

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>September cont'd</div> <div>30</div> <div>9:30 SS Worship Service w/ Cassandra</div> <div>10:30 PE Sunday Striders</div> <div>12:30 LL Essential Health Service</div> <div>2:30 LL piano with Jim</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div></div> <div>3502 "K" Avenue Anacortes, WA 98221 360-399-7263</div> <div>AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support</div>					<div>10:00 PE Lets Move It!! Balloon Toss and Music</div> <div>11:00 AE Arts and crafts</div> <div>12:30 LL Essential Health Service</div> <div>2:00 Afternoon Matinee</div> <div>2:30 Afternoon Stroll around the block</div> <div>3:30 LL Wheel of fortune game</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening Movie</div>
<div>2</div> <div>9:30 SS Worship Service w/ Cassandra</div> <div>10:30 PE Sunday Striders</div> <div>12:30 LL Essential Health Service</div> <div>2:30 LL Music with Steve</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>3</div> <div>10:00 PE Fifteen Minute Fitness</div> <div>10:30 CE Labor day discussion</div> <div>11:00 PE way with words</div> <div>12:30 LL Essential Health Service</div> <div>12:30 LL Labor Day BBQ</div> <div>2:30 LL Music Club</div> <div>3:00 CC Dogs on call come to visit</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>4</div> <div>10:00 PE Sit & Be Fit</div> <div>11:00 AE Bake Prep for Bake Sale</div> <div>12:30 LL Essential Health Service</div> <div>2:00 PE Garden Club</div> <div>2:30 One on ones with Nancy</div> <div>2:30 Afternoon Scenic Drive</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>5</div> <div>10:00 PE Simple Stretches and Yoga</div> <div>11:00 CE Baking for Bake Sale</div> <div>12:30 LL Essential Health Service</div> <div>2:30 LL Art Club</div> <div>3:00 PE **WALKING CLUB**</div> <div>3:30 CC Music & Dancing w/Ann</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>6</div> <div>Jens Swedish Pancake Thursday</div> <div>10:00 PE Baking for Bake Sale</div> <div>11:00 LL Scenic Drive</div> <div>12:30 LL Essential Health Service</div> <div>2:30 CE Baking for Bake Sale</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>7</div> <div>10:00 PE Fitness Fun</div> <div>11:00 AE Bake Sale Prep</div> <div>12:30 LL Essential Health Service</div> <div>1:00 Bake sale set up</div> <div>2:00 F CC Lighthouse Bake Sale</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>8</div> <div>10:00 PE Lets Move It!! Balloon Toss and Music</div> <div>11:00 AE Arts and crafts</div> <div>12:30 LL Essential Health Service</div> <div>2:00 Afternoon Matinee</div> <div>2:30 Afternoon Stroll around the block</div> <div>3:30 LL Wheel of fortune game</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening Movie</div>
<div>9</div> <div>9:30 SS Worship Service w/ Cassandra</div> <div>10:30 PE Sunday Striders</div> <div>12:30 LL Essential Health Service</div> <div>2:30 LL Music with Steve</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>10</div> <div>10:00 PE Fifteen Minute Fitness</div> <div>11:00 CE Book Club</div> <div>12:30 LL Essential Health Service</div> <div>2:00 LL Music group with Terri</div> <div>2:30 CC Meaningful Monday</div> <div>3:00 CC Dogs on call come to visit</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>11</div> <div>10:00 PE Sit & Be Fit</div> <div>11:00 AE Musical Moments</div> <div>12:30 LL Essential Health Service</div> <div>2:00 PE Garden Club</div> <div>2:30 One on ones with Nancy</div> <div>2:30 Afternoon Scenic Drive</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>12</div> <div>10:00 PE Simple Stretches and Yoga</div> <div>10:00 CE Thrift store shopping trip!</div> <div>12:30 LL Essential Health Service</div> <div>2:00 LL Communion with West Presbyterian</div> <div>3:00 PE **WALKING CLUB**</div> <div>3:30 CC Music & Dancing w/Ann</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>13</div> <div>Jens Swedish Pancake Thursday</div> <div>10:00 PE Wild Walkers</div> <div>11:00 LL Scenic Drive</div> <div>12:30 LL Essential Health Service</div> <div>2:30 CE Baking for Bake Sale</div> <div>3:00 LL Music w/Ward</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>14</div> <div>10:00 PE Fitness Fun</div> <div>11:00 AE Taste and Tell **COOKING CLUB**</div> <div>12:30 LL Essential Health Service</div> <div>2:30 Happy Hour with Don Beck</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>15</div> <div>10:00 PE Lets Move It!! Balloon Toss and Music</div> <div>11:00 AE Arts and crafts</div> <div>12:30 LL Essential Health Service</div> <div>2:00 Afternoon Matinee</div> <div>2:30 Afternoon Stroll around the block</div> <div>3:30 LL Wheel of fortune game</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening Movie</div>
<div>16</div> <div>9:30 SS Worship Service w/ Cassandra</div> <div>10:30 PE Sunday Striders</div> <div>12:30 LL Essential Health Service</div> <div>2:30 LL Guitar with Steve</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>17</div> <div>10:00 PE Fifteen Minute Fitness</div> <div>11:00 CE Book Club</div> <div>12:30 LL Essential Health Service</div> <div>2:30 LL Music Club</div> <div>3:00 CC Dogs on call come to visit</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>18</div> <div>10:00 PE Sit & Be Fit</div> <div>11:00 AE Musical Moments</div> <div>12:30 LL Essential Health Service</div> <div>2:00 PE Garden Club</div> <div>2:30 One on ones with Nancy</div> <div>2:30 Afternoon Scenic Drive</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>19</div> <div>10:00 PE Simple Stretches and Yoga</div> <div>11:00 CE Way with words</div> <div>12:30 LL Essential Health Service</div> <div>2:30 LL Art Club</div> <div>3:00 PE **WALKING CLUB**</div> <div>3:30 CC Music & Dancing w/Ann</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>20</div> <div>Jens Swedish Pancake Thursday</div> <div>10:00 PE Wild Walkers</div> <div>11:00 LL Scenic Drive</div> <div>12:30 LL Essential Health Service</div> <div>2:30 CE Make Fashion show decorations</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>21</div> <div>10:00 PE Fitness Fun</div> <div>11:00 AE Taste and Tell **COOKING CLUB**</div> <div>12:30 LL Essential Health Service</div> <div>2:30 Lighthouse Fashion show</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>22</div> <div>10:00 PE Lets Move It!! Balloon Toss and Music</div> <div>11:00 AE Arts and crafts</div> <div>12:30 LL Essential Health Service</div> <div>2:00 Afternoon Matinee</div> <div>2:30 Afternoon Stroll around the block</div> <div>3:30 LL Wheel of fortune game</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening Movie</div>
<div>23</div> <div>9:30 SS Worship Service w/ Cassandra</div> <div>10:30 PE Sunday Striders</div> <div>12:30 LL Essential Health Service</div> <div>2:30 LL piano with Jim</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>24</div> <div>10:00 PE Fifteen Minute Fitness</div> <div>11:00 CE Book Club</div> <div>12:30 LL Essential Health Service</div> <div>2:30 CC Meaningful Monday</div> <div>2:30 LL Music Club</div> <div>3:00 CC Dogs on call come to visit</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>25</div> <div>10:00 PE Sit & Be Fit</div> <div>11:00 AE Musical Moments</div> <div>12:30 LL Essential Health Service</div> <div>2:00 PE Garden Club</div> <div>2:30 One on ones with Nancy</div> <div>2:30 Afternoon Scenic Drive</div> <div>2:30 CC Resident Council Meeting</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>26</div> <div>10:00 PE Simple Stretches and Yoga</div> <div>11:00 CE Way with words</div> <div>12:30 LL Essential Health Service</div> <div>2:30 LL Art Club</div> <div>3:00 PE **WALKING CLUB**</div> <div>3:30 CC Music & Dancing w/Ann</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>27</div> <div>Jens Swedish Pancake Thursday</div> <div>10:00 PE Wild Walkers</div> <div>11:00 LL Scenic Drive</div> <div>12:30 LL Essential Health Service</div> <div>2:30 CE Balloon Toss and Music</div> <div>3:00 LL Music w/Ward</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>28</div> <div>5:00P LL Lighthouse Senior Prom</div> <div>10:00 PE Fitness Fun</div> <div>11:00 AE Taste and Tell **COOKING CLUB**</div> <div>12:30 LL Essential Health Service</div> <div>2:30 happy hour with scottie</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening yoga and simple stretches</div> <div>7:00 LL Evening Movie</div>	<div>29</div> <div>10:00 PE Lets Move It!! Balloon Toss and Music</div> <div>11:00 AE Arts and crafts</div> <div>12:30 LL Essential Health Service</div> <div>2:00 Afternoon Matinee</div> <div>2:30 Afternoon Stroll around the block</div> <div>3:30 LL Wheel of fortune game</div> <div>4:00 PE Words with Friends</div> <div>5:30 LL Essential Health Service</div> <div>6:00 CE Evening Movie</div>