

Sun

Mon

Tue

Wed

Thu

Fri

Sat

# October 2019



**1**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 1:00 Kitchen Sink Exercise (1A)  
 2:00 Cornhole (1A)  
**3:30 Resident Birthday Party (1A)**



**2**  
 8:45 Exercise (1A)  
 12:30 Quiddler (2JR)  
 2:00 Balance (1A)  
 2:00 Wednesday Western (3T)  
 2:45 Chair Yoga (3G)  
 3:30 Watercolors w/ Bill Lewis (3AC)

**3**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 1:00 Strength & Stability (1A)  
 2:00 Phone/Computer Help (1FS)  
 2:00 Better Bones & Balance Lite (1A)  
 2:30 Poker (2B)  
 6:30 Chess Club (2JR)  
 7:00 Movie Night (3T)

**4**  
 8:45 Exercise (1A)  
 10:00 Bible Study (2JR)  
**10:30 Book Club (1FS)**  
 10:30 Communion (3C)  
 11:00 Circuit (1G)  
 11:45 Posture Fix (3T)  
 1:30 Art with Charlene (3AC)  
 2:00 Balance (1A)  
 2:30 Scrabble (2JR)  
 4:00 Happy Hour (1A)

**5**  
 10:00 Safeway Shopping  
 10:00 Rosary (3C)  
 10:45 Rides to House of Covenant  
**1:00 Symphony Spotlight Recital @ Willie Hall \*FREE**  
 1:30 Bingo (1A)  
 2:30 Crosswords (1FS)  
**3:00-5:00 Holiday Variety Show Practice Time (1A)**  
 3:30 Upwords (1FS)  
 7:00 Movie Night (3T)

**6**  
 8:00 Rides to Church  
**12:00-5:00 Holiday Variety Show Practice Time (1A)**  
 1:30 Sunday Shopping  
 7:00 Sunday Night Movie (3T)

**7**  
 8:45 Exercise (1A)  
**10:00 Grief Support (3T)**  
**10:00 Busy Fingers (3AC)**  
 11:00 Blood Pressure Clinic (1P)  
 1:00 Bunco (1FS)  
 2:00 Matinee Movie (3T)  
 3:00 Sing Along Music (1FS)  
 5:30 Victor Johnson (D)  
 6:30 Mexican Train (2JR)

**8**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 11:45 Ale Trail  
 1:00 Kitchen Sink Exercise (1A)  
 2:00 Cardio Drumming (1A)  
**3:00 "How To" w/ Charlene (3AC)**  
 6:00 Old Time Jammin' (1A)

**9**  
 8:45 Exercise (1A)  
 12:30 Quiddler (2JR)  
 2:00 Balance (1A)  
 2:00 Wednesday Western (3T)  
**2:30 Crafts with Becca (1A)**  
 2:45 Chair Yoga (3G)

**10**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 1:00 Strength & Stability (1A)  
 2:00 Phone/Computer Help (1FS)  
 2:00 Better Bones & Balance Lite (1A)  
 2:30 Poker (2B)  
 6:30 Chess Club (2JR)  
 7:00 Movie Night (3T)

**11**  
 8:45 Exercise (1A)  
 10:00 Bible Study (2JR)  
 10:30 Communion (3C)  
 11:00 Circuit (1G)  
**11:00 You Be The Judge! (1A)**  
 11:45 Posture Fix (3T)  
 1:30 Art with Charlene (3AC)  
 2:00 Balance (1A)  
 2:30 Scrabble (2JR)  
 4:00 Happy Hour (1A)

**12**  
 10:00 Safeway Shopping  
 10:00 Rosary (3C)  
 10:45 Rides to House of Covenant  
 1:30 Shopping  
 1:30 Bingo (1A)  
 2:30 Crosswords (1FS)  
**3:00-5:00 Holiday Variety Show Practice Time (1A)**  
 3:30 Upwords (1FS)  
 7:00 Movie Night (3T)

**13**  
 8:00 Rides to Church  
**12:00-5:00 Holiday Variety Show Practice Time (1A)**  
 1:30 Sunday Shopping in Sisters  
 7:00 Sunday Night Movie (3T)

**14**  
 8:45 Exercise (1A)  
**10:00 Grief Support (3T)**  
 11:00 Circuit (1G)  
 11:45 Posture Fix (3T)  
 2:00 Matinee Movie (3T)  
 2:00 Balance (1A)  
 3:00 Sing Along Music (1FS)  
 6:30 Mexican Train (2JR)

**15**  
**9:00-12:00 Partners In Care Flu Clinic (1A)**  
**10:30 Bingo (2JR)**  
 11:45 Indian Head Casino  
 1:00 Kitchen Sink Exercise (1A)  
 1:30 Volleyball (1A)  
 3:00 BEMER Physical Vascular Technology Presentation (1A)

**16**  
 8:45 Exercise (1A)  
 12:30 Quiddler (2JR)  
 2:00 Balance (1A)  
 2:00 Wednesday Western (3T)  
 2:45 Chair Yoga (3G)  
 3:30 Watercolors w/ Bill Lewis (3AC)  
 3:30 Wine Social w/ "Jerry Foxworth" (1FS)  
 5:30 Larry Rauch (D)

**17**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 1:00 Strength & Stability (1A)  
 2:00 Phone/Computer Help (1FS)  
 2:00 Better Bones & Balance Lite (1A)  
 2:30 Poker (2B)  
 5:00 Gae & Arloa (D)  
 6:30 Chess Club (2JR)  
 7:00 Movie Night (3T)

**18**  
 8:45 Exercise (1A)  
 10:00 Bible Study (2JR)  
 10:30 Communion (3C)  
 11:00 Circuit (1G)  
 11:45 Posture Fix (3T)  
 2:00 Balance (1A)  
 2:30 Scrabble (2JR)  
**4:00-7:00 OKTOBERFEST (D)**



**19**  
 10:00 Safeway Shopping  
 10:00 Rosary (3C)  
 10:45 Rides to House of Covenant  
 1:30 Shopping  
 1:30 Bingo (1A)  
 2:30 Crosswords (1FS)  
**3:00-5:00 Holiday Variety Show Practice Time (1A)**  
 3:30 Upwords (1FS)  
 7:00 Movie Night (3T)

**20**  
 8:00 Rides to Church  
 1:15 Central Oregon Symphony-Fall Concert Series \*Tickets Req.  
 2:00 Providence Pie Social (1A)  
 7:00 Sunday Night Movie (3T)

**21**  
**7:30-10:30 Mimosa Monday!**  
 8:45 Exercise (1A)  
**10:00 Grief Support (3T)**  
**10:00 Busy Fingers (3AC)**  
 11:00 Circuit (1G)  
 11:45 Posture Fix (3T)  
 1:00 Bunco (1FS)  
 2:00 Matinee Movie (3T)  
 2:00 Balance (1A)  
 3:00 Sing Along Music (1FS)  
 6:30 Mexican Train (2JR)

**22**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 11:45 Ale Trail  
 1:00 Kitchen Sink Exercise (1A)  
 2:00 Cardio Drumming (1A)  
 2:00 Band of Brothers (2JR)  
**3:00 "How To" w/ Charlene (3AC)**

**23**  
 8:45 Exercise (1A)  
 12:30 Quiddler (2JR)  
 2:00 Balance (1A)  
 2:00 Wednesday Western (3T)  
**2:30 Crafts with Becca (3AC)**  
 2:45 Chair Yoga (3G)  
 3:00 Helen Jones & Fran Recital Wine Social (D)


**24**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 1:00 Strength & Stability (1A)  
 2:00 Phone/Computer Help (1FS)  
**2:00 Western Story Teller (1A)**  
 2:30 Poker (2B)  
 6:30 Chess Club (2JR)  
 7:00 Movie Night (3T)

**25**  
 8:45 Exercise (1A)  
 10:00 Bible Study (2JR)  
**10:00 Activity Committee Meeting (1A)**  
 10:30 Communion (3C)  
**11:00 You Be The Judge! (1A)**  
 11:00 Circuit (1G)  
 11:45 Posture Fix (3T)  
 1:30 Art with Charlene (3AC)  
 2:00 Balance (1A)  
 2:30 Scrabble (2JR)  
 4:00 Joke Happy Hour (1A)  
 Feet Retreat-Dawn (541)788-4785



**26**  
 10:00 Safeway Shopping  
 10:00 Rosary (3C)  
 10:45 Rides to House of Covenant  
 1:30 Shopping  
**1:30 Bingo (1P)**  
 2:30 Crosswords (1FS)  
 3:30 Upwords (1FS)  
**6:30 Ruth & Arloa Concert (1A)**  
 7:00 Movie Night (3T)

**27**  
 8:00 Rides to Church  
**12:00-5:00 Holiday Variety Show Practice Time (1A)**  
**2:00 Whispering Winds Opera House Presents: (3T)**



7:00 Sunday Night Movie (3T)

**28**  
 8:45 Exercise (1A)  
**10:00 Grief Support (3T)**  
 10:00 Welcome Committee (1FS)  
 11:00 Circuit (1G)  
 11:45 Posture Fix (3T)  
 2:00 Matinee Movie (3T)  
 2:00 Balance (1A)  
 3:00 Sing Along Music (1FS)  
 6:30 Mexican Train (2JR)

**29**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 11:45 Indian Head Casino  
 1:00 Kitchen Sink Exercise (1A)  
 2:00 Volleyball (1A)  
**3:45 Sunshine Smilers Visit (1A)**

**30**  
 8:45 Exercise (1A)  
 11:00 Women's Group- Wick'd Candle Lounge  
 12:30 Quiddler (2JR)  
 2:00 Balance (1A)  
 2:00 Wednesday Western (3T)  
 2:45 Chair Yoga (3G)

**31**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 1:00 Strength & Stability (1A)  
 2:00 Phone/Computer Help (1FS)  
 2:00 Food Committee Meeting (D)  
 2:30 Poker (2B)  
**3:30 Halloween Party!**



6:30 Chess Club (2JR)  
 7:00 Movie Night (3T)



(1A)= 1st Floor Activity Room  
 (1P)= 1st Floor Ponderosa Room  
 (1G) = 1st Floor Gym  
 (D) = 1st Floor Dining Room  
 (1FS) = 1st Floor Fireside room  
 (2JR) = 2nd Floor Juniper Room  
 (2B) = 2nd Floor Billiard Room  
 (2CR) = 2nd Floor Card Room  
 (3AC) = 3rd Floor Art/Craft Room  
 (3T) = 3rd Floor Theater  
 (3C) = 3rd Floor Chapel  
 (FP) = Fire Pit Area