


Norse Home Activities Calendar

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Stretch & Flex - SH 10:15-11:30 Little Store Open-GF 10:30 Corn Hole Toss- FPL 1:30 Reading Buddies-2nd FI 2:30 Scrabble - 2nd FL 3:00 Texas Hold'em Poker - SH	2 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:00 Craft Room Open 1:15 Fred Meyers Shopping 2:30 Let's Make Jewelry - 2nd FL 6:15 BINGO -SH	3 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:30 Corn Hole Toss- FPL 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	4 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:30 Learn Texas Hold'em Part 2-SH 1:30 Bridge - 4th FI 2:30 Watercolor with Lacey - SH Tech Time Friday: Sign Up at the Front Desk	5 9:00 Stretch & Balance 9:30-11:30 Little Store Open - GF 10:30 Watercolor w/ Deborah-SH 10:30 Outing: Dollar Tree 1:30 BINGO - 2nd FI 3:00 Movie & Popcorn - SH "The Greatest Showman"
6 6:30 Vespers - SH Ballard First Lutheran Communion	7 9:00 Resident Council Meeting-2nd FI 9:00 EnhanceFitness-SH 10:00 Current Events - 3rd FL 11:00 Mindstretchers - FPL 2:30 Reading with Molly-5th FI	8 9:30 Stretch & Flex - SH 10:15-11:30 Little Store Open-GF 10:30 Corn Hole Toss- FPL 1:30 Reading Buddies-2nd FI 2:30 Scrabble - 2nd FL 3:00 Texas Hold'em Poker - SH	9 Leif Erikson Day 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:00 Craft Room Open 1:15 Fred Meyers Shopping 2:30 Let's Make Jewelry - 2nd FL 3:30 Composer's Corner - FPL	10 Flu Shots Begin at 9:30 Flu Shots-PDR 9:40 Stretch & Flex - SH 10:30 Scenic Drive: Sign up 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	11 Molly off today 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 2:00 All Resident Meeting-MDR Tech Time Friday: Sign Up at the Front Desk	12 9:00 Stretch & Balance with Yebio- SH 9:30-11:30 Little Store Open - GF 10:00 Dog Visit - 3rd FI 10:30 Outing: PCC Market 1:30 BINGO - 2nd FI 3:00 Movie & Popcorn - SH
13 10:00 Ch. 13 Seahawks @ Cleveland Browns 3:30 Sing Along-FPL	14 Indigenous People Day (Columbus Day) 9:00 EnhanceFitness-SH 10:00 Current Events - 3rd FL 10:40 Bookmobile- ML 11:10 Mindstretchers - FPL 1:30 Writing Workshop-PDR 2:30 Reading with Molly-5th FI	15 9:30 Stretch & Flex - SH 10:15-11:30 Little Store Open-GF 10:30 Corn Hole Toss- FPL 1:30 Reading Buddies-2nd FI 2:00 Birthday Party with Nick and Brian 3:15 Texas Hold'em Poker - SH	16 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:00 Craft Room Open 1:15 Fred Meyers Shopping 3:00 Tea Party - 2nd FL 6:15 BINGO - SH	17 Podiatrist 9:40 Stretch & Flex - SH 10:30 Corn Hole Toss- FPL 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	18 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:30 Bridge-4th FI 2:30 Watercolor with Lacey - SH Tech Time Friday: Sign Up at the Front Desk	19 9:00 Stretch & Balance with Yebio- SH 9:30-11:30 Little Store Open - GF 10:30 Outing: Hobby Lobby 1:30 BINGO - 2nd FI 3:00 Movie & Popcorn - SH
20 1:25 Ch. 13 Seahawks vs. Baltimore Ravens 6:30 Vespers - SH Dwight Paulson	21 9:00 EnhanceFitness-SH 10:00 Current Events - 3rd FL 11:00 Mindstretchers - FPL 2:30 Reading with Molly-5th FI	22 9:30 Stretch & Flex - SH 10:15-11:30 Little Store Open-GF 10:30 Corn Hole Toss- FPL 1:30 Reading Buddies-2nd FI 2:30 Scrabble - 2nd FL 3:00 Texas Hold'em Poker - SH	23 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:15 Fred Meyer Shopping 1:30 Bell Choir - FPL 2:30 Let's Make Jewelry - 2nd FL 3:30 Tasting Party - SH	24 9:40 Stretch & Flex - SH 10:30 Scenic Drive: Sign up 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	25 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:30 Bridge-4th FI 2:30 Bead Making w/ Lacey - SH Tech Time Friday: Sign Up at the Front Desk	26 9:00 Stretch & Balance with Yebio- SH 9:30-11:30 Little Store Open - GF 10:30 Watercolor w/ Deborah-SH 2:30 Piano Recital-MDR
27 10:00 Ch. 13 Seahawks @ Detroit Lions 2:00 Piano Recital-MDR 7:00 Vesper - SH The Ockwell Family	28 9:00 EnhanceFitness - SH 10:00 Current Events - 3rd FL 11:00 Mindstretchers - FPL 1:30 Writing Workshop 2:30 Reading with Molly-5th FL 7:30 Norwegian Male Chorus-MDR	29 Lacey's on vacation 9:30 Stretch & Flex - SH 10:15-11:30 Little Store Open-GF 10:30 Corn Hole Toss- FPL 1:30 Reading Buddies-2nd FI 3:00 Texas Hold'em Poker - SH	30 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:00 Craft Room Open 1:15 Fred Meyers Shopping 3:30 Poet's Corner - FPL	31 Halloween 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:30 Corn Hole Toss- FPL 1:00-2:30 Little Store Open - GF 3:00 Happy Hour - MDR	Activities Hotline # 7444 (206-781-7444) Updated daily All Activities are subject to change.	

Room Abbreviations CR - Craft Room, GF FPL - Fireplace Lounge-1st FR - Founders Room, GF GF - Ground Floor MDR - Main Dining 1st FL ML - Main Lobby PDR - Private Dining Room SH - Social Hall, GF