

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 <i>Be sure you put your feet in the right place, then stand firm—Abraham Lincoln</i> 9 & 10:30a EverFit</p> <p>10 Chair Yoga, Johanna-thr</p> <p>1:30p Tech Tuesday-atr</p> <p>2p Resident Led Bingo-dta</p> <p>3p Painting w/ Terri-atr</p> <p>6:30p Movie: 8 Days to Live</p> 	<p>2 <i>When you have a dream, you've got to grab it and never let go—Carol Burnett</i> 9 & 10:30a EverFit</p> <p>10:15a Res Led Phase 10-atr</p> <p>2p The Jewish New Year-dta</p> <p>3:15p Current Events w/Tim dta</p> <p>4 Parkinson's Sup'rt Grp-bty</p> <p>4p Help, Hope, and Healing Through Grief -Brighton—thr</p> <p>6:30p Movie: Overboard—thr</p>	<p>3 <i>Spread love everywhere you go. Let no one ever come without leaving happier—Mother Theresa</i></p> <p>9am-1pm: Vax Clinic - bty</p> <p>9 & 10:30a EverFit</p> <p>10:30 Bible Study—Bentley</p> <p>2p Timothy Patrick - dr</p> <p>3:15p Crafting Class—dta</p> <p>6:30p China Town—dta</p>	<p>4 <i>Be Yourself; everyone else is already taken—Oscar Wilde</i> 9a & 10:30a EverFit</p> <p>10a Walking the Trail—lby</p> <p>10:30 Bible Study/Tim-bty</p> <p>1pm Shop: Albertsons—lby</p> <p>2p Louis Faro on Piano—dr</p> <p>3p Read by Liam—dta</p> <p>4:15p The Social Hour—bst</p> <p>6:00p MI State vs Ducks</p>	<p>5 <i>No need to hurry. No need to sparkle. No need to be anybody but one's self—Virginia Woolf</i></p> <p>9:45a Scenic Drive—lby</p> <p>10:30a Res Led Phase 10</p> <p>2p Resident led bingo-dta</p> <p>3:15p OR History Dis.-thr</p> <p>3:30 Colorado vs Beavers—</p> <p>6:30p—Pillow Fight—dta</p>
<p>6 <i>It doesn't matter how slowly you go, as long as you do not stop—Confucius</i></p> <p>10:30a (YT) Grace Fellowship Church-thr</p> <p>1p Doc: Found (hulu)</p> <p>2p Resident led Bingo-dta</p> <p>3:30p Res Led Phase 10-atr</p> <p>6:30 Movie: Fantastic Beasts and Where to Find Them—peacock/dta</p>	<p>7 Monday Musicals</p> <p>9 & 10:30a EverFit</p> <p>10a Lost and Found Table</p> <p>10:30a Mindfulness Meditation with Esther—thr</p> <p>1p Res Led Phase 10—atr</p> <p>2p WG Book Club—thr</p> <p>3:15p Penny Toss-dta</p> <p>6:30p Showboat—dta/vudu</p>	<p>8 <i>Find out who you are and do it on purpose—Dolly Parton</i></p> <p>9 & 10:30a EverFit</p> <p>10 Chair Yoga, Johanna-thr</p> <p>1:30p Tech Tuesday-atr</p> <p>2p Chef's Corner—dta</p> <p>3:15p Res. Led Bingo-dta</p> <p>3p Painting w/ Terri-atr</p> <p>6:30p The Langoliers—dta/vudu</p> 	<p>9 <i>Do one thing every day that scares you—Fleanor Roosevelt</i></p> <p>9 & 10:30a EverFit</p> <p>10:15a Res Led Phase 10-atr</p> <p>2p Resident Council—dta</p> <p>3:15 Current Events w/Tim</p> <p>4 Parkinson's Sup'rt Grp-bty</p> <p>4p Help, Hope, and Healing Through Grief -Brighton—thr</p> <p>6:30p Movie: Lucy—Peacock</p> 	<p>10 <i>It is never too late to be what you might have been—George Elliot</i></p> <p>9 & 10:30a EverFit</p> <p>10a Chair Yoga, Johanna—thr</p> <p>10:30 Bible Study—Bentley</p> <p>2p Resident Led Bingo dta</p> <p>3:15p Crafting Class—dta</p> <p>6:30p The Rundown—dta/Peacock</p> 	<p>11 <i>Always do your best. What you plant now, you will harvest later—Og Mandino</i></p> <p>9a & 10:30a EverFit</p> <p>10a Walking the Trail—lby</p> <p>10:30 Bible Study/Tim-bty</p> <p>1p Shop: Fred Meyer—lby</p> <p>1:45p Julie's Singing—Call the Police for Domestic Disturbance</p> <p>3p Liam Reads the Classics—dta</p> <p>4:15p The Social Hour—bst</p> <p>6:30p Ridealong—dta/Peacock</p> 	<p>12 <i>When we are no longer able to change a situation, we are challenged to change ourselves—Viktor F. Frankl</i></p> <p>9:45a The Original Pancake</p> <p>10:30a Res Led Phase 10</p> <p>2p Resident led bingo-dta</p> <p>3:15p OR History Dis.-dta</p> <p>4:30p Ducks vs Ohio State</p> 
<p>13 <i>You've got to be in it to win it.—Tony Robbins</i></p> <p>10:30a (YT) Grace Fellowship Church-thr</p> <p>1p Movie: R.I.P.D—dta/Peacock</p> <p>2p Resident led Bingo-dta</p> <p>3:30p Res Led Phase 10-atr</p> <p>6:30p Movie: Snitch / Peacock—dta</p> 	<p>14 Monday Musicals</p> <p>9 & 10:30a EverFit</p> <p>10:30a Mindfulness Meditation with Esther—thr</p> <p>1p Res Led Phase 10—atr</p> <p>2p League of Women's Voters— Non-Partisan info on the new ballot measures-thr</p> <p>6:30p Carousel-dta</p>	<p>15 <i>Be persistent and never give up hope—George Lucas</i></p> <p>9 & 10:30a EverFit</p> <p>10 Chair Yoga, Johanna-thr</p> <p>1:30p Tech Tuesday-atr</p> <p>2p Resident Led Bingo-dta</p> <p>3p Painting w/ Terri-atr</p> <p>6:30 Movie: Made in Italy—Netflix / dta</p>	<p>16 <i>Believe and act as if it were impossible to fail—Charles Kettering</i></p> <p>9 & 10:30 EverFit</p> <p>10:15a Res Led Phase 10-atr</p> <p>1:45p Health Pro Therapy—thr</p> <p>3:15p Current Events w/Tim</p> <p>4p Parkinson's Sup'rt Grp-bty</p> <p>4p Help, Hope, and Healing Through Grief / Brighton—thr</p> <p>6:30p Movie: Shirley—nf</p>	<p>17 <i>There are so many great things in life; why dwell on negativity? - Zendaya</i></p> <p>NO Doctor Drives Scheduled Today</p> <p>9 & 10:30a EverFit</p> <p>10a Chair Yoga, Johanna—thr</p> <p>10:30a Bible Study—bty</p> <p>2p Resident Led Bingo dta</p> <p>3:15p Crafting Class—dta</p> <p>6:30p Movie: Dog Gone—nf</p>	<p>18 <i>Life does not have to be perfect to be wonderful—Annette Funicello</i></p> <p>9a & 10:30a EverFit</p> <p>10a Walking the Trail—lby</p> <p>10:30 Bible Study/Tim-bty</p> <p>1pm Shop: Trader Joes</p> <p>1:45p Res Led Phase 10—atr</p> <p>3p Liam Reads the Classics</p> <p>4pm The Social Hour—bst</p> <p>5pm Ducks vs Purdue—dta</p>	<p>19 <i>You can't help how you feel, but you can help how you behave—Margaret Atwood</i></p> <p>10a Scenic Drive—lby</p> <p>10:30 Res Led Phase 10</p> <p>2p Resident led bingo-dta</p> <p>3:15 OR History Dis.-dta</p> <p>TBD UNLV vs Beavers—dta</p> 

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<p>20 <i>Keep your face toward the sunshine and the shadows will fall behind you—Walt Whitman</i></p> <p>10:30a (YT) Grace Fellowship Church-thr</p> <p>2p Resident led Bingo-dta</p> <p>3p Doc: Man on Wire—Peacock / dta</p> <p>3:30p Res Led Phase 10-atr</p> <p>6:30p Movie: A Family Affair—Netflix/dta </p>	<p>21 Monday Musicals</p> <p>9 & 10:30a EverFit</p> <p>10:30a Mindfulness Meditation with Esther—thr</p> <p>1p Res Led Phase 10—atr</p> <p>2p Tim Biggs Performs—dr</p> <p>3:15p WG Book Club—thr</p> <p>6:30p Movie: Dear Evan Hansen—Peacock / dta</p>	<p>22 <i>You don't always need a plan. Sometimes you just need to breathe, trust, let go and see what happens—Mandy Hale</i></p> <p>9 & 10:30a EverFit</p> <p>10a Chair Yoga, Johanna-thr</p> <p>1:30p Tech Tuesday-atr</p> <p>2p Resident Led Bingo-dta</p> <p>3p Painting w/ Terri-atr</p> <p>6:30p Movie: Champions—Peacock / dta</p>	<p>23 <i>Always remember that you are absolutely unique. Just like everyone else—Margaret Mead</i></p> <p>Associate Onboarding</p> <p>9 & 10:30a EverFit</p> <p>10:15a Res Led Phase 10-atr</p> <p>2pm Skip-Bo—atr</p> <p>3:15p Current Events w/Tim</p> <p>4 Parkinson's Support Grp-bty</p> <p>4p Help, Hope, and Healing Through Grief -Brighton—thr</p> <p>6:30p Wild Oats—Peacock / dta</p>	<p>24 <i>It is during our darkest moments that we must focus to see the light—Aristotle</i></p> <p>9 & 10:30a EverFit</p> <p>10a Chair Yoga, Johanna—thr</p> <p>10:30a Bible Study—Bentley</p> <p>2p Resident Led Bingo dta</p> <p>3:15p Crafting Class—dta</p> <p>5p—6p WG Support Group—dta</p> <p>6:30 Movie: Last Chance Harvey—Peacock / dta</p>	<p>25 <i>The best way out is through—Robert Frost</i></p> <p>9a & 10:30a EverFit</p> <p>10a Walking the Trail—lby</p> <p>10:30a Bible Study/Tim-bty</p> <p>1p Shop: Thistledown Farm</p> <p>2p Reader's Theater—thr</p> <p>3:15p Sherlock, with Liam</p> <p>4:15p The Social Hour—bst</p> <p>6:30p Movie: News of the World—Peacock / dta</p>	<p>26 <i>If you change the way you look at things, the things you look at change—Wayne Dyer</i></p> <p>9:45a Bkfst @ Elmer's—lby</p> <p>10:30a Res Led Phase 10</p> <p>2p Resident led bingo-dta</p> <p>3:15p OR History Dis.-dta</p> <p>TBD: Illinois vs Ducks—dta </p>
<p>27 <i>Once you face your fear, nothing is ever as hard as you think—Olivia Newton John</i></p> <p>10:30 (YT) Grace Fellowship Church-thr</p> <p>2p Resident led Bingo-dta</p> <p>3p Doc: Ancient Impossible—dta / Hulu</p> <p>3:30p Res Led Phase 10-atr</p> <p>6:30p Movie: A Big Fat Greek Wedding 2—Netflix / dta</p>	<p>28 Monday Musicals</p> <p>9 & 10:30a EverFit</p> <p>10:30a Donut & Coffee Social—bst</p> <p>10:30a Mindfulness Meditation with Esther—thr</p> <p>1p Res Led Phase 10—atr</p> <p>2p Random Oct. Trivia— atr</p> <p>6:30p Anything Is Possible—Peacock / dta</p>	<p>29 <i>I'm not going to continue knocking that old door that doesn't open for me. I'm going to create my own door and walk through that.—Ava DuVernay</i></p> <p>9 & 10:30a EverFit</p> <p>10a Chair Yoga, Johanna-thr</p> <p>1:30p Tech Tuesday-atr</p> <p>2p Resident Led Bingo-dta</p> <p>3p Painting w/ Terri-atr</p> <p>6:30p Movie: Red—Netflix dta</p>	<p>30 <i>"The future belongs to those who believe in the beauty of their dreams." — Eleanor Roosevelt</i></p> <p>9 & 10:30a EverFit</p> <p>10:15a Res Led Phase 10-atr</p> <p>2p Activity Forum—dta</p> <p>3:15p Current Events w/Tim</p> <p>4 Parkinson's Support Grp-bty</p> <p>4p Help, Hope, and Healing Through Grief -Brighton—thr</p> <p>6:30p Movie: Guernsey—NF</p>	<p>31 <i>"The future belongs to those who prepare for it today." —Malcolm X</i></p> <p>9 & 10:30a EverFit</p> <p>10:30a Bible Study—Bentley</p> <p>2—3:30p: Halloween Party! - dr</p> <p>6:30p Ghostbusters—dta</p> <p></p>		
		<p>Birthdays</p> <p>10/5 Jim G.</p> <p>10/11 Connie C.</p> <p>10/18 Karen F.</p> <p>10/26 Bob S.</p> <p></p>	<p>Abbreviations</p> <p>Theater=thr Lobby = lby</p> <p>Bistro = bst Atrium = atr</p> <p>Delta = dta</p> <p>YouTube = yt</p> <p>Dining Room = dr</p> <p>Bentley = bty</p> <p>Netflix = nf</p> <p>CE = Current Events</p> <p>Memory Care Events (AL invited) = MC</p> <p>Resident Led = RL</p>	<p>Calendar Color Key</p> <p>Physical Activity= Blue</p> <p>Creative = Blue</p> <p>Intellectual = Pink</p> <p>Continuous Learning = Purple Bold</p> <p>Games = Green</p> <p>Outings = Red</p>	<p>Color Key Continued</p> <p>General Interest = Black Bold</p> <p>Resident Meetings= Dark Red</p> <p>Spiritual/Namaste= Brown</p> <p>Intergenerational = Dark Green Bold</p> <p>Family included Activity = Dark Sky Blue</p>	<p>Notes</p> <p>** Signify time change from normal time slot. **</p> <p>**Contact Julie Nedele for any questions or suggestions on our calendar. **</p> <p>**Email: Julien@cascadeliving.com</p>