<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>Lake Forest Park Outing (LB)</td>
<td>10:00</td>
<td>8:30</td>
<td>Enhance Fitness (CC)</td>
<td>8:30</td>
<td>Enhance Fitness (CC)</td>
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<tr>
<td>1:00</td>
<td>Movie: The Red Violin (MT, TT)</td>
<td>3:30</td>
<td>Six Minute Abs (CC)</td>
<td>3:30</td>
<td>Enhance Fitness (CC)</td>
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<tr>
<td>2:00</td>
<td>P-Patch Meeting (FSL)</td>
<td>10:00</td>
<td>9:35</td>
<td>Guided Meditation (MT)</td>
<td>9:35</td>
<td>Six Minute Abs (CC)</td>
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<tr>
<td>10:15</td>
<td>Coffee Chat (BR)</td>
<td>10:00</td>
<td>10:10</td>
<td>Train Your Brain (AS)</td>
<td>10:00</td>
<td>Life Changes and Transition Group (FS)</td>
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<tr>
<td>10:15</td>
<td>10:00</td>
<td>10:10</td>
<td>11:00</td>
<td>Men's Group (CR)</td>
<td>11:00</td>
<td>Grocerey Shuttle: Fred Meyer (LB)</td>
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<tr>
<td>10:15</td>
<td>10:00</td>
<td>10:10</td>
<td>11:00</td>
<td>Movie: Happy People: A Year on the Taiga (TT)</td>
<td>11:00</td>
<td>Yoga (CC)</td>
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<tr>
<td>10:15</td>
<td>10:00</td>
<td>10:10</td>
<td>11:00</td>
<td>L.E. Ticket Purchase Assistance (FSL)</td>
<td>11:00</td>
<td>Self-Reflective Meditation (MT)</td>
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<tr>
<td>10:15</td>
<td>10:00</td>
<td>10:10</td>
<td>11:00</td>
<td>Bridge or Chess (CR)</td>
<td>11:00</td>
<td>The United States Constitution (CC)</td>
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<tr>
<td>10:15</td>
<td>10:00</td>
<td>10:10</td>
<td>11:00</td>
<td>Movie: Bridge or Chess (CR)</td>
<td>11:00</td>
<td>Bridge or Chess (CR)</td>
</tr>
<tr>
<td>10:15</td>
<td>10:00</td>
<td>10:10</td>
<td>11:00</td>
<td>Meeting and Greet with Rabbi and Cantor (FSL)</td>
<td>11:00</td>
<td>Movie: In the Mood for Love (TT)</td>
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<tr>
<td>10:15</td>
<td>10:00</td>
<td>10:10</td>
<td>11:00</td>
<td>Current Events (CC)</td>
<td>11:00</td>
<td>Resident Council Business Meeting (CC)</td>
</tr>
<tr>
<td>10:15</td>
<td>10:00</td>
<td>10:10</td>
<td>11:00</td>
<td>Movie: Happy People: A Year on the Taiga (MT, TT)</td>
<td>11:00</td>
<td>12:00</td>
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<tr>
<td></td>
<td>10:15</td>
<td>10:00</td>
<td>11:00</td>
<td>Movie: In the Mood for Love (MT, TT)</td>
<td>11:00</td>
<td>Movie: Face's Place (TT)</td>
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<tr>
<td>10:15</td>
<td>10:00</td>
<td>10:10</td>
<td>11:00</td>
<td>Movie: In the Mood for Love (MT, TT)</td>
<td>11:00</td>
<td>1:00</td>
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</tbody>
</table>

**Calendar Legend**

- **GR** – Game Room (3rd Floor)
- **GL** – Garden Lobby (1st Floor)
- **GT** – Garden Terrace (3rd Floor)
- **LB** – Lobby (4th Floor)
- **Lilly’s** – (3rd Floor)
- **MT** – Theatre (3rd Floor)
- **PL** – Pool (1st Floor)
- **FR** – Private Dining Room (3rd Floor)
- **TT** – Touch Town
- **AS** – Art Studio (3rd Floor)
- **BC** – Business Center (3rd Floor)
- **BR** – Bistro (4th Floor)
- **CC** – Conference Center (4th Floor)
- **CR** – Card Room (3rd Floor)
- **CRO** – Comm. Relations Office (3rd FL)
- **FC** – Fitness Center (1st Floor)
- **FS** – Flex Space (3rd Floor)
- **FSL** – Fireside Lounge (3rd Floor)
- **Red Print** – Requires Signup
- **Bold Print** – Description in Booklet
## Sunday
- **10:00** Seahawks vs. Lions (MT, TT)
- **1:00** Movie: Judy Garland at the Palladium (TT)
- **3:30** Scrabble (CR)
- **7:45** Movie: Judy Garland at the Palladium (TT, MT, TT)

## Monday
- **8:30** Enhance Fitness (CC)
- **9:35** Six Minute Abs (CC)
- **10:30** P-Patch Meeting (FSL)
- **10:15** Coffee Chat (BR)
- **10:45** Drugstore Shuttle - Bartells (LB)
- **11:00** Early Stage Memory Loss Support Group (FS)
- **12:15** Aljoya Singers
- **1:00** Mahjong (CR)
- **3:30** Scrabble (CR)
- **7:45** Movie: The Bourne Ultimatum (MT, TT)

## Tuesday
- **8:45** Ai Chi (PL)
- **9:30** Water Walking & Weights (PL)
- **10:30** Golf Chipping (GR)
- **11:30** Yoga (CC)
- **1:00** Bridge or Chess (CR)
- **3:30** Resident Art Show - "Bloom" (CC)

## Wednesday
- **8:45** Enhance Fitness (CC)
- **9:35** Six Minute Abs (CC)
- **10:15** Coffee Chat (BR)
- **10:10** Train Your Brain (AS)
- **12:15** Women's Group (CC)
- **12:15** Women's Lunch (CC)
- **1:00** Movie: Dolores (TT)
- **1:30** Better Balance (CC)
- **3:30** Health Care at Aljoya (MC)

## Thursday
- **8:45** Ai Chi (PL)
- **9:30** Water Walking with Weights (PL)
- **11:15** Grocery Shuttle: Safeway (LB)
- **11:30** Yoga (CC)
- **1:00** Self-Led Meditation (MT)
- **1:00** Bulli Center (LB)
- **1:00** Movie: Steel Magnolias (TT)
- **4:00** Play Reading Group (CR)
- **4:15** Wii Bowling (FS)
- **7:45** Movie: Steel Magnolias (MT, TT)

## Friday
- **8:45** Enhance Fitness (CC)
- **9:35** Six Minute Abs (CC)
- **10:15** Coffee Chat (BR)
- **10:30** Watercolor 101 (AS)
- **12:00** TED Talks (MT)
- **1:00** Movie: Red Sparrow (TT)
- **3:30** Scrabble (CR)
- **4:00** Ping Pong (GL)
- **7:00** Bridge (CR)
- **7:45** Movie: A Christmas Story (TT)

## Saturday
- **11:00** Better Balance (CC)
- **1:00** Halloween Door Decorating (AS)
- **1:00** Movie: Brigsby Bear (TT)
- **3:30** Scrabble (CR)
- **4:00** Ping Pong (GL)
- **7:00** Bridge (CR)
- **7:45** Movie: Brigsby Bear (MT, TT)

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### Birthdays
- **10/1** Louis Putsche
- **10/1** Max Ward
- **10/2** Ruth McCormick
- **10/7** Judy Kneistis
- **10/8** Rita Frischer
- **10/10** Philip Culbertson
- **10/11** Nancy Pinkerton
- **10/11** Marcia Barton
- **10/12** Ken Prichard
- **10/14** Louis Mackie
- **10/17** Marian Taylor
- **10/21** Miriam Benack
- **10/28** Dona Perstein
- **10/10** Dottie Burgess
- **10/20** Patricia Van Hoozer
- **10/23** Harlean Mandell
- **10/27** Richard Jacobs
- **10/28** John Wylie
- **11/3** David Steiner
- **11/3** Edward Moore
- **11/16** Joan Frye
- **11/21** Robert Long
- **11/24** Joan Wing
- **11/27** Jeanne Kline
- **12/5** Kay Kane
- **12/12** Carol McCauley
- **12/15** Blaize McElroy
- **12/21** M. Davis
- **12/27** Marcia Burns
- **12/30** Charles Sowell
- **12/31** John Wylie