October 2023 **Independent Living Lifestyle & Leisure** Tuesdav Wednesday Friday Saturday Sunday Monday Thursdav 7:45 LL Breakfast [AR] 7:45 III Breakfast [AR] 7:45 🛄 Breakfast [AR] 8:30 **E** Newspaper Delivery 8:30 E Newspaper Delivery 10:00 PE Virtual Exercise [SOC] 8:30 CE Newspaper Delivery 8:30 **CE** Newspaper Delivery 8:30 CE Newspaper Delivery 8:30 CE Newspaper Delivery 9:00 **[I]** Read the Sunday Paper [IL Lib] 1:30 Lunch [DR] 9:45 PE Strength & Balance [SOC] 10:00 E Strength & Balance [SOC] 10:00 PE Strength & Balance [SOC] 10:00 PE Strength & Balance [SOC] 10:00 AE Trip to WSU Museum of Art! 10:30 SS Catholic Communion [AL AR] 12:30 Puzzle Time! [GR] 10:45 A Puzzle Time! [GR] 11:00 [Shopping Trip! [IL Lob] 10:50 Tai Chi Exercise ISOCI 11:00 E Reading the Newspaper! [IL [IL Lob] 11:00 E Senior Yoga Exercise [SOC] 1:30 PE Wii Bowling! [AR] 11:30 Lunch [DR] 11:00 **E** Tech Help with Danielle! [IL Lob] 11:30 Lunch [DR] 11:30 Lunch [DR] 3:00 Manicures with WSU! [AL AR] 11:30 Lunch [DR] 12:30 AE Art Therapy! [IL Lib] 12:00 **III** Bridge [GR] 12:30 AE Puzzle Time! [GR] . 11:30 💶 Lunch [DR] 11:30 Lunch [DR] 1:45 P Wii Bowling! [AR] 1:45 Book Club! [IL Lib] 12:00 III Bridge [GR] 12:00 WSU @ UCLA (Channel 378) 1:30 SS Christian Worship Service [SOC] 2:15 **III** Bingo! [SOC] 3:00 Wine Time! [AR] 1:45 Scrabble [GR] 3:00 SS Hymn Sing! [DR] 5:30 PE After Dinner Stroll 3:30 PE Walking Club [IL Lob] 3:00 Afternoon Tea and Trivia! [AR] 12:30 AE Puzzle Time! [GR] 3:00 SS Catholic Mass [AL AR] 2:00 Make Poster for Pullman Regional 4:30 III Dinner [DR] 4:30 **U** Dinner [DR] 4:30 **III** Dinner [DR] 4:30 **U** Dinner [DR] Emergency Room Nurses) [SOC] 5:30 UPOPS Practice! [SOC] 6:00 III BP Movie Club! [SOC] 3:30 SSS Grief Support Group [IL Lib] 5:30 PE After Dinner Stroll 3:30 PE Walking Club [IL Lob] 3:30 PE Walking Club [IL Lob] 4:30 III Dinner [DR] 4:30 III Dinner [DR] 7:45 LL Breakfast [AR] Columbus Day 7:45 III Breakfast [AR] National Emergency Nurses Day! 7:45 [LI Breakfast [AR] 7:45 III Breakfast [AR] WSU vs Arizona (TBD) 8:30 E Newspaper Delivery 8:30 **1** Newspaper Delivery 8:30 CE Newspaper Delivery 8:30 EE Newspaper Delivery 7:45 Breakfast [AR] 7:45 III Breakfast [AR] 7:45 III Breakfast [AR] 9:00 E Read the Sunday Paper [IL Lib] 9:30 66 Sign Poster for Emergency 10:00 EE Strength & Balance [SOC] 10:00 E Strength & Balance [SOC] 9:30 Sign Poster for Emergency 8:30 E Newspaper Delivery 8:30 E Newspaper Delivery 10:30 SS Catholic Communion [AL AR] Nurses! [IL Lob] 10:00 E Strength & Balance [SOC] 10:50 PE Tai Chi Exercise [SOC] 11:00 **Ell Reading the Newspaper! [IL** 11:00 E Senior Yoga Exercise ISOCI Nurses! [IL Lob] 10:00 PE Virtual Exercise [SOC] 9:45 PE Strength & Balance [SOC] 11:00 New Resident Orientation-Session 1 11:30 Lunch [DR] 11:00 [Shopping Trip! [IL Lob] 11:30 [III] Lunch [DR] 11:30 🛄 Lunch [DR] 10:45 **AE Puzzle Time! [GR]** 12:30 AE Art Therapy! [IL Lib] 11:30 UL Lunch [DR] 11:30 Lunch [DR] 12:30 AE Puzzle Time! [GR] 11:30 Lunch [DR] 12:00 Bridge [GR] 1:30 SS Christian Worship Service [SOC] 12:30 A Puzzle Time! [GR] 11:30 Lunch [DR] 12:30 A Puzzle Time! [GR] 1:45 AE Baking Club! (Pumpkin Cheesecake 3:30 PE Walking Club [IL Lob] 3:00 SS LDS Music and Spoken Word Service [AL 12:00 III Bridge [GR] Muffins) [AR] 1:45 [Scrabble [GR] 1:00 SS Caregiver Support Group [IL Lib] 2:15 [Bingo! [SOC] 4:30 [II Dinner [DR] 3:00 Afternoon Tea and Trivia! [AR] 3:30 **Walking Club [IL Lob]** 1:30 P Wii Bowling! [AR] 12:00 Deliver Poster to Pullman Regional 4:30 III Tailgate Party! [SOC] 3:30 PE Walking Club [IL Lob] Emergency Department! [IL Lob] 3:00 WA/ID Symphony Outing [IL Lob] 4:30 III Dinner [DR] 3:00 Manicures with WSU! [AL AR] 4:30 Dinner [DR] 4:30 **LL** Dinner [DR] 2:00 EE Eclipse Presentation [SOC] 4:30 III Dinner [DR] 6:00 **BP Movie Club! [SOC]** 4:30 III Dinner [DR] 3:00 Wine Time! [AR] 5:00 Wild Rose Mennonites [DR] 5:30 PE After Dinner Stroll 5:30 PE After Dinner Stroll 4:30 [Dinner [DR] WSU @ Oregon (TBD) 7:45 Breakfast [AF 7:45 III Breakfast [AR] 7:45 III Breakfast [AR] 7:45 III Breakfast [AR] 7:45 TBreakfast [AR] 7:45 Breakfast [AR] 7:45 III Breakfast [AR] Sign Cards for Housekeepers! 8:30 E Newspaper Delivery 9:30 [8:30 E Newspaper Delivery 8:30 E Newspaper Delivery 8:30 EE Newspaper Delivery 8:30 E Newspaper Delivery 7:45 III Breakfast [AR] 9:00 EE Read the Sunday Paper [IL Lib] 9:45 E Strength & Balance [SOC] 10:00 E Strength & Balance [SOC] 10:00 PE Virtual Exercise [SOC] 10:00 E Strength & Balance [SOC] 8:30 Newspaper Delivery 10:30 SS Catholic Communion [AL AR] 10:00 PE Virtual Exercise [SOC] 10:45 AE Puzzle Time! [GR] 11:00 [II Shopping Trip! [IL Lob] 10:50 PE Tai Chi Exercise [SOC] 11:00 E Reading the Newspaper! [IL 11:00 PE Senior Yoga Exercise [SOC] 11:30 Lunch [DR] 11:00 E Tech Help with Danielle! [IL Lob] 11:30 Lunch [DR] 11:30 Lunch [DR] 11:30 Lunch [DR] 1:30 [III] Lunch [DR] 12:30 **AE Puzzle Time! [GR]** 11:30 Lunch [DR] 12:30 AE Art Therapy! [IL Lib] 12:00 **III Bridge [GR]** 12:30 AE Puzzle Time! [GR] 11:30 Lunch [DR] 11:30 U Out to Lunch! (Shari's) [IL Lob] 1:30 SS Christian Worship Service [SOC] 1:30 PE Wii Bowling! [AR] 1:45 Prep for Birthday Party! [SOC] 2:15 [Bingo! [SOC] 1:45 A Baking Club! (Chocolate Pumpkin 12:00 **III Bridge [GR]** 2:30 A Puzzle Time! [GR] 1:30 El Lilac Services for the Blind Presentation 3:00 Manicures with WSU! [AL AR] Cupcakes) [AR] 4:30 Dinner [DR] 3:00 [Birthday Party! [SOC] 3:30 PE Walking Club [IL Lob] 3:30 **Walking Club [IL Lob]** 2:30 Halloween Dog Costume Contest! Isoci 5:30 PE After Dinner Stroll 4:30 III Dinner [DR] 4:30 III Dinner [DR] 4:30 **III** Dinner [DR] 4:30 III Dinner [DR] 3:30 SS Grief Support Group [IL Lib] 5:30 PE After Dinner Stroll 3:00 E Afternoon Tea and Trivia! [AR] 3:30 PE Walking Club [IL Lob] 4:30 III Dinner [DR] 6:00 BP Movie Club! [SOC] 4:30 Dinner [DR] 7:45 III Breakfast [AR] 7:45 [L] Breakfast [AR] 7:45 [II] Breakfast [AR] 7:45 [Breakfast [AR] 7:45 [II] Breakfast [AR] 7:45 III Breakfast [AR] WSU @ Arizona State (TBD) 28 8:30 CE Newspaper Delivery 10:00 PE Virtual Exercise [SOC] 8:30 CE Newspaper Delivery 8:30 CE Newspaper Delivery 8:30 E Newspaper Delivery 8:30 E Newspaper Delivery 7:45 III Breakfast [AR] 10:00 Halloween Party with Building 9:45 PE Strength & Balance [SOC] 10:00 E Strength & Balance [SOC] 9:00 E Read the Sunday Paper [IL Lib] 10:00 E Strength & Balance [SOC] 11:30 Lunch [DR] 8:30 E Newspaper Delivery 10:30 SS Catholic Communion [AL AR] 12:30 AE Puzzle Time! [GR] 10:45 AE Puzzle Time! [GR] 11:00 Shopping Trip! [IL Lob] **Blocks** 11:00 E Reading the Newspaper! [IL 11:00 PE Senior Yoga Exercise [SOC] 10:00 ME Merry Minstrels! [DR] 11:30 Lunch [DR] 1:30 PR Wii Bowling! [AR] 11:30 Lunch [DR] 11:30 Lunch [DR] 11:30 🛄 Lunch [DR] 11:30 🛄 Lunch [DR] 3:00 Manicures with WSU! [AL AR] 12:00 **III** Bridge [GR] 12:30 AE Puzzle Time! [GR] 10:45 Halloween with Building Blocks 12:30 AE Art Therapy! [IL Lib] 12:30 **AE Puzzle Time! [GR]** 10:50 PE Tai Chi Exercise [SOC] 12:00 **III** Bridge [GR] 1:30 SS Christian Worship Service [SOC] 4:30 **LL** Dinner [DR] 1:45 Pi Wii Bowling! [AR] 2:15 **III Bingo! [SOC]** 3:30 PE Walking Club [IL Lob] 3:00 SS LDS Music and Spoken Word Service [AL 3:30 PE Walking Club [IL Lob] 11:30 III Lunch [DR] 1:45 [Scrabble [GR] 5:30 PE After Dinner Stroll 3:00 Wine Time! [AR] 4:30 Dinner [DR] 4:30 III Dinner [DR] 4:30 III Dinner [DR] 3:00 Halloween with Building Blocks 3:30 PE Walking Club [IL Lob] 4:30 III Dinner [DR] 4:30 Dinner [DR] 4:30 **LL** Dinner [DR] 6:00 III BP Movie Club! [SOC] 5:30 PE After Dinner Stroll 7:45 UBreakfast [AR] 7:45 LL Breakfast [AR] Halloween **Location Keys** 10:00 PE Virtual Exercise [SOC] 8:30 E Newspaper Delivery 7:45 III Breakfast [AR] 9:00 [II Read the Sunday Paper [IL Lib] 11:30 Lunch [DR] 8:30 E Newspaper Delivery AE Artistic Expression AL Activity Room AL AR 12:30 🔼 Puzzle Time! [GR] 10:00 PE Strength & Balance [SOC] 10:30 SS Catholic Communion [AL AR] 11:30 Lunch [DR] 1:30 PE Wii Bowling! [AR] 11:30 Lunch [DR] CC Community Connections **AL Dining Room** DR 3:00 Manicures with WSU! [AL AR] 815 SE Klemgard 12:30 AE Art Therapy! [IL Lib] 12:00 **III Bridge [GR] CE** Continuing Education 1:30 SS Christian Worship Service ISOCI 4:30 Dinner [DR] 1:45 PE Wii Bowling! [AR] **Activity Room** AR Pullman, WA 99163 5:30 PE After Dinner Stroll 4:30 [II Dinner [DR] 3:00 Halloween Wine Time! [AR] LL Lifestyle & Leisure 5:30 PE After Dinner Stroll 4:30 III Dinner [DR] Game Room GR 509-334-9488 PE Physical Engagement IL Library IL Lib SS Spiritual Support IL Lobby IL Lob Social Room SOC