

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 12:30 McChord BX/Commissary 12:15 Sit & Fit 1:00 Chair Yoga 1:25 Seahawks Game 2:00 Bingo 5:30 Larry Barry Sing-along (TBD) 6:15 Triominos 7:00 Movie Night	5 Transportation: APPT. Day 9:30 SAIL Fitness 10:00 Compassion in Conversation 10:30 Aqua Activities 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Escape Game Continues 1:00 Library Committee Meeting 2:00 Brain Fitness 6:15 Mexican Train	6 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Cell Phone Help 10:30 Walking Group 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 3:15 Wii Games 6:15 Triominos 7:00 Movie Night	7 9:30 SAIL Fitness 10:00 Red Wind Casino 10:30 Aqua Activities 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Pinochle 2:00 Mystery Book Club 2:00 BINGO (Time Change) 3:00 Needle Group 5:30 Larry Barry Sing-along (TBD) 6:30 Cribbage 7:00 Music Social w/Marty Z	8 Transportation: APPT. Day 7:00 Steilacoom Kiwanis (online) 9:30 Cardio/Strength Fitness 10:30 Walking Group 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Bible Study 2:00 Magazine Madness 6:15 Mexican Train 6:30 Resident Run Card Games	9 9:30 Senior Fitness 10:00 Costco, Lacey 10:15 Bible Study 10:30 Aqua Activities 12:15 Sit & Fit 1:00 Blood Pressure Clinic 1:00 Gentle Stretching 2:00 Bingo 3:15 We Care Support Group 6:15 Triominos 7:00 Movie Night	10 9:15 Support Run 2 Remember 9:30 Move and Groove 10:00 Maris Farms Pumpkin Patch 10:15 Wii Games 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 Movie Night <i>Simchat Torah Begins</i>
11 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 12:30 Ft Lewis PX/Commissary 12:15 Sit & Fit 1:00 Chair Yoga 1:25 Seahawks Game 2:00 Bingo 5:30 Larry Barry Sing-along (TBD) 6:15 Triominos 7:00 Movie Night	12 Transportation: APPT. Day 9:30 SAIL Fitness 10:00 Compassion in Conversation 10:30 Aqua Activities 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bean Bag Toss 3:00 Bar Bingo 6:15 Mexican Train <i>Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)</i>	13 HAPPY 251ST BIRTHDAY US NAVY Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 Cookies & Socializing 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 3:00 Patty Mannie Presents: USS Lexington 6:15 Triominos 7:00 Movie Night	14 9:30 SAIL Fitness 10:00 Fred Meyer/Trader Joe's/Kohls/Target, Lacey 10:30 Aqua Activities 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Pinochle 1:45 3rd Grade Visit from Cabrini 3:00 Needle Group 5:30 Larry Barry Sing-along (TBD) 6:30 Bingo	15 Transportation: APPT. Day 7:00 Steilacoom Kiwanis (online) 9:30 Cardio/Strength Fitness 10:30 Walking Group 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Bible Study 2:00-3:00 Crafters Corner 5:15 Seahawks Game 6:30 Resident Run Card Games AROWs	16 9:30 Senior Fitness 10:00 Walmart, Lakewood 10:15 Bible Study 10:30 Aqua Activities 10:30 Zack the Therapy Dog 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 6:15 Triominos 7:00 Movie Night	17 9:15 Support Run 2 Remember 9:30 Move and Groove 10:00 Tacoma Mall 10:15 Wii Games 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 Movie Night
18 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 12:30 McChord BX/Commissary 12:15 Sit & Fit 1:00 Chair Yoga 2:00 Bingo 5:30 Larry Barry Sing-along (TBD) 6:15 Triominos 7:00 Movie Night	19 Transportation: APPT. Day 9:30 SAIL Fitness 10:00 Compassion in Conversation 10:30 Aqua Activities 10:30 UNO 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Songbirds 3:00 Bar Bingo (special day) 6:15 Mexican Train	20 Transportation: APPT. Day 9:30 Cardio/Strength Fitness 10:30 ACU Resident Banking 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 3:15 Wii Games 6:15 Triominos 7:00 Movie Night	21 9:30 SAIL Fitness 10:00 Lakewood Towne Center 10:30 Aqua Activities 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Pinochle 2:00 RAPL Meeting for Residents 3:00 Needle Group 5:30 Larry Barry Sing-along (TBD) 6:30 Bingo	22 Transportation: APPT. Day 7:00 Steilacoom Kiwanis (online) 9:30 Cardio/Strength Fitness 10:30 Walking Group 12:15 Sit & Fit (Location Change) 1:00 Gentle Stretching (Location Change) 1:00 Bible Study 6:15 Mexican Train 6:30 Resident Run Card Games	23 8:45 Northwest Trek To See The Troll Exhibit \$23.00 9:30 Senior Fitness 10:15 Bible Study 10:30 Aqua Activities 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 6:15 Triominos 7:00 Movie Night	24 9:15 Support Run 2 Remember 9:30 Move and Groove 10:15 Wii Games 11:00 Dough Zone, Lacey 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 Movie Night
25 9:30 Shuttle to St. John Bosco 9:30 Church @ Patriots Landing 12:30 Ft Lewis PX/Commissary 12:15 Sit & Fit 1:00 Chair Yoga 2:00 Bingo 5:20 Seahawks Game 6:15 Triominos 7:00 Movie Night	26 Transportation: APPT. Day 9:30 SAIL Fitness 10:00 Compassion in Conversation 10:30 Camping w/Sasquatch 10:30 Aqua Activities 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Songbirds 3:00 Music Social with Almost There Gospel Music 6:15 Mexican Train	27 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 Gentle Stretching 2:00 Bingo 3:15 Wii Games 6:15 Triominos 7:00 Movie Night <i>Sojourners</i>	28 9:30 SAIL Fitness 10:00 McChord BX/Commissary 10:30 Aqua Activities 10:30 Catholic Prayer Service 11:00 Communion 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Pinochle 2:00 Town Hall 3:00 Needle Group 5:30 Larry Barry Sing-along (TBD) 6:30 Bingo	29 Transportation: APPT. Day 7:00 Steilacoom Kiwanis (online) 9:30 Cardio/Strength Fitness 10:30 Walking Group 12:15 Sit & Fit 1:00 Gentle Stretching 1:00 Bible Study 2:00 Resident Birthday Party 6:15 Mexican Train 6:30 Resident Run Card Games	30 9:30 Senior Fitness 10:15 Bible Study 10:30 Aqua Activities 10:30 Zack the Therapy Dog 11:00 Harvest Buffet 12:15 Sit & Fit 1:00 Gentle Stretching 2:00-3:00 Youth Trick or Treat 6:15 Triominos 7:00 Movie Night	31 HALLOWEEN 9:15 Support Run 2 Remember 9:30 Move and Groove 9:30 The Bar at Bair Drugs Steilacoom 10:15 Wii Games 12:15 Sit & Fit 1:00 Gentle Stretching 2:00 Bingo 6:15 Mexican Train 6:30 Resident Run Card Games 7:00 Halloween Party w/music by Dean Ratzman <i>Halloween</i>