

# October 2017—Madrona MC

Sunday	Monday			Friday	Saturday	
<b>1</b> 9:30am Stretch & Bend 10:30am Brain Teasers <b>1pm Sweet Tooth Sunday</b> 1:30/2:30—Lobby Hymn Sing/Bible Study <b>5:30pm SEA vs. Colts—NBC (Home)</b> Table Topics: Halloween History <b>6:30 pm Short Stories</b>	<b>2</b> 9:30am Stretch & Bend 10:30 am Bean Bag Toss <b>1pm Yoga with Sue (4E Cascade)</b> 2pm Fruit Smoothies <b>3pm Daily Chronicle</b> Table Topics: Halloween Candy <b>6:30pm</b> <b>Night at the Movies</b>	<b>3</b> 9:45am Exercise with <b>Debra (4E Cascade)</b> 10:30 Baking <b>1:30pm Fruit Smoothies</b> 3pm Bus Tour <b>3:30pm Guitar with Joe (Lobby)</b> Table Topics: Halloween Costumes <b>6:30pm Short Stories</b>	<b>4</b> 9:30am Nail Care—Hair Appts. 10:30am Yoga with Patricia (4E Cascade) <b>1pm Brain Teasers—BOO!</b> 2pm Fruit Smoothies <b>3pm Daily Chronicle</b> Table Topics: Trick or Treat Traditions <b>6:30pm Night at the Movies</b>	<b>5</b> 9:30am Balloon Games <b>10:15am IVC Music Club—</b> <b>Jazz Standards with Jessica</b> (Lobby) 1pm Halloween Crossword <b>2pm Fruit Smoothies</b> 3:30-5pm Boys and Girls Buddies <b>Table Topics: Haunted Houses</b> <b>6:30pm Short Stories</b>	<b>6</b> 9:30am Newspaper Horoscopes/ Dear Abby <b>10:30am Halloween</b> <b>Pennants</b> 1pm Current Events <b>2pm Fruit Smoothies</b> 3pm Daily Chronicle <b>5:30/6:30pm Guitar with Joe</b> Table Topics: Harvest Time <b>6:30pm Short Stories</b>	<b>7</b> 9:30am Stretch & Bend 10:30am Baking <b>1pm Mail Call</b> 2pm Fruit Smoothies <b>3pm BINGO</b> Table Topics: Fall Bonfires <b>6:30pm Movie with Popcorn</b>
<b>8</b> 9:30am Stretch & Bend 10:30am Brain Teasers <b>1pm Sweet Tooth Sunday</b> <b>1:05pm SEA @ LA Rams—CBS</b> 1:30/2:30—Lobby Hymn Sing/Bible Study <b>Table Topics: "Columbusing"</b> Short Stories (6:30pm—4W Olympic)	<b>9</b> <i>INDIGENOUS PEOPLE'S DAY</i> <b>9:30am Stretch &amp; Bend</b> 10:30 am Bean Bag Toss <b>1pm Yoga with Sue (4E Cascade)</b> 2pm Fruit Smoothies <b>3pm Daily Chronicle</b> Table Topics: Suquamish Tribe <b>6:30pm</b> <b>Night at the Movies</b>	<b>10</b> 9:45am Exercise with <b>Debra (4E Cascade)</b> 10:30 Baking <b>1:30pm Fruit Smoothies</b> 3pm Bus Tour Table Topics: Snohomish Tribe <b>6:30pm Short Stories</b> <b>4pm SUPPORT GROUP</b>	<b>11</b> 9:30am Nail Care—Hair Appts. 10:30am Yoga with Patricia (4E Cascade) <b>1:30pm Devotions with Dan (Lobby)</b> 2pm Fruit Smoothies <b>3pm Daily Chronicle</b> Table Topics: Snoqualmie Tribe <b>6:30pm Night at the Movies</b>	<b>12</b> 9:30am Balloon Games <b>10:30am Baking</b> 1pm Tea Party <b>2pm Fruit Smoothies</b> 3pm Daily Chronicle <b>4:30-5pm Kidding (Floating</b> <b>neighborhoods during dinner)</b> Table Topics: S'Klallam Tribe <b>6:30pm Short Stories</b>	<b>13</b> 9:30am Newspaper Horoscopes/ Dear Abby <b>10:30am Trick or Treat Bags</b> 1pm Current Events <b>2pm Fruit Smoothies</b> 3pm Songbird Duo—Lobby <b>Table Topics: Salish Canoe</b> <b>Journey</b> 5:30/6:30pm Guitar with Joe	<b>14</b> 9:30am Stretch & <b>Bend</b> 10:30am Baking <b>1pm Mail Call</b> 2pm Fruit Smoothies <b>3pm BINGO</b> Table Topics: Salmon and the Salish Tribes <b>6:30pm Movie with Popcorn</b>
<b>15</b> 9:30am Stretch & Bend 10:30am Brain Teasers <b>1pm Sweet Tooth Sunday</b> 1:30/2:30—Lobby Hymn Sing/Bible Study <b>Table Topics:</b> <b>Pumpkin Recipes</b> 6:30 pm Short Stories	<b>16</b> FOOT CARE—LIVING ROOMS <b>sign up at front desk</b> <b>9:30am Stretch &amp; Bend</b> 10:30 am Bean Bag Toss <b>1pm Yoga with Sue (4E Cascade)</b> 2pm Fruit Smoothies <b>3pm Daily Chronicle</b> Table Topics: Halloween Jokes <b>6:30pm</b> <b>Night at the Movies</b>	<b>17</b> 9:45am Exercise with <b>Debra (4E Cascade)</b> 10:30 Baking <b>1:30pm Fruit Smoothies</b> 3pm Bus Tour Table Topics: Scary Stories <b>6:30pm Short Stories</b>	<b>18</b> 9:30am Nail Care—Hair Appts. 10:30am Yoga with Patricia (4E Cascade) <b>1pm Brain Teasers</b> 2pm Fruit Smoothies <b>3pm Daily Chronicle</b> Table Topics: Old Wives Tales <b>6pm—4 piece Strings Concert</b> (Lobby)	<b>19</b> 9:30am Balloon Games <b>10:30am Baking</b> 1pm Tea Party <b>2pm Fruit Smoothies</b> 3:30-5pm Boys and Girls Buddies <b>Table Topics: Superstitions</b> <b>6:30pm Short Stories</b>	<b>20</b> 9:30am Newspaper Horoscopes/ Dear Abby <b>10:30am Papier-mâché Vases</b> 1pm Current Events 2pm Fruit Smoothies <b>3pm Book Signing with P.O.W. Colo-</b> <b>nel William S. Reeder, author of</b> <b>"Through the Valley" (Lobby)</b> Table Topics: Wizards and Witches <b>5:30/6:30pm Guitar with Joe</b>	<b>21</b> 9:30am Stretch & <b>Bend</b> 10:30am Baking <b>1pm Mail Call</b> 2pm Fruit Smoothies <b>3pm BINGO</b> Table Topics: Mythical Creatures <b>6:30pm Movie with Popcorn</b>
<b>22</b> 9:30am Stretch & Bend 10:30am Brain Teasers <b>1pm Sweet Tooth Sunday</b> <b>1:25pm SEA @ NY Giants—CBS</b> 1:30/2:30—Lobby Hymn Sing/Bible Study <b>Table Topics:</b> <b>Rainy Day Activities</b>	<b>23</b> 9:30am Stretch & Bend 10:30 am Bean Bag Toss <b>1pm Halloween Mad Libs</b> (4E Cascade) 2pm Fruit Smoothies <b>3pm Daily Chronicle</b> Table Topics: Fall Home Projects 6:30pm <b>Night at the Movies</b> <b>HAPPY BIRTHDAY, DOROTHY!!!</b>	<b>24</b> 9:45am Exercise with <b>Debra (4E Cascade)</b> 10:30 Baking <b>1:30pm Fruit Smoothies</b> 3pm Bus Tour Table Topics: Halloween Treats <b>6:30pm Short Stories</b>	<b>25</b> 9:30am Nail Care—Hair Appts. 10:30am Yoga with Patricia (4E Cascade) <b>1:30pm Devotions with Dan (Lobby)</b> 2pm Fruit Smoothies <b>3pm Guided Musical Meditation</b> (Fitness Center w/AL) Table Topics: Halloween Tricks <b>6:30pm Night at the Movies</b> <b>HAPPY BIRTHDAY, MARCY!</b>	<b>26</b> 9:30am Balloon Games <b>1pm Yoga with Sue (4E Cascade)</b> 1pm Baking <b>2pm Fruit Smoothies</b> 3pm Piano Concert (Lobby) <b>Table Topics: Astrology</b> <b>6:30pm Short Stories</b>	<b>27</b> 9:30am Newspaper Horoscopes/ Dear Abby <b>10:30am</b> 1pm Current Events <b>2pm Fruit Smoothies</b> 3pm Music with Brett (Lobby) <b>5:30/6:30pm Guitar with Joe</b> Table Topics: Libra Personality <b>6:30pm Short Stories</b>	<b>28</b> 9:30am Stretch & <b>Bend</b> 10:30am Baking <b>1pm Mail Call</b> 2pm Fruit Smoothies <b>3pm BINGO</b> Table Topics: Scorpio Personality <b>6:30pm Movie with Popcorn</b>
<b>29</b> 9:30am Stretch & Bend 10:30am Brain Teasers <b>1pm Sweet Tooth Sunday</b> <b>1:05pm SEA vs. Houston</b> <b>Texans—CBS (Home)</b> 1:30/2:30—Lobby Hymn Sing/Bible Study Table Topics: Dia de los	<b>30</b> 9:30am Stretch & Bend 10:30 am Bean Bag Toss <b>1pm Yoga with Sue (4E Cascade)</b> 2pm Fruit Smoothies <b>3pm Daily Chronicle</b> Table Topics: All Soul's Day <b>6:30pm</b> <b>Night at the Movies</b>	<b>31</b> HALLOWE'EN 9:45am Exercise with <b>Debra (4E Cascade)</b> 10:30 Baking <b>1-3pm Halloween Fair/October</b> <b>Birthday Party!</b> Table Topics: Cre- ative Costumes <b>6:30pm Short Stories</b>	Staff Birthdays: 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		<b>Resident Birthdays:</b> <b>Dorothy Washington</b> <b>10/23</b> <b>Marcy Blair 10/25</b>	