






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Hair appointments Wednesdays and Fridays</b> By appointment at the Front Desk</p>	<p><b>1</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Bingo <b>2:15 Fred Meyer Shopping</b></p> <p><b>Flu Shot Clinic</b> 9:00-11:00am</p>	<p><b>2</b> 9:15 Devotions 9:45 Catholic Communion 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Pacific University Students play cards and wii bowling 3:00 Reading Group</p>	<p><b>3</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 11:30 Recycling <b>1:15 Resident Council/ Food Meeting</b> 2:30 Choir Practice 3:30 Bingo</p>	<p><b>4</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 1:30 Mexican Train Game <b>3:00 Visit from Betsy the Goat!!</b> 3:30 Life Long Learning with Bert</p>	<p><b>5</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 <b>1:00 Scenic Ride</b> 6:00 Friday Night Movie</p>	<p><b>6</b> 1:15 Piano with Barbara Amell</p>
<p><b>7</b> 4:00 Worship Service</p>	<p><b>8</b> 9:15 Devotions 9:45 Exercise Class #1 <b>10:00 Dog visit with Olive and Kylie</b> 11:00 Exercise #2 1:15 Bingo <b>2:15 Fred Meyer Shopping</b> <b>Columbus Day</b>  Rustie Wolf</p>	<p><b>9</b> 9:15 Devotions 9:45 Catholic Communion 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Cards / Wii Bowling 3:00 Reading Group <b>6:45 Scouts here for crafts</b></p>	<p><b>10</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 11:30 Recycling 1:00 Bingo 2:00 Bunnies in a Basket <b>2:30 Choir Practice</b> <b>3:30 Art Class with Bev</b>  Ray Cinco</p>	<p><b>11</b> 9:15 Devotions 9:45 Exercise Class #1 <b>11:00 Rojo Visits!!</b> 1:30 Mexican Train Game 3:00 Lifelong Learning with Bert 4:30 "On Your Feet"</p>	<p><b>12</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 <b>1:15 Outing to Pumpkin Patch</b> 4:00 Bingo 6:00 Friday Night Movie</p>	<p><b>13</b> 1:15 Music with Cece</p>
<p><b>14</b> 4:00 Worship Service</p>	<p><b>15</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Bingo <b>2:15 Fred Meyer Shopping</b></p>	<p><b>16</b> 9:15 Devotions 9:45 Catholic Communion 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Pacific University Students play cards and wii bowling 3:00 Reading Group</p>	<p><b>17</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 11:30 Recycling 1:15 Bingo 2:30 Choir Practice <b>4:00 Special Quartet Music</b></p>	<p><b>18</b> 9:15 Devotions 9:45 Exercise Class #1 <b>1:15 Program full of information on "Low Vison"</b> 2:30 "Bell Choir" 3:45 Life long Learning with Bert</p>	<p><b>19</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 <b>1:15 Scenic ride</b> 4:00 Bingo 6:00 Friday Night Movie</p>	<p><b>20</b> 1:15 Melissa and Friends 2:15 Fiddles with Jeanine and Friends</p>
<p><b>21</b> 4:00 Worship Service</p>	<p><b>22</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Bingo <b>2:15 Fred Meyer Shopping</b></p>	<p><b>23</b> 9:15 Devotions 9:45 Catholic Communion 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Cards / Wii Bowling 3:00 Reading Group 6:15 Girl Scouts visit—games!!</p>	<p><b>24</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 <b>11:00 St. Stephen's Students</b> 11:30 Recycling 1:15 Bingo 2:30 Choir Practice 3:30 "Stir the Pot" cooking</p>	<p><b>25</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Classical Music with Terry 3:00 Travels with Bob K 4:00 "On Your Feet"</p>	<p><b>26</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 <b>1:15 Spa Day—nails, massage, lotions and scents!!</b> <b>3:15 Chair Tai Chi</b> 4:00 Bingo 6:00 Friday Night Movie</p>	<p><b>27</b> 1:15 Steel Guitar with Dom Franco</p>
<p><b>28</b> 4:00 Worship Service</p>	<p><b>29</b> <b>9:00 Voter Assistance</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Bingo <b>2:15 Fred Meyer Shopping</b> <b>2:30 Hearing Aid Check</b></p>	<p><b>30</b> 9:15 Devotions 9:45 Catholic Communion 9:45 Exercise Class #1 10:45 Exercise Class #2 1:15 Pacific University Students play cards and wii bowling 3:00 Reading Group  Agnes Winston</p>	<p><b>31</b> 9:15 Devotions 9:45 Exercise Class #1 10:45 Exercise Class #2 11:30 Recycling / Children trick or treating! 1:15 Bingo 2:30 Harvest Festival / Group Birthday Party! Halloween</p>	<p><b>Hearing Aid Check</b> Last Monday of the month By appointment at the Front Desk</p>	<p><b>Foot and Nail Care</b> with Nurse Vanessa By appointment In Health Services</p>	<p><b>Wheel Chair/Walker</b> Check Second Tuesday Of The Month By appointment at the Front Desk</p>