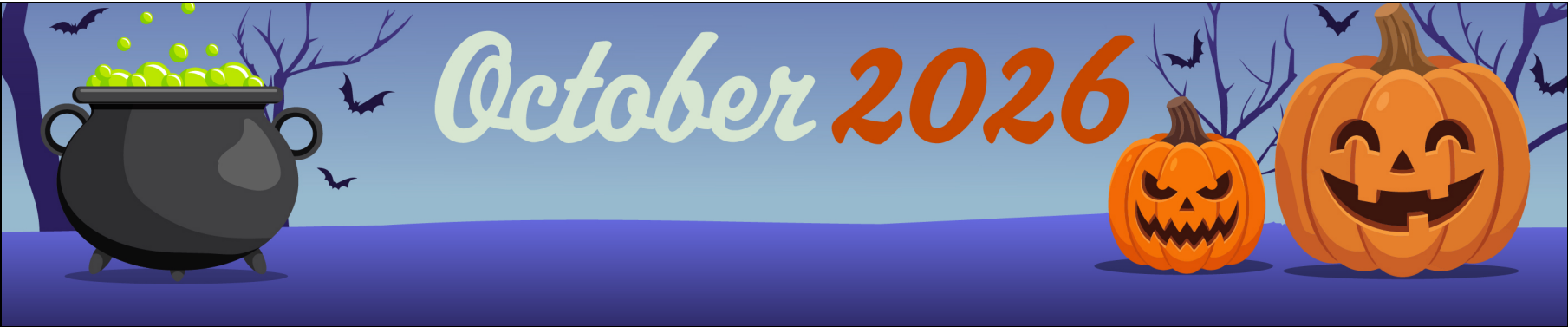


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
				9:00 SEATED ENERGIZE EXERCISE 1 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB	9:00 CHAIR YOGA 2 9:30 SHOPPING W 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 THRIFT STORES 3:00 DING-A-LING PRACTICE	9:00 SEATED ENERGIZE EXERCISE 3 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL Simchat Torah Begins
9:30 BETHESDA CHURCH 4 1:00 BINGO 2:30 SUNDAY MATINEE: HOCUS POCUS, PG, DISNEY PLUS 2:30 POKER IN PRIVATE DINING	9:00 CHAIR YOGA 5 9:30 SHOPPING ROYAL/BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 LETS TALK ABOUT GRIEF CASCADE HEALTH 2:30 MEMORIAL ROCK PAINTING	9:00 SEATED ENERGIZE EXERCISE 6 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 MANICURES 2:00 BLOOD PRESSURE CLINIC HAPPY BIRTHDAY YENNY!	AM APPTS 7 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 HOW TO AVOID FRAUD BY MARY FROM AARP 2:30 HEARING AID CLINIC	9:00 SEATED ENERGIZE EXERCISE 8 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB	9:00 CHAIR YOGA 9 9:30 SHOPPING W 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 ANTIQUE STORE COBURG 3:00 DING-A-LING PRACTICE	9:00 SEATED ENERGIZE EXERCISE 10 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:00 MAGIC BY LARRY OREGON DUCKS -VS- UCLA BRUINS
9:30 BETHESDA CHURCH 11 1:00 BINGO 2:30 SUNDAY MATINEE: HOCUS POCUS 2, PG DISNEY PLUS 2:30 POKER IN PRIVATE DINING HAPPY BIRTHDAY SAM!	9:00 CHAIR YOGA 12 9:30 SHOPPING ROYAL/BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 11:00 HOLLY'S JEWELRY TABLE PM APPTS 1:00 TOWN HALL/CHEF'S CORNER HAPPY BIRTHDAY ROSE!	9:00 SEATED ENERGIZE EXERCISE 13 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 1:00 MEDICARE UPDATES WITH LYNN 2:00 BLOOD PRESSURE CLINIC	AM APPTS 14 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 RANDOM TRIVIA	9:00 SEATED ENERGIZE EXERCISE 15 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO NO WINE CLUB TODAY	9:00 CHAIR YOGA 16 9:30 SHOPPING W. 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING LUNCH IS CLOSING AT 1:00 PM 4:00 A TASTE OF SOLVANG	9:00 SEATED ENERGIZE EXERCISE 17 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL OREGON DUCKS -VS- NEBRASKA CORNHUSKERS HAPPY BIRTHDAY LAUREL & JOE M.!
9:30 BETHESDA CHURCH 18 1:00 BINGO 2:30 SUNDAY MATINEE: HALLOWEEN TOWN, G, DISNEY PLUS 2:30 POKER IN PRIVATE DINING HAPPY BIRTHDAY MARYANN!	9:00 CHAIR YOGA 19 9:30 SHOPPING RIVER ROAD 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 11:00 MED DISPOSAL AT THE OFFICE PM APPTS 1:00 PAINTING CRAFT	9:00 SEATED ENERGIZE EXERCISE 20 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC 2:00 MANICURES	AM APPTS 21 9:00 CHAIR YOGA 9:15 FOOT CLINIC 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 12:30 LIL SPROUTS 1:00 JEOPARDY	9:00 SEATED ENERGIZE EXERCISE 22 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB	9:00 CHAIR YOGA 23 9:30 SHOPPING W 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 11:00 SOLVANG BOOK CLUB 12:00 OUT TO LUNCH BUNCH- SIZZLER 3:00 DING-A-LING PRACTICE	9:00 SEATED ENERGIZE EXERCISE 24 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL OREGON DUCK @ ILLINOIS FIGHTING ILLINI
9:30 BETHESDA CHURCH 25 1:00 BINGO 2:30 SUNDAY MATINEE: HALLOWEEN TOWN 2, G, DISNEY PLUS 2:30 POKER IN PRIVATE DINING	9:00 CHAIR YOGA 26 9:30 SHOPPING ROYAL/BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIRTHDAY BASH- DAVID ROGERS HAPPY BIRTHDAY SHANNON!	9:00 SEATED ENERGIZE EXERCISE 27 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC	AM APPTS 28 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 LINE DANCE IN TV AREA HAPPY BIRTHDAY PEGGY!	9:00 SEATED ENERGIZE EXERCISE 29 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB	9:00 CHAIR YOGA 30 9:30 SHOPPING W 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 11:00 HALLOWEEN PARTY WITH TREATS 3:00 DING-A-LING PRACTICE	9:00 SEATED ENERGIZE EXERCISE 31 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL OREGON DUCKS -VS- NORTHWESTERN WILDCATS Halloween

TIMES ARE SUBJECT TO CHANGE. PLEASE SEE LARGE CALENDAR IN LOBBY FOR MOST UP TO DATE INFORMATION.