


Norse Home Activities Calendar

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Activities are subject to change.</p>	<p>1</p> <p>9:00 EnhanceFitness-SH 11:00 Mindstretchers - FPL 1:30 Activity Check in - Floors 2-3 3:00 Reading with Molly - 5th FL 6:00 Knitting - 5th FL</p>	<p>2 Health Fair</p> <p>9:30 Stretch & Flex - SH 10:00 Corn Hole Toss - 3rd FL 10:30 Golf - FPL 1:00 -4:30 Health Care Fair 1:30 Watercolor with Lacey - FR 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - FR 3:30 Scrabble Hour - 3rd FL</p>	<p>3</p> <p>9:30 EnhanceFitness - SH 10:00 Activity Check in - Floors 1-4 11:00 Mindstretchers - FPL 11:00 Trivia Toss - 3rd FL 1:15 Fred Meyers Shopping 1:30 Studio Time - CR 3:30 Composer's Corner - FPL</p>	<p>4</p> <p>9:00 Challenge Your Balance - SH 9:30 Activity Check in - Floors 2-3 9:40 Stretch & Flex - SH 10:00 Chair Stretching - 2nd FL 10:30 Corn Hole Toss- FPL 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR</p>	<p>5</p> <p>9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 11:30 Lunch Outing 1:30 Bridge- 4th FI 1:30 Readers' Theatre-FR 2:00 Card Games - 3rd FL 3:30 Tech Time: Sign Up 3:30 Wii Practice - 2nd FL</p>	<p>6</p> <p>9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 10:00 Activity Check -in - FL 1-4 11:00 Vote: Dinner & Show - FPL 1:30 BINGO - 2nd FI 3:30 Wii Bowling - 2nd FI</p>
	<p>7</p> <p>6:30 Vespers - SH Ballard First Lutheran Communion</p>	<p>8</p> <p>9:30 EnhanceFitness - SH 10:40 Bookmobile- ML 11:10 Mindstretchers - FPL 1:30 Activity Check in - Floors 2-3 3:00 Reading with Molly - 5th FL 6:00 Knitting - 5th FL</p>	<p>9 Leif Erikson Day</p> <p>9:30 Stretch & Flex - SH 10:00 Corn Hole Toss - 3rd FL 10:30 Golf- FPL 1:30 Watercolor with Lacey - SH 2:00 Rolling Crones - MDR 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 3rd FL</p>	<p>10</p> <p>9:30 EnhanceFitness - SH 10:00 Activity Check in - Floors 1-4 11:00 Mindstretchers - FPL 11:00 Trivia Toss - 3rd FL 1:15 Fred Meyers Shopping 1:30 Studio Time - CR 3:30 Composer's Corner - FPL 6:15 BINGO - SH</p>	<p>11</p> <p>9:30 Stretch & Flex - SH 9:30 Activity Check in - Floors 2-3 10:15 Scenic Drive: Sign Up 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR</p>	<p>12</p> <p>9:30 EnhanceFitness - SH 10:00 Activity Check in - Floors 1-4 1:00 Avalon Glassworks: Watch Glass Blowing 1:30 Bridge - 4th FI 3:30 Drawing 101 - FR 3:30 Tech Time: Sign Up</p>
<p>14</p> <p>10:00 Ch. 13 Seahawks vs. Oakland Raiders</p>	<p>15</p> <p>9:30 EnhanceFitness-SH 11:00 Mindstretchers - FPL 1:30 Activity Check in - Floors 2-3 1:30 Watercolor with Debra - SH 3:00 Reading with Molly - 5th FL 6:00 Knitting - 5th FL</p>	<p>16</p> <p>9:30 Stretch & Flex - SH 9:30 Activity Check in - Floors 2-3 10:00 Corn Hole Toss - 3rd FL 10:30 Golf-FPL 1:30 Readers' Theatre - FR 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 3rd FL</p>	<p>17</p> <p>9:30 EnhanceFitness - SH 10:00 Activity Check in - Floors 1-4 11:00 Mindstretchers - FPL 11:00 Trivia Toss - 3rd FL 1:15 Fred Meyers Shopping 1:30 Studio Time - CR 3:30 Tasting Party - SH</p>	<p>18</p> <p>9:30 Stretch & Flex - SH 9:30 Activity Check in - Floors 2-3 10:00 Chair Stretching - 2nd FL 10:30 Corn Hole Toss- FPL 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR</p>	<p>19</p> <p>9:30 EnhanceFitness - SH 10:00 Activity Check in - Floors 1-4 11:00 Mindstretchers - FPL& 3rd fl 1:00 Pumpkin Patch & Hay Ride 1:30 Bridge - 4th FI 3:30 Tech Time: Sign Up 3:30 Wii Practice -2nd FL</p>	<p>20</p> <p>9:30 Chair Stretching - SH 9:30-11:30 Little Store Open - GF 10:00 Activity Check in - Floors 1-4 11:00 Riddle Me This - FPL 1:30 BINGO - 2nd FI 3:30 Wii Bowling - 2nd FI</p>
<p>21</p> <p>6:30 Vespers - SH Dwight Paulson</p>	<p>22</p> <p>9:30 EnhanceFitness-SH 11:00 Mindstretchers - FPL 1:30 Activity Check in - Floors 2-3 1:30 Watercolor with Debra - SH 3:00 Reading with Molly - 5th FL 6:00 Knitting - 5th FL</p>	<p>23</p> <p>9:15 Stretch & Flex - SH 9:30 Activity Check in - Floors 2-3 10:00 Chair Stretching - 2nd FL 10:30 Golf-FPL 2:00 Birthday Party - MDR 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 3rd FL</p>	<p>24</p> <p>9:30 EnhanceFitness - SH 10:00 Activity Check In -Floors 1-4 11:00 Mindstretchers - FPL 11:00 Trivia Toss - 3rd FL 1:15 Fred Meyers Shopping 1:30 Studio Time - CR 3:30 Corn Hole Toss - FPL 3:30 Tea Party - 3rd FL 6:15 BINGO - SH</p>	<p>25 Podiatrist Here</p> <p>9:00 Challenge Your Balance - SH 9:30 Activity Check in - Floors 2-3 9:40 Stretch & Flex- SH 10:15 Scenic Drive: Sign Up 1:30 BINGO - 2nd FI DR 3:00 Happy Hour - MDR</p>	<p>26</p> <p>9:30 EnhanceFitness - SH 10:00 Activity Check in - Floors 1-4 11:00 Mindstretchers- FPL 11:30 Let's Cook Together - SH 1:30 Readers' Theatre -FR 1:30 Bridge - 4th FI 2:00 Card Games - 3rd FL 3:30 Tech Time: Sign Up 3:30 Drawing 101 - FR</p>	<p>27</p> <p>9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 11:00 Riddle Me This - FPL 1:00 BINGO - 2nd FI 2:00 Piano Playground - MDR 3:00 Wii Bowling - 2nd FI 5:00 Dinner & a Show - FR</p>
<p>28</p> <p>2:00 Violin Recital -MDR 3:30 Sing Along-FPL 7:00 Vesper - SH The Ockwell Family</p>	<p>29</p> <p>9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:30 Activity Check in - Floors 2-3 1:30 Watercolor with Debra - SH 3:00 Reading with Molly - 5th FL 6:00 Knitting - 5th FL 7:30 Norwegian Male Chorus- MDR</p>	<p>30</p> <p>9:30 Stretch & Flex - SH 9:30 Activity Check in - Floors 2-3 10:00 Corn Hole Toss - 3rd FL 10:30 Golf - FPL 1:15 Fred Meyer Shopping 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 3rd FL</p>	<p>31 Halloween</p> <p>9:30 EnhanceFitness - SH 10:00 Activity Check In - Floors 1-4 11:00 Pumpkin Carving Contest - SH 1:30 Studio Time - CR 1:30 Readers' Theatre -FR 3:30 Contest Results and Party- SH 6:00 - 7:30 Trick or Treat - ML</p>			

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

