

## Information

### Dining Room Hours

Breakfast: 7:30—9:00am

Lunch: 11:00—1:00pm

Dinner: 4:00—6:00pm

### \*Medical Transportation

Mon, Tues, Thurs

9:00am to 1:00 pm

(Sign up at Front Desk)

### Hair Dressers

Shirley Barlow:

(425) 376-0854 or

(206) 355-5844

Wednesdays

Oahn Pham

(206)859-3177

Mondays & Tuesdays

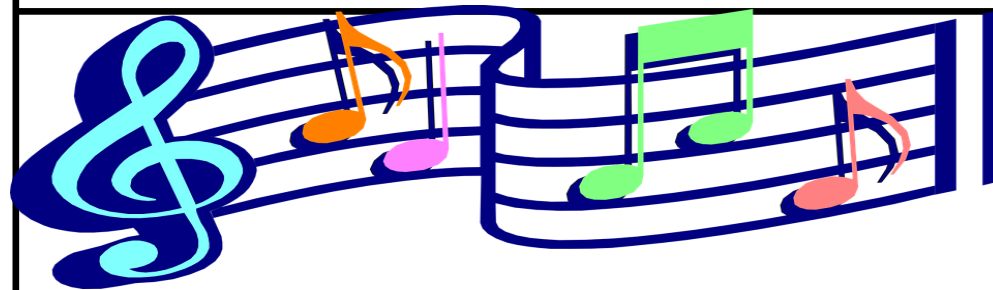
## Birthdays!

Katherine 10/4

Larry 10/5

Theresa 10/17

Rheva 10/31



### Upcoming Entertainer Schedule

October 6 Naomi Morgan

October 12 Rebecca Wu

October 20 Hank Blumenthal

October 27 Jon Pressman



**October 6 – Naomi Morgan singer**

**October 7-Krispy Kreme trip**

**October 10 - Origami w/Naomi**

**October 12 – Rebecca Wu & chimes**

**October 14 –Pumpkin farm trip**

**October 17 - Donna Ball eyeglass adjustment**

**October 19 - Paul Briet help with Medicare appts**

**October 19 – Fireside Chat (last one)**


**October 20 – Hank Blumenthal**

**October 27 – Jon Pressman**

**October 31 - Halloween Party**

# October 2022

# Evergreen Court Activities

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>30</b> 9:30 Balloon Volleyball 1:00 Church service with Rob H.-AR	<b>31</b> Halloween! 9:30 Tone arms & legs-AR 1:00 Bingo-AR 2:30 Halloween Party!			All scheduled activities are subject to change		<b>1</b> 9:30 Tone arms & legs-AR 1:00 Afternoon movie-AR
<b>2</b> 9:30 Balloon Volleyball-AR 1:00 Church service -AR	<b>3</b> 9:30 Tone arms & legs-AR 1:00 Afternoon movie-AR 3:00 Bingo-AR	<b>4</b> 9:30 Tai chi w/Sophia-AR 1:00 Book group-AR 2:00 Yoga w/Naomi-AR 3:00 Wine & cheese-AR	<b>5</b> 9:30 Tone arms & legs-AR 10:00 Trip to Fred Meyer 1:00 Scenic drive	<b>6</b> 9:30 Tai chi w/Sophia-AR 1:00 Yoga w/Naomi-AR 2:00 Live music: Naomi Morgan singer-AR 3:10 World News-AR	<b>7</b> 9:30 Tone arms & legs-AR 10:00 Trip to Krispy Kreme 1:00 Bingo-AR 2:15 Happy Hour-AR	<b>8</b> 9:30 Tone arms & legs-AR 1:00 Afternoon movie
<b>9</b> 9:30 Balloon Volleyball 10:00 Seahawks game-AR 1:00 Church service-AR	<b>10</b> 9:30 Tone arms & legs-AR 1:00 Bingo-AR 2:00 Ed Sullivan Show-AR 3:00 Origami w/Naomi-AR	<b>11</b> 9:30 Tai chi w/Sophia-AR 1:00 Book group-AR 2:00 Yoga w/Naomi-AR 3:00 Devotions-AR 3:30 Newsletter Comm. Meeting-AR	<b>12</b> 9:30 Tone arms & legs-AR 10:00 Appt. w/Paul Briet 10:00 Trip to Trader Joes 1:00 Scenic drive 3:00 Chimes w/Rebecca	<b>13</b> <b>Flu shot clinic</b> 9:30 Tai chi w/Sophia-AR 10:30 Food focus-AR 1:00 Yoga w/Naomi-AR 2:00 Celebrate October Birthdays-AR 3:10 World News-AR	<b>14</b> 9:30 Tone arms & legs-AR 10:00 Pumpkin farm trip 1:30 Bingo-AR 2:45 Happy Hour-AR	<b>15</b> 9:30 Tone arms & legs-AR 1:00 Afternoon movie-AR
<b>16</b> 9:30 Balloon Volleyball-AR 1:05 Seahawks game-AR	<b>17</b> 9:30 Tone arms & legs-AR 1:00 Eyeglass Adjust-AR 2:00 Lawrence Welk -AR 3:00 Bingo-AR	<b>18</b> 9:30 Tai chi w/Sophia 1:00 Book group-AR 2:00 Yoga w/Naomi-AR 3:00 Devotions-AR	<b>19</b> 9:30 Tone arms & legs-AR 10:00 Trip to Target 1:00 Scenic drive 3:00 Fireside chat-AR	<b>20</b> 9:30 Tai chi w/Sophia-AR 1:00 Yoga w/Naomi-AR 2:00 Live music: Hank Blumenthal-AR 3:10 World News-AR	<b>21</b> 9:30 Tone arms & legs-AR 10:00 Snoqualmie Casino 1:30 Bingo-AR 2:45 Happy Hour-AR	<b>22</b> 9:30 Tone arms & legs-AR 1:00 Afternoon movie-AR
<b>23</b> 9:30 Balloon Volleyball 1:30 Church service with Joe Winn-AR	<b>24</b> 9:15 Traveling Library-L 9:30 Tone arms & legs-AR 1:00 Baking cookies-AR 3:00 Bingo-AR	<b>25</b> 9:30 Tai chi w/Sophia-AR 1:00 Book group-AR 2:00 Yoga w/Naomi-AR 3:00 Devotions-AR	<b>26</b> 9:30 Tone arms & legs-AR 10:00 Trip to Fred Meyer 1:00 Scenic drive 3:00 Halloween craft-AR	<b>27</b> 9:30 Tai chi w/Sophia-AR 1:00 Yoga w/Naomi-AR 2:00 Live music: Jon Pressman 3:10 World News-AR	<b>28</b> 9:30 Tone arms & legs-AR 10:40 Lunch at Applebees 1:00 Bingo-AR 2:15 Happy Hour-AR 3:15 Swap meet-AR	<b>29</b> 9:30 Tone arms & legs-AR 1:00 Afternoon movie-AR