


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Morning Stretch 11:00 Activity Time 11:15 Pray the Rosary 1:30 Fitness with Maria 2:30 Word Games with Christine 4:00 Show, Share & Chat	2 West Seattle Appts 10:00 Strength & Balance 10:00 Morning Stretch 10:30 PRESENTATIONS: Navigating the Fall 10:45 CS Daily Lifts-Sentinel Radio 11:00 Tai-Chi with Robert 1:00 Walking Club 1:30 Strength Training 2:30 Cookies & Conversation 3:30 Book Club	3 10:00 Talk Food with Sami 10:00 Morning Stretch 10:30 Huckleberry Square 11:00 TMC Live Web Meeting 1:30 Fitness with Maria 2:30 Movie 3:30 DINNER, DIVE, DANCE Shadowland & Senior Center West Seattle with Lauren Petrie 4:00 Show, Share & Chat	4 10:00 Strength & Balance 10:00 Morning Stretch 10:15 QFC, Banks, Rite Aid 1:30 VAN TRIP: Klondike Museum 1:30 Let's Play Pool 1:30 Strength Training 2:30 Cookies and Conversation with Candy Lee 6:30 Hand & Foot Card Game 6:30 Hymn Sing	5 10:00 Strength & Balance 10:00 Morning Stretch 10:00 Crestwood Garden Club 10:30 Van Ride Fall Colors 11:00 Activity Time 11:00 Tai-Chi with Robert 1:00 Walking Club Outing 1:30 Fitness with Maria 1:30 Show, Share & Cha 2:30 Game Day 2:30 Movie	6 9:00 AARP 10:00 Morning Stretch 10:00 Toastmasters 1:30 Strength Training 2:30 Movie
7 9:00 Church Transportation 11:30 West Seattle Christian Communion Service 1:30 Sing Along with the Salvation Army 2:30 Cookies & Conversation with Candy Lee 2:30 Movie	8 10:00 Morning Stretch 11:00 Activity Time 11:15 Pray the Rosary 1:30 Fitness with Maria 2:30 Word Games with Christine 4:00 Show, Share & Chat	9 Burien/Highline Appts 10:00 Strength & Balance 10:00 Morning Stretch 10:30 Coffee Social 10:45 CS Daily Lifts-Sentinel Radio 11:00 Tai-Chi with Robert 1:00 Walking Club 1:30 Strength Training 2:30 Cookies & Conversation 6:30 Hand & Foot Card Game	10 10:00 Morning Stretch 10:30 VAN TRIP: Northwest Wildlife Trek and Lunch at the Forest Café 11:00 TMC Live Web Meeting 1:30 Fitness with Maria 2:30 Stay Sharp 4:00 Show, Share & Chat	11 Birthday Celebrations 10:00 Strength & Balance 10:00 Morning Stretch 10:15 QFC, Banks, Rite Aid 11:00 Seattle Humane Society MaxMobile 1:30 Shopping Southcenter 1:30 Let's Play Pool 1:30 Strength Training 2:30 Cookies and Conversation 6:30 Hand & Foot Card Game	12 10:00 Strength & Balance 10:00 Morning Stretch 10:30 Van Ride Fall Colors & Krispy Kreme 11:00 Activity Time 11:00 Tai-Chi with Robert 1:00 Walking Club Outing 1:30 Fitness with Maria 1:30 Show, Share & Chat 2:30 Game Day 2:30 Movie	13 9:00 Dog Safe Canine First Aid & CPR Class 10:00 Morning Stretch 10:30 Resident Council Meeting 1:30 Strength Training with Robert 2:30 Movie
14 9:00 Church Transportation 9:00 King County Seattle Mental Health First Aid Training- 11:30 West Seattle Christian Communion Service 2:30 Cookies & Conversation with Candy Lee 2:30 Movie	15 10:00 Morning Stretch 11:00 Activity Time 11:15 Pray the Rosary 1:30 Fitness with Maria 2:30 Word Games with Christine 4:00 Show, Share & Chat	16 Downtown Appts 10:00 Strength & Balance 10:00 Morning Stretch 10:30 Coffee Social 10:45 CS Daily Lifts-Sentinel Radio 11:00 Tai-Chi with Robert 11:30 Round Table with Jim 1:00 Walking Club 1:30 Strength Training 2:30 Cookies & Conversation 3:30 Book Club 6:30 Hand & Foot Card Game	17 10:00 Morning Stretch 10:15 QFC, Banks, Rite Aid 11:00 TMC Live Web Meeting 1:30 Shopping: Trader Joe's 1:30 Fitness with Maria 2:30 Stay Sharp 4:00 Show, Share & Chat	18 9:30 VAN TRIP: Fox Hollow Farm and XXX Root beer Drive-In 10:00 Strength & Balance 10:00 Morning Stretch 1:30 Let's Play Pool 1:30 Strength Training 2:30 Cookies and Conversation 3:30 Book Club 6:30 Hymn Sing 6:30 Hand & Foot Card Game	19 10:00 Strength & Balance 10:00 Morning Stretch 11:00 Activity Time 11:00 Tai-Chi with Robert 1:30 Fitness with Maria 1:30 Show, Share & Chat 3:00 Armchair Traveler: Western Canada with Dan Lee	20 10:00 Morning Stretch 10:00 Toastmasters 1:30 Strength Training 2:30 Movie

Sunday Church Schedule

9:15 Fauntleroy Church, UCC
9:15 14th Church of Christ, Scientist
9:30 St John the Baptist Episcopal
10:15 Grace Church
10:15 Salvation Army
10:30 Holy Family Church

Spiritual Activities

9:15 CS Bible Lesson/Sermon Fellowship; Monday – Friday
10:00 Friday Women's Bible Study
11:15 Monday Pray the Rosary
11:30 West Seattle Christian Sunday Communion Service
6:30 Thursday Evening Hymn Sing
6:30 Evening CS Sunday Service Last Sunday of the Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
9:00 Church Transportation 9:15 CS Mercer Island Church Invitational Visit 11:30 West Seattle Christian Communion Service 2:00 Sing Along with Amy 2:30 Cookies & Conversation with Candy Lee 2:30 Movie	10:00 Morning Stretch 11:00 Activity Time 11:15 Pray the Rosary 1:30 Fitness with Maria 2:30 Word Games 4:00 Show, Share & Chat	Discretionary Appointments 10:00 Strength and Balance 10:00 Morning Stretch 10:30 Resident Activity Meeting, Raffle and Coffee Social 10:45 CS Daily Lifts-Sentinel Radio 11:00 Tai-Chi with Robert 1:00 Walking Club 1:30 Strength Training 2:30 Cookies & Conversation 3:30 Book Club 6:30 Hand & Foot Card Game	10:00 Morning Stretch 10:00 SHOPPING: Halloween Costume and Décor at Value Village 11:00 TMC Live Web Meeting 11:00 Activity Time 1:30 Fitness with Maria 2:30 Stay Sharp 3:30 DINNER OUT WALLY'S CHOWDERHOUSE 4:00 Show, Share & Chat	10:00 Morning Stretch 10:00 Strength & Balance 10:15 QFC, Banks, Rite Aid 1:30 Shopping: Fred Meyer 1:30 Let's Play Pool 1:30 Strength Training 2:00 DAYSTAR'S 30TH ANNIVERSARY CELEBRATION 2:30 Cookies and Conversation 3:30 Book Club 6:30 Hand & Foot Card Game 6:30 Hymn Sing	10:00 Strength & Balance 10:00 Morning Stretch 10:00 West Seattle Garden Club Meeting 10:30 Van Ride Fall Colors & Original Bakery 11:00 Activity Time 11:00 Tai-Chi with Robert 1:00 Walking Club Outing 1:30 Fitness with Maria 2:30 Game Day 1:30 Show, Share & Chat	
28	29	30	31			
9:00 Church Transportation 2:30 Movie 2:30 Cookies & Conversation with Candy Lee 6:30 CS Sunday Service	10:00 Morning Stretch 11:00 Activity Time 11:15 Pray the Rosary 1:30 Fitness with Maria 2:30 Word Games 4:00 Show, Share & Chat	Discretionary Appointments 10:00 Strength and Balance 10:00 Morning Stretch 10:30 Coffee Social 10:45 CS Daily Lifts-Sentinel Radio 11:00 Tai-Chi with Robert 1:00 Walking Club 1:30 Strength Training 2:30 Cookies & Conversation 3:30 Book Club 6:30 Hand & Foot Card Game	9:00 Van Trip: Snoqualmie Casino 10:00 Morning Stretch 11:00 TMC Live Web Meeting 11:00 Activity Time 1:30 Fitness with Maria 2:30 SPOOKTACULAR HALLOWEEN BASH Music with Sandra Walker ~ Best Pumpkin and Costume Awards 2:30 Stay Sharp 4:00 Show, Share & Chat	OCTOBER EVENTS Fox Hollow Pumpkin Patch & XXX Rootbeer Drive-In Northwest Wildlife Trek & Lunch at the Forest Cafe Spooktacular Halloween Bash Music with Sandra Walker	WELCOME Diane & Wayne Lunde William Schnellbacher Aileen Weissblum Calvin Bannon	OCTOBER EVENTS Presentation: Navigating the Fall Seattle Humane Society MaxMobile Visit Daystar 30 th Anniversary Celebration

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