

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 Assisted Living				Medical Transportation ¹ 9:30 Table Word Puzzles C 10:00 Morning Musical, C 1:00 Afternoon Stroll, L 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	² 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 12:30 Adult Coloring, C 2:00 Birthday Celebration David & Lynn, DR 3:00 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C	³ 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, C 2:30 Word Games, D 5:30 Evening Movie, FL 6:00 Table Games, C Simchat Torah Begins
⁴ 9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	⁵ 9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C	⁶ 9:00 Morning Musical, C 10:00 Exercise & Strength 1:00 Walking Group, L 1:00 Bible Study, FL 2:00 Bananagrams , C Word Games, C 3:00 Scattegories Word Games, C 5:30 Evening Movie, FL	⁷ 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 10:30 Shopping-QFC, L 12:30 Cocktails & Trivia, C 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL	⁸ Medical Transportation 9:30 Table Word Puzzles C 10:00 Morning Musical, C 1:00 Activity Talk, C 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	⁹ 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 11:00 Lunch Outing-Red Robin, L 12:30 Adult Coloring, C 2:00 Happy Hour with Mark Shaffer, DR 5:30 Evening Movie, FL	¹⁰ 10:00 Morning Exercise, DR 1:30 Sip ~ N ~ Paint With Arita, DR 5:30 Evening Movie, FL 6:00 Table Games, C
¹¹ 9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	¹² 9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	¹³ 9:30 Table Word Puzzles C 10:00 Exercise & Strength 12:15 Swing Dance-North Bellevue Center L 1:00 Bible Study, FL 1:00 Walking Group, L 2:00 5:30 Evening Movie, FL	¹⁴ 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 10:30 Shopping-CVS, L 12:30 Cocktails & Trivia, C 2:00 Crafty Creations With Dianna, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL	¹⁵ Medical Transportation 9:30 Table Word Puzzles C 10:00 Morning Musical, C 1:00 Let's Talk Food, DR 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	¹⁶ 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 12:30 Adult Coloring, C 2:00 Happy Hour with Hank Blumenthal, DR 3:00 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C	¹⁷ 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, C 2:30 Word Games, D 5:30 Evening Movie, FL 6:00 Table Games, C
¹⁸ 9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	¹⁹ 9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C	²⁰ 9:00 Morning Musical, C 10:00 Exercise & Strength 11:00 Food & Fashion, L 1:00 Walking Group, L 1:00 Bible Study, FL 2:00 Pumkin Painting, C 5:30 Evening Movie, FL	²¹ 9:00 Table Word Puzzles C 9:30 Morning Exercise, DR 10:00 Shopping-Fred Myers, L 12:30 Documentary, C 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL	²² Medical Transportation 9:30 Table Word Puzzles C 10:00 Morning Musical, C 1:00 Chef Demo With Josh, DR 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	²³ 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 11:00 Lunch Outing-Jacks BQ, L 12:30 Adult Coloring, C 2:00 Happy Hour Bingo, DR 5:30 Evening Movie, FL	²⁴ 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, C 2:30 Word Games, D 5:30 Evening Movie, FL 6:00 Table Games, C
²⁵ 9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL	²⁶ 9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Resident Meeting-Come Share your Ideas, DR 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C	²⁷ 9:30 Exercise & Strength 10:00 Shopping at Trader Joes/Walgreens, L 1:00 Walking Group, L 1:00 Bible Study, FL 2:00 Bananagrams , C Word Games, C 3:00 Music Lovers, C 5:30 Evening Movie, FL	²⁸ 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 10:30 Shopping-QFC, L 12:30 Cocktails & Trivia, C 2:00 Bingo Bash, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL	²⁹ Medical Transportation 9:30 Table Word Puzzles C 10:00 Morning Musical, C 1:00 Afternoon Stroll, L 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL	³⁰ 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 12:30 Adult Coloring, C 2:00 Halloween Celebration with Jon, DR 3:00 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C	³¹ 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, C 2:30 Word Games, D 5:30 Evening Movie, FL 6:00 Table Games, C Halloween

October 2026

THE MONTHLY GAZETTE

*"October is a symphony
of permanence and change."*

~ Bonaro W. Overstreet



Animal of the Month – Bombay Cat

Bombay cats are a popular pet. These spunky, affectionate, friendly felines create exceptionally strong bonds with their human families. They love cuddling and are often found on warm laps. If they can't soak up body heat from a human companion, they seek the next warmest spots in the home, such as by a heater or sunny window. Known as "parlor panthers," these sleek black cats were first bred in the 1950s to look like miniature black leopards, complete with shiny coats, glowing eyes, and a curvy, swaying walk. They are a



cross between a sable Burmese and a black American shorthair. In addition to their deep black fur, most have black whiskers, skin, noses, and paw pads. Bombay cats have compact, muscular bodies that are heavier to pick up than they look. These beautiful creatures are a very loyal and intelligent breed that enjoys a lot of activity and stimulation.

Special Days

International Music Day
October 1

Apple Betty Day
October 5

Hero Day
October 8

**Columbus Day /
Indigenous Peoples' Day
(U.S.) & Canadian
Thanksgiving**
October 12

Sweetest Day
October 17

Halloween
October 31

Flower – Calendula



The calendula is a fall-blooming annual that produces a yellow to deep-orange flower with edible petals. Also known as the "pot marigold," the flower gets its name from the Latin *calendae*, meaning "first day of the month." Ancient Greeks and Romans wore crowns and garlands of calendula, and they have long been sacred in India, where they are used to decorate statues of Hindu deities. The lovely calendula symbolizes happiness.

Birthstone – Opal



The opal, October's birthstone, gets its name from the Latin word *opalus*, which means "precious stone." Opals are very soft and easily altered by heat and pressure. They are formed in near-surface volcanic rocks and come in a range of colors and gleaming hues. Although the principal source of opals is Australia, they can also be found in Mexico, Brazil, Honduras, Nicaragua, Guatemala, Japan, and Ireland. In the United States, beautiful, prized black opals are often found in Nevada.



Assisted Living

A Great Place to Call Home

Hair Salon

Wednesdays

9:00 AM—1:30 PM

Stylist—Oanh

Sign Up at the Front Desk

October 2nd @ 2:00 PM Birthday Celebration with Carol Hendrickson

October 9th @ 11:00 AM Lunch Outing- Red Robin

October 9th @ 2:00 PM Happy Hour with Mark Shaffer

October 10th @ 1:30 PM Sip ~ N ~ Paint with Arita

October 13th @ 12:15 PM Swing Dance-North Bellevue Center

October 14th @ 2:00 PM Crafty Creations with Dianna

October 16th @ 2:00 PM Happy Hour with Hank Blumenthal

October 20th @ 11:00 AM Food & Fashion

October 23rd @ 11:00 AM Lunch Outing- Jacks BQ

October 26th @ 1:30 PM Resident Meeting-Come Share your Ideas

October 27th @ 10:00 AM Shopping at Trader Joes-Walgreens

October 30th @ 2:00 PM Halloween Celebrations with Jon

Scenic Drive Every Monday with Dianna