

October, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Join us in the Activity Room on Wednesdays before dinner to enjoy various videos highlighting Autumn.				1 8:30 Coloring/Fellowship 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Cat Cuddling - OOF 3:30 Social Hour/Family Feud	2 Dawn is off today 8:30 Coloring/Fellowship 10:00 Chair Exercise 4:00 Noodle Ball	3 Dawn is off today 8:30 Coloring/Fellowship 10:00 Drummercise 11:00 Chair Exercise 1:00 Baby Elijah visiting
4 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time – LR 2:00 Women’s Card Games 4:00 Noodle Ball	5 8:30 Coloring/Fellowship 10:00 SAIL Exercise 11:00 Activity Packets 1:00 Monday Matinee – LR 3:00 Bible Study 4:00 Noodle Ball	6 10:00 Chair Tai Chi 11:00 Music w/Ken & Poetry w/James Tweedie 1:00 Pet Therapy – Ladybug 2:00 Men’s Club 3:30 Social Hour	7 8:30 Coloring/Fellowship 10:00 SAIL Exercise 11:00 BINGO 1:00 Shopping - OOF 4:00 YouTube Video Highlighting Autumn	8 8:30 Coloring/Fellowship 10:00 Chair Yoga 11:00 Maritime Museum 1:00 Brain Exercise 2:00 Men’s Club 3:30 Social Hour/Family Feud	9 8:30 Coloring/Fellowship 10:00 Chair Exercise 12:00 High Tide Grill – OOF 3:00 Manager Meeting 4:00 Noodle Ball	10 10:00 Drummercise 11:00 Chair Exercise 1:00 LB Grange – OOF 3:30 Dice Game 5:00 42 nd Street Café – OOF
11 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time – LR 2:00 Women’s Card Games 4:00 Noodle Ball	12 Columbus Day 8:30 Coloring/Fellowship 10:00 SAIL Exercise 11:00 Activity Packets 1:00 Monday Matinee – LR 3:00 Bible Study 4:00 Noodle Ball	13 8:30 Coloring/Fellowship 10:00 Chair Tai Chi 11:00 Sing Along w/Wendy 2:00 Men’s Club 2:00 All Staff Meeting 3:30 Social Hour	14 9:00 Church 10:00 SAIL Exercise 11:00 BINGO 1:00 Shopping - OOF 4:00 YouTube Video Highlighting Autumn	15 8:30 Coloring/Fellowship 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Story Time 2:00 Food Committee – OD 3:30 Social Hour/Family Feud	16 8:30 Coloring/Fellowship 9:00 Bus Ride – OOF 10:00 Chair Exercise 11:00 Brain Exercise 1:00 Colleen’s Bakery – OOF 4:00 Noodle Ball	17 8:30 Craft/Coloring 10:00 Drummercise 11:00 Chair Exercise 1:00 Cranberry Festival-OOF 3:30 1:1 with Resident
18 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time – LR 2:00 Women’s Card Games 4:00 Noodle Ball	19 Happy Birthday Renee! 8:30 Coloring/Fellowship 10:00 SAIL Exercise 11:00 Activity Packets 1:00 Monday Matinee – LR 3:00 Bible Study 4:00 Noodle Ball	20 8:30 Coloring/Fellowship 10:00 Chair Tai Chi 11:00 Story Time 2:00 Men’s Club 3:00 Sing Along w/Ellie & Celsa (Social Hour too)	21 8:30 Coloring/Fellowship 10:00 SAIL Exercise 11:00 BINGO 1:00 Shopping - OOF 4:00 YouTube Video Highlighting Autumn	22 8:30 Coloring/Fellowship 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Pet Therapy – Ladybug 2:00 Men’s Club 3:30 Social Hour/Family Feud	23 8:00 Drop Anchor Bistro-OOF 10:00 Chair Exercise 11:00 Brain Exercise 1:00 Mobile Library 3:00 Cake/Ice Cream Social 4:00 Noodle Ball	24 8:30 Coloring/Fellowship 10:00 Drummercise 11:00 Chair Exercise 1:00 Thrift Shopping – OOF 3:30 1:1 with Resident
25 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time – LR 2:00 Women’s Card Games 4:00 Noodle Ball	26 8:30 Coloring/Fellowship 10:00 SAIL Exercise 11:00 Activity Packets 1:00 Monday Matinee – LR 3:00 Bible Study 4:00 Noodle Ball	27 8:30 Coloring/Fellowship 10:00 Chair Tai Chi 11:00 Story Time 1:00 Resident Council - OD 2:00 Men’s Club 3:00 Paint & Sip	28 9:00 Church 10:00 SAIL Exercise 11:00 BINGO 1:00 Shopping - OOF 4:00 YouTube Video Highlighting Autumn	29 8:30 Coloring/Fellowship 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Story Time 2:00 Dice Game 3:30 Social Hour/Family Feud	30 8:30 Coloring/Fellowship 9:00 Bus Ride – OOF 10:00 Chair Exercise 11:00 Brain Exercise 1:00 Wal-Mart – OOF 4:00 Noodle Ball	31 Halloween 8:30 Coloring/Fellowship 10:00 Drummercise 11:00 Chair Exercise 1:00 Crafts 3:30 1:1 with Resident
Please see bulletin board for a posted copy of the PSAC Calendar of Activities		Medical Transport 9-11am Tuesdays		Medical Transport 9-11am Thursdays	CPHM = Columbia Pacific Heritage Museum Ilwaco PSAC = Peninsula Senior Activity Center	CY = 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 bulletin boards for any changes.