

# October 2017—Madrona Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b> 11am Nail Care with Debbie (Sign up by Post Offices— Life Enrichment Center) 1:30/2:30—Lobby Hymn Sing/Bible Study (Lobby) 4pm Crossword (LE) 5:30pm SEA vs. Colts—NBC (Home)</p>	<p><b>2</b> 1pm Yoga with Sue (4E Cascade)  <b>3-5pm Young at Heart Parkinson's Disease Support Group</b> —Guest Speaker Sharon Jung, Neurology Nurse 6pm Movie Night</p>	<p><b>3</b> 11am Coffee Hour (LE)  <b>3-5 Activity Fair with Trish (LE)</b>  <b>3:30pm Guitar with Joe (Lobby)</b></p>	<p><b>4</b> 10:30am Yoga with Patricia (4E Cascade) 3-5pm Activity Fair with Trish (LE) 6pm Movie Night w/ Popcorn (LE) <i>Ongoing Hair Appointments</i></p>	<p><b>5</b> 10:15AM IVC Music Club—Jazz Standards with Jessica 1-3pm Rite Aid Shop 3-5pm Activity Fair with Trish, Boys and Girls Buddies</p>	<p><b>6</b> 11am Coffee Hour with Mike (LE) 12:30-2:30pm Bingo or Mah-jong at the Waterfront Community Center</p>	<p><b>7</b> 11am Crafts and Mail Call with Debbie 1-5pm Silverdale or Fred Meyer Shopping with Debbie AL only, by sign up</p>
<p><b>8</b> 11am Nail Care with Debbie (Sign up by Post Offices— Life Enrichment Center) 1:05pm SEA @ LA Rams (CBS) 1:30/2:30—Lobby Hymn Sing/Bible Study (Lobby) 4pm Crossword (LE)</p>	<p><b>INDIGENOUS PEOPLE'S DAY</b> <b>9</b> 1pm Yoga with Sue (4E Cascade)  3:30pm Crafts with Debbie (LE)  6pm Night at the Movies (LE)</p>	<p><b>10</b> 11am Coffee Hour (LE)  <b>3-5 Activity Fair with Trish (LE)</b>  <b>4pm Support Group (LE)</b></p>	<p><b>11</b> 10:30am Yoga with Patricia (4E Cascade) 1:30pm Devotions with Dan (Lobby) 3-5pm Activity Fair with Trish 6pm Movie Night w/ Popcorn (LE) <i>Ongoing Hair Appointments</i></p>	<p>1-3pm Rite Aid Shop <b>12</b> 2:30pm Attitude of Gratitude Yoga (Senior Center—Must sign up, \$7) <b>3-5 Activity Fair with Trish (LE)</b></p>	<p><b>13</b> 11am Coffee Hour with Mike (LE) 12:30-2:30pm Bingo or Mah-jong at the Waterfront Community Center 3pm Songbird Musical Duo (Lobby)</p>	<p><b>14</b> 11am Crafts and Mail Call with Debbie (LE) 2pm Movie w/Popcorn (LE) <b>4pm Scrabble and/or Bridge (LE)</b></p>
<p><b>15</b> 11am Nail Care with Debbie (Sign up by Post Offices— Life Enrichment Center) 1:30/2:30—Lobby Hymn Sing/Bible Study (Lobby) 4pm Crossword (LE) 5:30pm SEA vs. Colts—NBC</p>	<p><b>16</b> 1pm Yoga with Sue (4E Cascade) 3:30pm Crafts with Debbie (LE)  6pm Night at the Movies (LE)  Foot Care—Sign up at Front Desk</p>	<p><b>17</b> 12pm Resident Council  <b>3-5 Activity Fair with Trish (LE)</b></p>	<p><b>18</b> 10:30am Yoga with Patricia (4E Cascade) <b>3-5pm Activity Fair with Trish (LE)</b> 6pm String Quartet (Student Concert—Lobby) <i>Ongoing Hair Appointments</i></p>	<p><b>1-3pm Rite Aid Shopping</b>  <b>3:30-5pm Activity Fair with Trish and Boys and Girls Buddies</b></p>	<p><b>20</b> 11am Coffee Hour with Mike (LE) 3pm—Book Signing with P.O.W. Colonel William S. Reeder, author of "Through the Valley" (Lobby)</p>	<p><b>21</b> 11am Crafts and Mail Call with Debbie (LE) 2pm Movie w/Popcorn (LE) <b>4pm Scrabble and/or Bridge (LE)</b></p>
<p><b>22</b> 11am Nail Care with Debbie (Sign up by Post Offices— Life Enrichment Center) 1:25pm SEA @ NY Giants (CBS) 1:30/2:30—Lobby Hymn Sing/Bible Study (Lobby) 4pm Crossword (LE)</p>	<p><b>23</b> 1pm Yoga (4E Cascade) 3:30pm Crafts with Debbie (LE)  6pm Choro Brazilian Music (Lobby)  <b>HAPPY BIRTHDAY DOROTHY!</b></p>	<p><b>24</b> 1:30-3:30 Outing: "Staying in Touch Digitally" See Sign Up Lecture at Waterfront Park Community Center</p>	<p><b>25</b> 10:30am Yoga with Patricia (4E Cascade) 1:30pm Devotions with Dan (Lobby) 3pm—Guided Musical Meditation (4E Cascade) 6pm Movie Night w/ Popcorn (LE) <i>Ongoing Hair Appointments</i> <b>HAPPY BIRTHDAY, MARCY!</b></p>	<p><b>11am Yoga with Sue (4E)</b> <b>1-3pm Rite Aid Shopping</b> <b>3pm Piano Concert with Terry Ferrari</b></p>	<p><b>27</b> 11am Coffee Hour with Mike (LE) 1:30-4pm Reader's Theatre Performance at the Waterfront Community Center (see sign up) 3pm Music with Brett (Lobby)</p>	<p><b>28</b> 11am Crafts and Mail Call with Debbie (LE) 2pm Movie w/Popcorn (LE) <b>4pm Scrabble and/or Bridge (LE)</b></p>
<p><b>29</b> 11am Nail Care with Debbie (Sign up by Post Offices— Life Enrichment Center) 1:05pm SEA vs. Houston Texans —CBS (Home) 1:30/2:30—Lobby Hymn Sing/Bible Study (Lobby) 4pm Crossword (LE)</p>	<p><b>30</b> 1pm Yoga with Sue (4E Cascade) 4-5:30pm Halloween Happy Hour (Community Center—must sign up)  6pm Night at the Movies (LE)</p>	<p><b>31</b> 1-3pm <b>Halloween Fair and October Birthday Party (LE)</b></p>	<p><i>Staff Birthdays:</i> Mika Trebe 10/3 Clair Lollman 10/6 Kara Osgood 10/8 Jose Martinez 10/12 Lori Dupuis 10/13 Elizabeth Boyd 10/19 Mercedes Bradshaw 10/23 Maya McComsey 10/20 Debra Johnston 10/25</p>			<p><i>Resident Birthdays:</i> <b>Dorothy Washington 10/23</b> <b>Marcy Blair 10/25</b></p>