

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>RESIDENT & TEAM MEMBER BIRTHDAYS</div><div><div>Stephanie V. 10/15-TM</div><div>Lita G. 10/15-TM</div><div>Sharon M. 10/18</div><div>Shirley R. 10/21</div><div>Ron Q. 10/25</div><div>Peggy G. 10/26</div><div>Merrit H. 10/26-TM</div><div>Jo L. 10/28</div></div></div> <div><div>ANNIVERSARIES</div><div><div>Garnet C. 10/01/14</div><div>John G. 10/01/19</div><div>Steve L. 10/04/15-TM</div><div>Brooke M. 10/04/16-TM</div><div>Kathleen Z. 10/05/17-TM</div><div>Kelsey A. 10/10/17-TM</div><div>Lita G. 10/11/16-TM</div><div>Maddie M. 10/11/18-TM</div><div>Mike M. 10/21/19-TM</div><div>Jenn E. 10/22/05-TM</div><div>Peggy G. 10/30/12</div><div>Lesley G. 10/31/19-TM</div></div></div> <div><div>www.highgateseniorliving.com</div><div><div>"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style"</div><div>-Maya Angelou</div></div></div> <div><div>HIGHGATE SENIOR LIVING</div></div>	<div>Due to Resident Preference, Activities Are Subject to Change</div> <div>9803 NE Hazel Dell Avenue Vancouver, WA 98665 360-571-7272</div>	<div><div>EXPAND YOUR PURPOSE</div><div>EXPAND HORIZONS REACH FARTHER BUILD BRIDGES FORGE RELATIONSHIPS</div></div>	<div>9:45 Daily Chronicles 1</div> <div>10:30 Exercise For Health</div> <div>12:00 Lunch</div> <div>1:30 Fearless</div> <div>3:00 Bingo</div>	<div>9:45 Daily Chronicles 2</div> <div>10:30 Exercise for Health: Core Muscles</div> <div>12:00 Lunch</div> <div>2:00 Accordionist, Larry McCullough</div> <div>3:00 Bingo</div>	<div>9:45 Bible Read 3</div> <div>9:45 Daily Chronicles</div> <div>10:30 Exercise For Health</div> <div>12:00 Lunch</div> <div>2:00 Exercise For Health</div> <div>3:00 Bingo</div>			
	<div>National Taco Day 4</div> <div>9:45 Daily Chronicles</div> <div>10:30 Exercise for Health with Bands</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health with Bands</div> <div>3:00 Van Ride</div> <div>5:00 Taco Dinner</div>	<div>National Get Funky Day 5</div> <div>National Rhode Island Day</div> <div>9:45 Daily Chronicles/Rhode Island Facts</div> <div>10:30 Exercise for Health</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health</div> <div>3:00 Bingo</div>	<div>10:00 Growing Groceries Program 6</div> <div>11:00 Exercise for Health: Weights</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health: Weights</div> <div>3:00 Mummy Brownies</div> <div>4:00 Daily Chronicles</div> <div>5:45 Evening Bingo</div>	<div>9:45 Daily Chronicles 7</div> <div>10:30 Exercise for Health: Weights with Autumn</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health: Core Muscles</div> <div>3:00 Bingo</div>	<div>9:45 Daily Chronicles 8</div> <div>10:30 Exercise For Health</div> <div>12:00 Lunch</div> <div>1:30 The Kindness Diaries</div> <div>3:00 Bingo</div>	<div>9:45 Daily Chronicles 9</div> <div>9:45 Men's Coffee Club</div> <div>10:30 Exercise for Health: Core Muscles</div> <div>12:00 Lunch</div> <div>2:00 Exercise For Health</div> <div>3:00 Cocktail Hour: Bloody Screwdriver</div>		
	<div>National Sausage Pizza Day 11</div> <div>9:45 Daily Chronicles</div> <div>10:30 Exercise for Health with Bands</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health with Bands</div> <div>3:00 Van Ride</div> <div>5:00 Sausage Pizza Dinner</div>	<div>National Vermont Day 12</div> <div>9:45 Daily Chronicles/Vermont Facts</div> <div>10:30 Exercise for Health</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health</div> <div>3:00 Bingo</div>	<div>10:00 Growing Groceries Program 13</div> <div>11:00 Exercise for Health: Weights</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health: Weights</div> <div>3:00 Graveyard Dirt Cups</div> <div>4:00 Daily Chronicles</div> <div>5:45 Evening Bingo</div>	<div>Yorkshire Pudding Day 14</div> <div>9:45 Daily Chronicles</div> <div>10:30 Exercise for Health: Weights with Autumn</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health: Core Muscles</div> <div>3:00 Yorkshire Pudding Cart</div>	<div>9:45 Daily Chronicles 15</div> <div>9:45 Men's Coffee Club</div> <div>10:30 Exercise For Health</div> <div>12:00 Lunch</div> <div>1:30 Hyperdrive</div> <div>3:00 Bingo</div>	<div>National Sports Day 16</div> <div>9:45 Daily Chronicles</div> <div>10:30 Exercise for Health: Core Muscles</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health: Core Muscles</div> <div>3:00 Cocktail Hour: Melted Witch Martini</div>		
	<div>National Meatloaf Day 18</div> <div>9:45 Daily Chronicles</div> <div>10:30 Exercise for Health with Bands</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health with Bands</div> <div>2:30 Marble Pumpkins</div> <div>5:00 Meatloaf Dinner</div>	<div>National Kentucky Day 19</div> <div>9:45 Daily Chronicles/Kentucky Facts</div> <div>10:30 Exercise for Health</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health</div> <div>3:00 Bingo</div>	<div>World Series Begins 20</div> <div>9:45 99 Cool Facts About Babe Ruth</div> <div>10:30 Exercise for Health: Weights</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health: Weights</div> <div>3:00 Spider Cookies</div> <div>4:00 Daily Chronicles</div> <div>5:45 Evening Bingo</div>	<div>National Apple Day 21</div> <div>9:45 Daily Chronicles</div> <div>10:30 Exercise for Health: Weights with Autumn</div> <div>12:00 Lunch</div> <div>2:00 Zumba with Lacey</div> <div>3:00 Cocktail Hour: Poison Apple</div>	<div>9:45 Daily Chronicles 22</div> <div>9:45 Men's Coffee Club</div> <div>10:30 Exercise For Health</div> <div>12:00 Lunch</div> <div>1:30 Halloween Contest Viewing</div> <div>3:00 Bingo</div>	<div>9:45 Daily Chronicles 23</div> <div>10:30 Exercise for Health: Core Muscles</div> <div>12:00 Lunch</div> <div>2:00 Exercise For Health</div> <div>3:00 Bingo</div>		
	<div>9:45 Daily Chronicles 25</div> <div>10:30 Exercise for Health with Bands</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health with Bands</div> <div>3:00 Van Ride</div>	<div>9:30 Balanced Matters with Liz 26</div> <div>9:45 Daily Chronicles</div> <div>10:30 Exercise for Health</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health</div> <div>3:00 Bingo</div>	<div>9:45 Washington Ape Cave 27</div> <div>10:30 Exercise for Health: Weights</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health: Weights</div> <div>3:00 Monster Bundt Cake</div> <div>4:00 Daily Chronicles</div> <div>5:45 Evening Bingo</div>	<div>9:45 Daily Chronicles 28</div> <div>10:30 Exercise for Health: Weights with Autumn</div> <div>12:00 Lunch</div> <div>2:00 Exercise for Health: Core Muscles</div> <div>3:00 Bingo</div>	<div>9:45 Daily Chronicles 29</div> <div>9:45 Wellness Clinic with Steve</div> <div>10:30 Exercise For Health</div> <div>12:00 Lunch</div> <div>2:00 Resident Council</div> <div>3:00 Bingo</div>	<div>9:45 Daily Chronicles 30</div> <div>10:30 Exercise for Health: Core Muscles</div> <div>12:00 Lunch</div> <div>2:00 Happy Hour</div> <div>3:00 Cocktail Hour: Bloody Bellini</div>		
						<div>Halloween 31</div> <div>9:45 Bible Read</div> <div>9:45 Daily Chronicles</div> <div>10:30 Exercise For Health</div> <div>12:00 Lunch</div> <div>2:00 Exercise For Health</div> <div>3:00 Halloween Cake Pops</div>		