

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2021

FAIRFIELD & COTTAGES

						9:30 Traveling Library (Debbie will Pickup & Dropoff) 10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 2:00 Whammo	1 1:00 Rummikub (Card Room) 6:30 Blackjack (Fitness Room)				
3	10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 2:00 Bingo	4	AM Doctor Appointments 10:30 Talk Time (Juice Bar) 12:00 Chair Yoga 2:00 Bingo	5	No Shopping 8:30 Men's Breakfast R & T* 10:15 Dance Cardio 11:00 Balance & Strength 11:30 Dollar Tree Outing R&T* 12:00 Balance & Strength 2:30 Bingo	6	9:00 Walking Fishing Hole R & T* 10:30 Talk Time (Juice Bar) 12:00 Chair Yoga 2:00 Bingo PM Doctor Appointments	7	10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 2:00 Whammo	8	1:00 Rummikub (Card Room) 6:30 Blackjack (Fitness Room)
10	10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 1:00 Jeopardy (Meeting Room) 2:00 Bingo <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small>	11	AM Doctor Appointments 10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe 12:00 Chair Yoga (Fitness Rm) 2:00 Bingo 4:00 Happy Hour at JP Tavern R & T*	12	9:30 Shopping (Fred Meyer) R & T* 10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 12:30 Walking Salt Water Park R & T* 2:30 Bingo	13	9:00 Walking Game Farm R & T* 10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe 12:00 Chair Yoga 2:00 Bingo PM Doctor Appointments	14	10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 2:00 Whammo	15	1:00 Rummikub (Card Room) 6:30 Blackjack (Fitness Room)
17	10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 1:00 Jeopardy (Meeting Room) 2:00 Bingo	18	AM Doctor Appointments 10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe 12:00 Chair Yoga 2:00 Bingo	19	9:30 Shopping (Fred Meyer) R & T* 10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 12:30 Outing to Spooner Pumpkin Patch R & T* 2:30 Bingo	20	9:00 Walking Roegner Trail R & T* 10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe 12:00 Chair Yoga 2:00 Bingo PM Doctor Appointments	21	10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 2:00 Whammo	22	1:00 Rummikub (Card Room) 6:30 Blackjack (Fitness Room)
24	10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 1:00 Jeopardy (Meeting Room) 2:00 Bingo	25	AM Doctor Appointments 10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe 12:00 Chair Yoga 2:00 Bingo	26	9:45 Ladies Brunch (Black Diamond Bakery) R & T* 1:30 Shopping (Fred Meyer) R & T* 2:30 Bingo	27	9:00 Walking Bradley Lake R & T* 10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe 12:00 Chair Yoga 2:00 Bingo PM Doctor Appointments	28	10:15 Dance Cardio 11:00 Balance & Strength 12:00 Balance & Strength 2:00 Whammo	29	1:00 Rummikub (Card Room) 6:30 Blackjack (Fitness Room)

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FAIRFIELD & COTTAGES

Halloween

October Highlights

Fitness Classes

- Dance Cardio – Monday, Wednesday, Friday (Fitness Room)
- Balance & Strength – Monday, Wednesday, Friday (Fitness Rm)
- Chair Yoga – Tuesday and Thursday (Fitness Room)

- Posture Power & Breathing Meditation (Fitness Room)

Bingo

- Monday at 2:00 and Wednesday at 2:30 (Fitness Room)
- Tuesday and Thursday at 2:00 (Fitness Room)

Whammo

- Friday at 2:00 (Fitness Room)
Please let us know and we will monitor overflow

**Wednesday, October 20th, 12:30 Outing to Spooner Farms
Pumpkin Patch
Please register at the Front Desk**

Please note: Reservations needed, indicated with an '*'

Fitness with Debbie Leavitt

Fairfield & Cottages October 2021 Activity Calendar

King Co. Traveling Library 1st Friday of each month ~ 9:40AM
~ Debbie will be contact person with the Librarian
(Librarian will delivery books on hold and pickup books for return.)

Small Group Activities!

Please sign up in advance.

* = Reservations Required

Just Come, we can make room!

Bingo and Fitness Class groups have been previously assigned,
but we do have some room.

Groups are limited.

We will monitor the over-flow situation as we progress through
this calendar each week.

Please be patient with us.

Keep Going!