October 2025 Vitality						created SOOPU
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GENCARE LIFESTYLE Ballard Landmar	5433 Leary Ave. NW Seattle, WA 98107 206-782-4000 k	FitnessMind/BodyPurposeSocial FitnessStay Sharp	9:00 Doctor Appointments [BUS] 9:00 Peel Tech Help Desk [BS] 10:00 MS Support Group w/ Gil [VR] 11:00 Compete w/ Me: Darts [SC] 1:30 Contemporary Ethics w/ Dr. David Smith [VR] 1:30 Oktoberfest Trivia [BB] 3:00 Gentle Yoga w/ Ricardo [SC] 6:00 Evening Bridge [BS] 7:00 Wednesday Night Movie [VR]	11:00 • Hearing Clinic [ACR] 1:00 • Making Collages w/ Allison 1:00 • Manicures 2:00 • Liberal Caucus [VR] 2:00 • Scrabble [BS] 3:00 • Cribbage [BS] 3:00 • Know Your Neighbor Floor Party: 5th Floor 6:00 • Hand & Foot [BS] 6:30 • Night at the Theater [VR]	(CANCELED) [BUS] 1:00 Missing Link Meeting [VR] 1:00 Oktoberfest Trivia 1:00 Tech Support w/ Vitality (CANCELED) [BS] 3:00 Oktoberfest Happy Hour [BS] 6:00 Rummikub [BS] 6:30 Friday Night Movie [VR]	10:00 • Doll Club Meeting Open House [ACR] 1:00 • Saturday Matinee [VR] 2:30 • Saturday Social [BS] 4:30 • Art [ACR] 5:30 • Game Night [BS] 6:30 • Saturday Musicale [VR]
8:30 • Spiritual Runs [BUS] 10:00 • Online Mass Service [VR] 1:00 • Outing: Xian Conducts Rachmaninov, Seattle Symphony [BUS] 2:00 • Rummikub [BS] 3:00 • Donna's Game [BS] 4:45 • Dime Bingo [VR] 5:30 • Evening Walk w/ Amy [LB] 6:30 • Sunday Documentary [VR]	10:00 • Grocery Shopping [BUS] 10:00 • Resident Sing-Along [LB] 11:00 • Mindful Memoir Group [VR] 1:00 • Dime Bingo [VR] 2:30 • Mahjong [ACR] 3:00 • Terese teaches "Klask" 6:00 • Evening Bridge [BS] 6:30 • Monday Night Movie [VR]	9:00 Doctor Appointments [BUS] 10:00 SQUID your brain: The EEK! Bag w/ Mel Ganus [ACR] 1:00 Tech Support w/ Vitality [BS] 1:00 Ted Talks: "Ideas Change Everything" [VR] 1:30 Donna's Game [BS] 2:00 PoodleStars: Teacup Poodle hour [LB] 2:30 Knitting [LB] 3:00 Happy Hour [BS] 6:30 Tuesday Showing: The Gilded Age [VR] 6:45 Jazz Piano w/ Reilly [LB]	9:00 Doctor Appointments [BUS] 10:00 MS Support Group w/ Gil [VR] 11:00 Compete w/ Me: Darts and Cornhole [LB] 1:00 Conversations w/ Culinary Director [VR] 1:30 Taco Trivia [BB] 3:00 Gentle Yoga w/ Ricardo [SC] 6:00 Evening Bridge [BS] 7:00 Wednesday Night Movie [VR]	10:00 • Outing: Dollar Store [BUS] 1:00 • Manicures 2:00 • Liberal Caucus [VR] 2:00 • Scrabble [BS] 3:00 • Cribbage [BS] 3:00 • Teresa Stern: Paint And Sip [ACR] 6:00 • Hand & Foot [BS] 6:30 • Night at the Theater [VR]	10:00 • Errand Runs with Pam [BUS] 11:00 • All Resident Meeting [VR] 1:00 • Missing Link Meeting [VR] 1:00 • Tech Support w/ Vitality [BS] 2:00 • EFT Tapping w/ Toni Fielder [SC] 3:00 • Happy Hour [BS] 6:00 • Rummikub [BS] 6:30 • Friday Night Movie [VR]	1:00 • Saturday Matinee [VR] 2:30 • Saturday Social [BS] 3:15 • Book Group w/ Susan [ACR] 4:30 • Art [ACR] 5:30 • Game Night [BS] 6:30 • Saturday Musicale [VR]
8:30 • Spiritual Runs [BUS] 10:00 • Online Mass Service [VR] 1:00 • Outing: Golden Gardens [BUS] 2:00 • Rummikub [BS] 3:00 • Donna's Game [BS] 4:45 • Dime Bingo [VR] 5:30 • Evening Walk w/ Amy [LB] 6:30 • Sunday Documentary [VR]	12 10:00 • Grocery Shopping [BUS] 10:00 • Resident Sing-Along [LB] 11:00 • Mindful Memoir Group [VR] 1:00 • Dime Bingo [VR] 2:30 • Mahjong [ACR] 3:00 • Lucille Smith: Medicare Presentation [VR] 6:00 • Evening Bridge [BS] 6:30 • Monday Night Movie [VR]	9:00 Doctor Appointments [BUS] 12:00 Book Group w/ Terese [ACR] 1:00 Tech Support w/ Vitality [BS] 1:30 Donna's Game [BS] 2:30 Knitting [LB] 3:00 Happy Hour [BS] 6:30 Tuesday Showing: The Gilded Age [VR]	9:00 Doctor Appointments [BUS] 9:00 Peel Tech Help Desk [BS] 10:00 MS Support Group w/ Gil [VR] 11:00 Compete w/ Me: Darts [SC] 1:30 Halloween Trivia [BB] 1:30 Smoothies w/ Russell [BS] 3:00 Gentle Yoga w/ Ricardo [SC] 6:00 Evening Bridge [BS] 7:00 Wednesday Night Movie [VR]	10:00 • Errand Runs [BUS] 11:30 • Resident Birthday Luncheon [DR] 1:00 • Making Collages w/ Allison 1:00 • Manicures 2:00 • Liberal Caucus [VR] 2:00 • Scrabble [BS] 3:00 • Cribbage [BS] 6:00 • Hand & Foot [BS] 6:30 • Night at the Theater [VR]	10:00 • Errand Runs with Pam [BUS] 10:30 • Medicare Presentation w/ Cynthia Nava [VR] 1:00 • Missing Link Meeting [VR] 1:00 • Tech Support w/ Vitality [BS] 3:00 • Happy Hour [BS] 6:00 • Rummikub [BS] 6:30 • Friday Night Movie [VR]	1:00 • Saturday Matinee [VR] 2:00 • Garden Meeting & Work Party [LB] 2:30 • Saturday Social [BS] 4:30 • Art [ACR] 5:30 • Game Night [BS] 6:30 • Saturday Musicale [VR]
8:30 • Spiritual Runs [BUS] 10:00 • Online Mass Service [VR] 1:00 • Outing: Discovery Park Scenic Drive [BUS] 2:00 • Rummikub [BS] 3:00 • Donna's Game [BS] 4:45 • Dime Bingo [VR] 5:30 • Evening Walk w/ Amy [LB] 6:30 • Sunday Documentary [VR]	10:00 • Grocery Shopping [BUS] 10:00 • Resident Sing-Along [LB] 11:00 • Mindful Memoir Group [VR] 1:00 • Dime Bingo [VR] 2:00 • New Resident Orientation [VR] 2:30 • Mahjong [ACR] 6:00 • Evening Bridge [BS] 6:30 • Monday Night Movie [VR]	9:00 Doctor Appointments [BUS] 1:00 Tech Support w/ Vitality [BS] 1:00 Ted Talks: "Ideas Change Everything" [VR] 1:30 Donna's Game [BS] 2:30 Knitting [LB] 3:00 Happy Hour [BS] 6:30 Tuesday Showing: The Gilded Age [VR]	9:00 Doctor Appointments [BUS] 10:00 MS Support Group w/ Gil [VR] 10:30 David Kaynor Presentation [VR] 11:00 Compete w/ Me: Darts [SC] 1:30 Halloween Trivia [BB] 2:00 Town Hall [VR] 3:00 Gentle Yoga w/ Ricardo [SC] 6:00 Evening Bridge [BS] 7:00 Wednesday Night Movie [VR]	10:00 • Errand Runs [BUS] 1:00 • Manicures 2:00 • Liberal Caucus [VR] 2:00 • Scrabble [BS] 3:00 • Cribbage [BS] 6:00 • Hand & Foot [BS] 6:30 • Night at the Theater [VR]	10:00 • Errand Runs with Pam [BUS] 1:00 • Missing Link Meeting [VR] 1:00 Tech Support w/ Vitality [BS] 3:00 • Happy Hour [BS] 6:00 • Rummikub [BS] 6:30 • Friday Night Movie [VR]	1:00 • Saturday Matinee [VR] 2:30 • Saturday Social [BS] 4:30 • Art [ACR] 5:30 • Game Night [BS] 6:30 • Saturday Musicale [VR]
8:30 • Spiritual Runs [BUS] 10:00 National Pumpkin Day 10:00 • Online Mass Service [VR] 2:00 • Rummikub [BS] 3:00 • Donna's Game [BS] 4:45 • Dime Bingo [VR] 5:30 • Evening Walk w/ Amy [LB] 6:30 • Sunday Documentary [VR]	10:00 • Grocery Shopping [BUS] 10:00 • Resident Sing-Along [LB] 11:00 • Mindful Memoir Group [VR] 1:00 • Halloween Dime Bingo [VR] 1:30 • Contemporary Ethics w/ Dr. David Smith [VR] 2:30 • Mahjong [ACR] 6:00 • Evening Bridge [BS] 6:30 • Monday Night Movie [VR]	9:00 Doctor Appointments [BUS] 10:30 Low Vision Support Group [LB] 1:00 Tech Support w/ Vitality [BS] 1:30 Donna's Game [BS] 2:30 Knitting [LB] 3:00 Happy Hour [BS] 6:30 Tuesday Showing: The Gilded Age [VR]	9:00 • Doctor Appointments [BUS] 9:00 • Peel Tech Help Desk [BS] 10:00 • MS Support Group w/ Gil [VR] 11:00 • Compete w/ Me: Darts [SC] 1:30 • Halloween Trivia [BB] 3:00 • Gentle Yoga w/ Ricardo [SC] 6:00 • Evening Bridge [BS] 7:00 • Wednesday Night Movie [VR]	10:00 • Errand Runs [BUS] 1:00 • Making Collages w/ Allison 1:00 • Manicures 2:00 • Liberal Caucus [VR] 2:00 • Scrabble [BS] 3:00 • Cribbage [BS] 6:00 • Hand & Foot [BS] 6:30 • Night at the Theater [VR]	10:00 • Errand Runs with Pam [BUS] 1:00 • Missing Link Meeting [VR] 1:00 Tech Support w/ Vitality [BS] 3:00 • Halloween Party and Happy Hour w/ Singer Lori Lynner [BS] 4:00 • Ballard Trick or Treat Festivities! 6:00 • Rummikub [BS] 6:30 • Friday Night Movie [VR]	Location Keys Arts & Crafts Room ACR Back of Bistro BS Bistro BS Bus BUS Dining Room DR Library LB Sports Court SC Vitality Room VR