bingo 5:30 Larry Barry Sing-along 6:15 Triominos 7:00 Movie Night	7 Transportation: APPT. Day 9:30 SAIL Fitness 10:30 Water Aerobics 11:00 Phone & Tech Help 12:00 Noon Cribbage 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Brain Fitness 6:15 Mexican Train	8 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Playing 8-ball & Darts 10:30 Games in Bistro 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Bingo 3:15 Resident Run Card Games 6:15 Triominos 7:00 Movie Night	9 9:30 SAIL Fitness 10:00 McChord BX/Commissary 10:30 Water Aerobics 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 1:30 Games & Social w/St Frances Cabrini 3 rd Grade 3:00 Needle Group 3:00 Cards: Bridge 5:30 Larry Barry Sing-along 6:30 Cribbage 6:30 Bingo	10 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Games in Bistro 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 MAMC Pharmacy Speaker 4:30 Thirsty Thursday 6:15 Mexican Train 6:30 Resident Run Card Games	11 9:30 SAIL Fitness 9:30 KFC Picnic at Kobayashi Park, Lakewood 10:15 Bible Study 10:30 Water Aerobics 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Bingo 6:15 Triominos 7:00 Movie Night <small>Yom Kippur Begins</small>	12 9:15 Support Run 2 Remember 9:30 Exercise 10:00 Scenic Drive w/Lunch 10:30 Board Games 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Bingo 3:00 Cribbage 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 Movie Night
13 Navy 249th Birthday 8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 Travelogue 12:30 Sit & Fit (Time Change) 1:30 Bingo (Time Change) 3:00 Navy Birthday Happy Hour 5:30 Larry Barry Sing-along 6:15 Triominos 7:00 Movie Night	14 Transportation: APPT. Day 9:30 SAIL Fitness 10:30 Water Aerobics 12:00 Noon Cribbage 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Bean Bag Toss 6:15 Mexican Train <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	15 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:00 ACU Banking for Residents Lobby Conference Room 10:30 Playing 8-ball & Darts 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Bingo 3:15 Resident Run Card Games 6:15 Triominos 7:00 Movie Night	16 9:30 SAIL Fitness 10:00 Lakewood Towne Center 10:30 Water Aerobics 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 RAPL 3:00 Needle Group 3:00 Cards: Bridge 5:30 Larry Barry Sing-along 6:30 Cribbage 6:30 Bingo <small>Sukkot Begins</small>	17 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Games in Bistro 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Crafter Corner 4:30 Thirsty Thursday 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 History Stories w/Steve D Ghost Stories of Pierce Co. (AROWs)	18 9:30 SAIL Fitness 9:30 – 11:00 Social w/JBLM Soldiers 10:00 Walmart, Lakewood 10:15 Bible Study 10:30 Water Aerobics 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Bingo 6:15 Triominos 7:00 Movie Night	19 9:15 Support Run 2 Remember 9:30 Exercise 10:00 McChord BX/Commissary 10:30 Board Games 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Bingo 3:00 Cribbage 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 Movie Night
20 8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 Chair Yoga 1:00 Ft Lewis PX/Commissary 1:00 Sit & Fit 2:00 Bingo 5:30 Larry Barry Sing-along 6:15 Triominos 7:00 Movie Night <small>(MOAA)</small>	21 Transportation: APPT. Day 9:30 SAIL Fitness 10:30 Water Aerobics 12:00 Noon Cribbage 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Songbirds 6:15 Mexican Train	22 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:00 Patriots Landing Book Club 10:30 Playing 8-ball & Darts 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Bingo 3:15 Resident Run Card Games 6:15 Triominos <small>(Sojourners)</small>	23 9:30 SAIL Fitness 10:00 Antique Sandwich, Tacoma 10:30 Water Aerobics 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Town Hall 3:00 Needle Group 3:00 Cards: Bridge 5:30 Larry Barry Sing-along 6:30 Cribbage 6:30 Bingo	24 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Games in Bistro 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Resident Birthday Party w/Gary Liden 4:30 Thirsty Thursday 6:15 Mexican Train 6:30 Resident Run Card Games <small>Simchat Torah Begins</small>	25 9:30 SAIL Fitness 10:00 Knapp's Restaurant, Proctor District 10:15 Bible Study 10:30 Water Aerobics 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Bingo 6:15 Triominos 7:00 Movie Night	26 9:15 Support Run 2 Remember 9:30 Exercise 10:00 Ft Lewis PX/Commissary 10:30 Board Games 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Bingo 3:00 Cribbage 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 Movie Night
27 8:20 Shuttle to St. Frances Cab 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 11:15 Travelogue 1:00 McChord BX/Commissary 1:00 Sit & Fit 2:00 Bingo 5:30 Larry Barry Sing-along 6:15 Triominos 7:00 Movie Night	28 Transportation: APPT. Day 9:30 SAIL Fitness 10:30 Water Aerobics 12:00 Noon Cribbage 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Songbirds 6:15 Mexican Train <small>(VFW)</small>	29 Honor Your Legacy – Outing w/JBLM & American Red Cross 9:30 Cardio/Strength Fitness 10:30 Playing 8-ball & Darts 10:30 Games in Bistro 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Bingo 3:15 Resident Run Card Games 6:15 Triominos 7:00 Movie Night	30 9:30 SAIL Fitness 10:00 Brown & Haley, Fife 10:30 Water Aerobics 10:30 Catholic Prayer Service 11:00 Catholic Mass 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 3:00 Needle Group 3:00 Cards: Bridge 5:30 Larry Barry Sing-along 6:30 Cribbage 6:30 Bingo	31 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Games in Bistro 12:15 Sit & Fit 1:00 Sit & Fit (2 nd Session) 2:00 Costume Photos (Lobby) 4:30 Thirsty Thursday 6:15 Mexican Train 7:00 Halloween Party & Costume Contest w/MusicWorks4Vets Halloween		