

October, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Chair Exercise 10:00 Chair Exercise 11:00 BINGO 1:00 Shopping - OOF 4:00 Noodle Ball	2 10:00 Chair Yoga 11:00 Maritime Museum 1:00 Cat Cuddling – OOF 2:00 Men’s Club 4:00 Social Hour	3 9 :30 Chair Exercise 10:30 Brain Yoga (DJ) 1:00 Thrift Shopping - OOF 4:00 Noodle Ball	4 9:00 Coloring 10:00 Drummercise 11:00 Chair Exercise 1:00 Story Time 4:00 Activity Assessments
5 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time - LR 3:00 Noodle Ball	6 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee 3:00 Bible Study 4:00 Noodle Ball	7 9:00 Pet Therapy-Clementine 10:00 Chair Tai Chi 11:00 Brain Exercise 1:00 Story Time 2:00 Men’s Club 3:00 Women’s Club	8 9:00 Chair Exercise 10:00 Church 11:00 BINGO 1:00 Shopping - OOF 4:00 Noodle Ball	9 9:00 Chair Exercise 10:00 Chair Yoga 11:00 Brain Exercise 2:00 Food Committee - OD 4:00 Social Hour	10 Manager Meeting @ 3pm 9:30 Chair Exercise 10:30 Brain Yoga (DJ) 1:00 Story Time 4:00 Noodle Ball	11 9:00 Coloring 10:00 Drummercise 11:00 Chair Exercise 1:00 Colleen’s Bakery-OOF 4:00 Activity Assessments
12 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time - LR 3:00 Noodle Ball	13 Columbus Day 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee 3:00 Bible Study 4:00 Noodle Ball	14 9:00 Pet Therapy-Clementine 10:00 Chair Tai Chi 11:00 Brain Exercise 1:00 Food Committee 2:00 Men’s Club 3:00 Paint & Sip	15 9:00 Chair Exercise 10:00 Chair Exercise 11:00 BINGO 1:00 Shopping - OOF 4:00 Noodle Ball	16 9:00 Chair Exercise 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Cat Cuddling - OOF 2:00 Men’s Club 4:00 Social Hour	17 Happy Birthday Steve 9:30 Chair Exercise 10:30 Brain Yoga (DJ) 1:00 Story Time 2:30 Ice Cream Social 4:00 Noodle Ball	18 9:00 Coloring 10:00 Drummercise 11:00 Chair Exercise 1:00 Scoopers - OOF 4:00 Activity Assessments
19 Happy Birthday Renee 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time - LR 3:00 Noodle Ball	20 All Staff Meeting @ 2pm 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee 3:00 Bible Study (Munro) 4:00 Noodle Ball	21 9:00 Pet Therapy-Clementine 10:00 Chair Tai Chi 11:00 Brain Exercise 2:00 Men’s Club 2:30 Sing Along w/Ellie & Celsa (Social Hour too)	22 9:00 Chair Exercise 10:00 Church 11:00 BINGO 1:00 Shopping - OOF 4:00 Noodle Ball	23 9:00 Chair Exercise 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Cat Cuddling - OOF 4:00 Social Hour	24 9:30 Chair Exercise 10:30 Brain Yoga (DJ) 1:00 Mobile Library 3:00 Story Time 4:00 Noodle Ball	25 9:00 Coloring 10:00 Drummercise 11:00 Chair Exercise 1:00 Marsh’s Museum - OOF 4:00 Activity Assessments
26 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time - LR 3:00 Noodle Ball	27 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee 3:00 Bible Study 4:00 Noodle Ball	28 9:00 Pet Therapy-Clementine 10:00 Chair Tai Chi 1:00 Resident Council - OD 2:00 Men’s Club 3:00 Women’s Club	29 9:00 Chair Exercise 10:00 Chair Exercise 11:00 BINGO 1:00 Shopping - OOF 4:00 Noodle Ball	30 9:00 Chair Exercise 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Cat Cuddling - OOF 2:00 Men’s Club	31 Happy Halloween 9:30 Chair Exercise 10:30 Brain Yoga (DJ) 1:00 Crafting 4:00 Noodle Ball 6:00 Trick or Treaters	
Please see bulletin board for a posted copy of the PSAC Calendar of Activities		Medical Transport 9-11am Tuesday		Medical Transport 9-11am Thursday	CPHM = Columbia Pacific Heritage Museum Ilwaco PSAC = Peninsula Senior Activity Center	C = Courtyard DR = Dining Room LR = Living Room OF = Out Front OD = Overflow Dining Room OOF = Out of Facility

*Activities subject to change. Please check the activity room board for any changes.