

### October - Ongoing Weekly Activities

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00a	Balance Exercise Pilates Class	Tai Chi Beg	Balance Exercise Bridge Class (Diamond) Mah Jongg Class WOW Watercolor	Pilates Class	Balance Exercise
9:30a	Watercolor	Cribbage		Watercolor	
10:00a	Knit & Crochet	Fiber Arts SHIBA Tai Chi Adv		Pan	Basic Meditation
10:30a				Tap Dance	
11:00a	Seniorcise		Seniorcise	Stretch Yoga	Seniorcise Singing Bowls
12:00p			Beg Tap Dance	Bingo	
12:30p	Chair Yoga		Tap Dance		
1:00p	Computer Clinic Fun Poker Ukulele		Bridge Language-Italian Mah Jongg	Beg Watercolor Scrabble Stretch Yoga	Fiber Arts Fun Poker Ping Pong Stitchery
1:30p		Ping Pong			
2:00p	Yoga				
2:30p			Language-Spanish		Sing-a-long
5:00p			Dancing		

## October - Non-Weekly and Special Events

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> 1000a Diabetes Support  1200p Potluck  130p Advance Care Planning	<b>2</b>	<b>3</b>	<b>4</b> 230p Sing-a-long Discovery Memory Care  500p <b>Art Walk</b>	<b>5</b> 900a Pilates Quilters  600p Square & Round Dancing
<b>6</b>	<b>7</b> 100p Legal Clinic	<b>8</b> 200p Board Meeting	<b>9</b>	<b>10</b> 1200p <b>Oktoberfest            Tickets on sale            now.</b>	<b>11</b> 230p Sing-a-long Avamere	<b>12</b> 900a Pilates Quilters  630p Bridge
<b>13</b>	<b>14</b>	<b>15</b> 1200p Potluck  300p <i>Jeopardy!</i>	<b>16</b>	<b>17</b>	<b>18</b> 230p Sing-a-long Sherwood	<b>19</b> 900a Pilates  600p Square & Round Dancing
<b>20</b>	<b>21</b> 100p Legal Clinic	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> 230p Sing-a-long Sequim Health & Rehab	<b>26</b> 900a Pilates Quilters  630p Bridge
<b>27</b>	<b>28</b>	<b>29</b> 300p <b>Annual            Meeting</b>	<b>30</b>	<b>31</b>		