

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2021

GARDENS & HEARTHIDE

							1 9:30 Traveling Library (Debbie will Pickup & Dropoff) 11:15 Sittercise (Act. Rm. 2) 1:00 Jeopardy (Act. Rm 2) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)	2
3 1:00 Chair Yoga	4	5 AM Doctor Appointments 11:15 Sittercise (Act. Rm. 2)	6 No Shopping 8:30 Men's Breakfast R & T * 11:30 Dollar Tree Outing R&T * 1:00 Chair Yoga	7 9:00 Walking Fishing Hole R & T * 11:15 Sittercise (Act. Rm. 2) PM Doctor Appointments	8	9		
10 10:30 Talk Time (Activity Rm 2) 11:15 Sittercise (Activity Rm 2) 1:00 Chair Yoga 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2) <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small>	11	12 AM Doctor Appointments 11:15 Sittercise (Act. Rm. 2) 1:00 Chair Yoga 2:00 Corn Hole (Act. Rm. 2) 3:00 Whammo (Act. Rm. 2) 4:00 Happy Hour at JP Tavern R & T *	13 9:30 Shopping (Fred Meyer) R & T * 11:15 Sittercise 12:30 Walking Salt Water Park R & T * 1:00 Chair Yoga 2:00 Chicken Foot Dominos (Activity Room 2) 3:00 Bingo (Act. Rm 2)	14 9:00 Walking Game Farm R & T * 11:15 Sittercise 1:00 Chair Yoga 2:00 Posture & Breathing 3:00 Whammo (Act. Rm. 2) PM Doctor Appointments	15 11:15 Sittercise 1:00 Wheel of Fortune (Act. Rm 2) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)	16		
17 10:30 Talk Time (Activity Rm 2) 11:15 Sittercise (Activity Rm 2) 1:00 Chair Yoga 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)	18	19 AM Doctor Appointments 11:15 Sittercise (Act. Rm. 2) 1:00 Chair Yoga (Act. Rm. 2) 2:00 Balloon Volleyball 3:00 Whammo (Act. Rm. 2)	20 9:30 Shopping (Fred Meyer) R & T * 11:15 Sittercise 12:30 Outing to Spooner Pumpkin Patch R & T * 1:00 Chair Yoga 2:30 Fun Art Project 3:00 Bingo (Act. Rm 2)	21 9:00 Walking Roegner Trail R & T * 11:15 Sittercise 1:00 Chair Yoga 2:00 Posture & Breathing 3:00 Whammo (Act. Rm. 2) PM Doctor Appointments	22 11:15 Sittercise 1:00 Pumpkin Painting (Act. Rm 2) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)	23		
24 10:30 Talk Time (Activity Rm 2) 11:15 Sittercise (Activity Rm 2) 1:00 Chair Yoga 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)	25	26 AM Doctor Appointments 11:15 Sittercise 1:00 Chair Yoga 2:00 Corn Hole (Act. Rm. 2) 3:00 Whammo (Act. Rm. 2)	27 9:45 Ladies Brunch (Black Diamond Bakery) R & T * 1:00 Chair Yoga 1:30 Shopping (Fred Meyer) R & T * 2:00 Entertainment with Sid (Hearthside Dining Room) 3:00 Bingo (Act. Rm. 2)	28 9:00 Walking Bradley Lake R & T * 11:15 Sittercise 1:00 Chair Yoga 2:00 Posture & Breathing 3:00 Whammo (Act. Rm. 2) PM Doctor Appointments	29 11:15 Sittercise 1:00 Thankful Paper Pumpkin (Act. Rm 2) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)	30		
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GARDENS & HEARTHIDE

Halloween

October Highlights

Fitness Classes

- Chair Yoga – (Activity Room 2)
- Sittercise – (Activity Room 2)
- Dance Fitness (Activity Room 2)

Bingo

- Monday, Wednesday, Friday at 3:00 (Activity Room 2)

Whammo

- Tuesday & Thursday at 3:00 (Activity Room 2)

For Fun Art Projects

- Wednesday, October 20, 2:00 (Activity Room 2)
- Friday, October 22, 2:00 (Activity Room 2)
- Friday, October 29, 2:00 (Activity Room 2)

Entertainment with Sid

- Wednesday, October 27, 2:00 (Hearthside Dining)

Any Questions
Please call Debbie!

Please note: Reservations needed indicated by the '*'.
Fitness with Debbie and Christina

Gardens & Hearthside *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!

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

Keep Moving!