

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>EVERY SUNDAY</p> <p>*8:30am Mass (Ch.11) (Your personal TV)</p> <p>*Chaplain Kelly's Message (On your Breakfast Trays) He is happy to talk with you, he can be reached at 425-422-3257.</p>	<p>SUNRISE STORE Only one shopping appointment per month.</p> <hr/> <p>WEAR SEAHAWK COLORS ON BLUE FRIDAY AND GAME DAYS!</p>	<p>ACTIVITY LOCATIONS</p> <p>C-Cascade Dining Room P-Patio RR-Reservation Required VAC-Vaccinated Resident V-Villa W-Weather Permitting</p>	<p>HAPPY BIRTHDAY!</p> <p>Residents</p> <p>10/14 Ann S.</p> <p>Staff</p> <p>10/3 John P. 10/7 Judy J. 10/10 Rowena S.</p> <p>10/11 Debora B. 10/15 Chris T. 10/17 Kristin T. 10/27 Justin J.</p>		<p>1 BLUE FRIDAY</p> <p>1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 11:00 Fab Fit Fun-V 1:45 Outdoor visits-RR 1:45 Sunrise Store-V (By appt.) 2:00 Open Miic/Karaoke-V</p>	<p>2</p> <p>Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 10:45 Sing Along-C 1:45 Outdoor visits-RR 3:30 Bingo-C</p>
<p>3 1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor visits-RR 1:05 Seahawks vs 49ers - FOX 1:45 Outdoor visits-RR 2:00 Nondenominational Spiritual Service (Virtual) -V 4:15 Pumpkin Spice Coffee Cart</p>	<p>4 1:1 Daily Trivia & Activity Supply Cart Visits 9:30 Sensory Visits 1:1 10:30 & 3:30 Indoor Visits-RR 11:00 Fab Fit Fun-V 1:45 Outdoor visits-RR 2:00 Scrabble Slam-C 3:30 Bingo-C</p>	<p>5 1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 10:30 Scenic Drive-VAC/W 1:45 Outdoor visits-RR 2:00 John Denver Concert-C 4:00 Sensory visits 1:1</p>	<p>6 1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 11:15 Creative Hour -C 1:45 Outdoor visits-RR 2:30 Music Appreciation 1:1 3:30 Bingo</p>	<p>7 1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 11:00 Fab Fit Fun-V 1:45 Outdoor visits-RR 2:00 Pokeno-V 3:45 Apple Cider Cart 1:1 5:20 Seahawks vs Rams- FOX</p>	<p>8 BLUE FRIDAY</p> <p>1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 11:00 Fab Fit Fun-V 1:45 Outdoor visits-RR 1:45 Sunrise Store-V (By appt.) 2:00 Open Mic/Karaoke-V</p>	<p>9</p> <p>Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 10:45 Sing Along-C 1:45 Outdoor visits-RR 3:30 Bingo-C</p>
<p>10 1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor visits-RR 1:45 Outdoor visits-RR 2:00 Nondenominational Spiritual Service (Virtual) -V 4:15 Pumpkin Spice Coffee Cart</p>	<p>11 1:1 Daily Trivia & Activity Supply Cart Visits 9:30 Sensory Visits 1:1 10:30 & 3:30 Indoor Visits-RR 11:00 Fab Fit Fun-V 1:45 Outdoor visits-RR 2:00 Scrabble Slam-C 3:30 Bingo-C</p>	<p>12 1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 11:15 Wii Bowling -C 1:45 Outdoor visits-RR 2:30 Polka Dot a Pumpkin-V</p>	<p>13 1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 11:15 Horserace Board Game -C 1:45 Outdoor visits-RR 2:30 Hot Fudge Sundaes -C 3:30 Bingo</p>	<p>14 1:1 Daily Trivia & Activity Supply Cart Visits 9:30 Sensory Visits 1:1 10:30 & 3:30 Indoor Visits-RR 11:00 Fab Fit Fun-V 1:45 Outdoor visits-RR 2:00 Pokeno-V 3:45 Apple Cider Cart 1:1</p>	<p>15 BLUE FRIDAY</p> <p>1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 11:00 Fab Fit Fun-V 1:45 Outdoor visits-RR 1:45 Sunrise Store-V (By appt.) 2:00 Open Mic/Karaoke-V</p>	<p>16</p> <p>Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 10:45 Sing Along-C 1:45 Outdoor visits-RR 3:30 Bingo-C</p>
<p>17 1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor visits-RR 1:45 Outdoor visits-RR 2:00 Nondenominational Spiritual Service (Virtual) -V 4:15 Pumpkin Spice Coffee Cart 5:20 Seahawks vs Steelers - NBC</p>	<p>18 1:1 Daily Trivia & Activity Supply Cart Visits 9:30 Sensory Visits 1:1 10:30 & 3:30 Indoor Visits-RR 11:00 Fab Fit Fun-V 1:45 Outdoor visits-RR 2:00 Scrabble Slam-C 3:30 Bingo-C</p>	<p>19 1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 10:30 Scenic Drive-VAC/W 1:45 Outdoor visits-RR 2:00 Sensory visits 1:1 3:30 Wii Bowling -C</p>	<p>20 FULL MOON</p> <p>1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 11:15 Dice & Grab -C 1:45 Outdoor visits-RR 2:15 Witches Tea Party - C 3:30 Bingo -C</p>	<p>21 1:1 Daily Trivia & Activity Supply Cart Visits 9:30 Sensory Visits 1:1 11:00 Fab Fit Fun-V 1:45 Outdoor visits-RR 2:00 Pokeno-V 3:30 Indoor Visits-RR 3:45 Apple Cider Cart 1:1</p>	<p>22 BLUE FRIDAY</p> <p>1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 11:00 Fab Fit Fun-V 1:45 Outdoor visits-RR 1:45 Sunrise Store-V (By appt.) 2:00 Open Mic/Karaoke-V</p>	<p>23</p> <p>Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 10:45 Sing Along-C 1:45 Outdoor visits-RR 3:30 Bingo-C</p>
<p>24 1:1 Daily Trivia & Activity Cart 10:30 & 3:30 Indoor visits-RR 1:45 Outdoor visits-RR 2:00 Spiritual Service (Virtual)-V 4:15 Pumpkin Spice Coffee Cart</p>	<p>25 1:1 Daily Trivia & Activity Supply Cart Visits 9:30 Sensory Visits 1:1 10:30 & 3:30 Indoor Visits-RR 11:00 Fab Fit Fun-V 1:45 Outdoor visits-RR 2:30 Resident Council-V 3:30 Bingo-C 5:15 Seahawks vs Saints- ESPN</p>	<p>26 1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 10:30 Scenic Drive-VAC/W 1:45 Outdoor visits-RR 2:00 Horserace Board Game -C</p>	<p>27 1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 1:45 Outdoor visits-RR 2:30 Hot Fudge Sundaes -C 3:30 Bingo -C</p>	<p>28 1:1 Daily Trivia & Activity Supply Cart Visits 9:30 Sensory Visits 1:1 11:00 Creative Hour -C 1:45 Outdoor visits-RR 2:00 Pokeno-V 3:30 Indoor Visits-RR 3:45 Apple Cider Cart 1:1</p>	<p>29 BLUE FRIDAY</p> <p>1:1 Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 11:00 Fab Fit Fun-V 1:45 Outdoor visits-RR 2:00 Game Show Spooktacular-V</p>	<p>30</p> <p>Daily Trivia & Activity Supply Cart Visits 10:30 & 3:30 Indoor Visits-RR 10:45 Sing Along-C 1:45 Outdoor visits-RR 3:30 Bingo-C</p>
<p>31 1:1 Daily Trivia & Activity Cart 10:30 & 3:30 Indoor visits-RR 1:05 Seahawks vs Jags- CBS 1:45 Outdoor visits-RR 2:00 Spiritual Service (Virtual)-V 4:15 Pumpkin Spice Coffee Cart</p> 						