

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 Christ the King Catholic 1 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 3:00 Clip Coupon/Valiant Veterans@, C 7:00 Evening Cinema, T	9:00 FIT to Pedal@, T 2 9:30 Flowering Florists, C 11:00 Jewelry Repair, L 11:00 Chart House/Portland, O 2:00 Sunday Cider Social, C 2:30 FIT to Stretch@, 2nd 2:30 Cardio Strength, T 3:00 Game of "Big Words," C	9:00 Prayer Time w/ Pastor Berry 3 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 2:30 FIT to Stretch@, T 3:00 FIT to Be Strong@, T 4:00 Happy Hour, 7th	9:00 FIT to Pedal@, T 4 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:30 FIT to Balance@, 2nd 2:30 Guitarist Greg Ellsworth, T 4:00 Wine Wednesday, C 6:00 Violinist David, L	9:15 Better You (Pilates), T 5 9:35 Portland Spirit/ Columbia, O 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 11:00 Executive Council Meeting, PDR 2:30 FIT to Stretch@, T 3:00 FIT to Be Strong@, T	9:00 Foot Care, 1st 6 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 2:00 FIT to Balance@, T 2:30 FIT to Stretch@, 2nd 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	9:00 Bi Mart, O 10:30 Water Aerobics, P 1:00 Bingo, T 7:00 Comedy Movie Night, T
8:00 Christ the King Catholic 8 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 2:00 Sunday Scenic Drive, O 7:00 Evening Cinema, T	COLUMBUS DAY 9 9:00 FIT to Pedal@, T 9:30 Flowering Florists, C 11:15 Thai Orchid, O 2:30 FIT to Stretch@, 2nd 2:30 Cardio Strength, T 3:00 Make An Apple Pie, C	9:00 Prayer Time w/ Pastor Berry 10 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Celebration of Life, T 1:30 Avada Hearing, 7th 2:30 FIT to Stretch@, T 3:00 FIT to Be Strong@, T 4:00 Happy Hour, 7th	9:00 FIT to Pedal@, T 11 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:30 FIT to Balance@, 2nd 4:00 Wine Wednesday, C 6:00 Pianist Pablo, T	8:00 Herta Fitness Assistance, WR 12 8:30 Casino, O 9:15 Better You (Pilates), T 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 1:00 Bunny Therapy, L 2:00 Caregiver Education, PDR 2:30 FIT to Stretch@, T 3:00 FIT to Be Strong@, T	9:00 Foot Care, 1st 13 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 2:00 All Resident Meeting, T 2:00 FIT to Balance@, T 2:30 FIT to Stretch@, 2nd 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:00 Musician Nehemiah Brown, L 6:30 Dice & Dimes (LRC), C	9:30 Trader Joe's, O 10:30 Water Aerobics, P 1:00 Bingo, T 6:30 Singer Molli Paige, T
8:00 Christ the King Catholic 15 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 2:00 Sunday Sundae Social, C 7:00 Evening Cinema, T	9:00 FIT to Pedal@, T 16 9:30 Flowering Florists, C 11:00 Paris Accessories, L 11:15 Schezuan Open Kitchen/Gresham, O 2:30 Ted's Mobility Clinic, C 2:30 FIT to Stretch@, 2nd 2:30 Cardio Strength, T 3:00 Game of "Big Words," C	9:00 Prayer Time w/ Pastor Berry 17 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 2:30 FIT to Stretch@, T 3:00 FIT to Be Strong@, T 4:00 Happy Hour, 7th	9:00 FIT to Pedal@, T 18 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:30 FIT to Balance@, 2nd 2:30 Pianist Stan Lasley, T 4:00 Wine Wednesday, C 6:00 Beginners Bunco, C	9:15 Better You (Pilates), T 19 10:00 Bauman Harvest Festival, O 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 2:30 FIT to Stretch@, T 3:00 FIT to Be Strong@, T	9:00 Foot Care, 1st 20 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 2:00 Gentlemen's Club Guest Magician, 7th 2:00 FIT to Balance@, T 2:30 FIT to Stretch@, 2nd 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	9:00 Bi Mart, O 10:30 Water Aerobics, P 1:00 Bingo, T 7:00 Comedy Movie Night, T
8:00 Christ the King Catholic 22 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 2:00 Sunday Scenic Drive, O 7:00 Evening Cinema, T	9:00 FIT to Pedal@, T 23 9:30 Flowering Florists, C 11:00 Mama Mia's Italian Restaurant, O 2:30 FIT to Stretch@, 2nd 2:30 Cardio Strength, T 4:00 MP Book Club, PDR	9:00 Prayer Time w/ Pastor Berry 24 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 1:00 Watercolor w/Melissa, C 2:30 FIT to Stretch@, T 3:00 FIT to Be Strong@, T 4:00 Happy Hour, 7th	9:00 FIT to Pedal@, T 25 10:30 TED Talk Video & Discussion, T 1:00 Nondenominational Church, T 1:30 FIT to Balance@, 2nd 2:30 Jazzist David Cooley, T 4:00 Wine Wednesday, C 6:00 Beginners Bunco, C	9:15 Better You (Pilates), T 26 10:15 Catholic Communion, 7th 10:30 Water Aerobics, P 11:30 October Birthday Luncheon, D 1:00 Bunny Therapy, L 2:00 Caregiver Education, PDR 2:30 FIT to Stretch@, T 3:00 FIT to Be Strong@, T	9:00 Foot Care, 1st 27 9:00 Donuts & Trivia, C 10:00 Bean Bag Baseball, T 11:15 MP Singalong, T 2:00 FIT to Balance@, T 2:30 FIT to Stretch@, 2nd 3:30 Yoga Flex, T 4:00 Happy Hour, 7th 6:30 Dice & Dimes (LRC), C	10:00 Dollar Store, O 10:30 Water Aerobics, P 1:00 Bingo, T 7:00 Elizabeth S. Student Recital, T
29 8:00 Christ the King Catholic 9:00 St. Paul's United Methodist, O 10:00 Valley View Church \ Apostolic, O 7:00 Evening Cinema, T	30 9:00 FIT to Pedal@, T 9:30 Flowering Florists, C 1:00 Ladies Dessert Social/Speaker, T 2:30 FIT to Stretch@, 2nd 2:30 Cardio Strength, T 4:00 Halloween Bash, L	HALLOWEEN 31 9:00 Prayer Time w/ Pastor Berry 9:15 Better You (Pilates), T 10:30 Bible Study, T 10:30 Knotty Knitters, LIB 10:30 Water Aerobics, P 2:30 FIT to Stretch@, T 3:00 FIT to Be Strong@, T 4:00 Happy Hour, 7th	Locations Cafe, C Dining Room, D Dining Room Patio, DRP First Floor, 1st Library, LIB Lobby, L Meditation Garden, MG Outings, O Pool, P Private Dining Room, PDR	Second Floor, 2nd Seventh Floor/Charlie's Corner, 7th Talbert Room, T Weight Room, WR	"I like living. I have sometimes been wildly, despairingly, acutely miserable, racked with sorrow, but through it all I still know quite certainly that just to be alive is a grand thing." — Agatha Christie	