


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	9001 Lake City Way NE Seattle, WA 98115 206-729-1200	Location Keys A Tower Activity Room Memory Care	A.T. AC MC	Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well	National Homemade Cookies Day 1 9:00 Sittercise [MC] 9:30 Coffee & Current Events [MC] 10:30 Today in History 12:30 Fall Bingo 2:30 Facetime with Family 3:30 Tune into Me 6:30 Movie & Popcorn	International Coffee Day 2 9:00 Sit & Be Fit 10:15 Coffee Chat & Cookies [MC] 1:30 Pamper Your Nails [A.T.] 2:30 Afternoon Movie Matinee 3:30 Table Games of Choice 6:30 Music Relaxation	National Poetry Day 3 9:00 Sit & Be Fit 10:15 Coffee Chat & Cookies [MC] 1:30 Puzzle Table 2:30 Bowling 3:30 Gen-Narrations 6:30 Movie & Popcorn
National Taco Day 4 9:00 Sit & Be Fit 10:00 Spiritual Expressions 10:30 Coupon Clipping 11:00 Coffee, Comics & Current Events [AC] 12:30 Candy Bingo 3:00 Reminiscing 6:30 Movie & Popcorn	National Do Something Nice Day 5 9:00 Sit & Be Fit 10:15 Coffee Chat & Cookies [MC] 11:30 Fold & Sort 1:00 IN2L 2:00 Facetime with Family 3:00 Hangman 3:30 Tune into Me 6:30 Music Relaxation	National Noodle Day 6 9:00 Sittercise [MC] 9:30 Coffee & Current Events [MC] 10:30 Trivia Challenge 12:30 Candy Bingo 1:30 Dance Along Music & Motion 2:30 Facetime with Family 3:30 Creative Expressions 6:30 Movie & Popcorn	National Frappe Day 7 9:00 Sittercise [MC] 9:30 Coffee & Current Events [MC] 11:30 Expressions 12:30 Arts & Crafts 2:30 Facetime with Family 3:30 Sing A Long 6:30 Music Relaxation	National Pierogi Day 8 9:00 Sittercise [MC] 9:30 Coffee & Current Events [MC] 11:00 Card Sorting 12:30 Candy Bingo 1:00 Talk & Ball Toss 2:30 Facetime with Family 3:30 Tune into Me 6:30 Movie & Popcorn	Leif Erikson Day 9 9:00 Sit & Be Fit 10:15 Coffee Chat & Cookies [MC] 1:30 Pamper Your Nails [A.T.] 2:30 Afternoon Movie Matinee 3:30 Table Games of Choice 6:30 Music Relaxation	National Cake Decorating Day 10 9:00 Sit & Be Fit 10:15 Coffee Chat & Cookies [MC] 1:30 Puzzle Table 2:30 Bowling 3:30 Gen-Narrations 6:30 Movie & Popcorn	
National Sausage Pizza Day 11 9:00 Sit & Be Fit 10:00 Spiritual Expressions 10:30 Coupon Clipping 11:00 Coffee, Comics & Current Events [AC] 12:30 Candy Bingo 3:00 Reminiscing 6:30 Movie & Popcorn	National Pulled Pork Day 12 9:00 Sit & Be Fit 10:15 Coffee Chat & Cookies [MC] 1:00 IN2L 2:00 Facetime with Family 3:30 Balloon Volleyball 6:30 Music Relaxation	National M & M Day 13 9:00 Sittercise [MC] 9:30 Coffee & Current Events [MC] 10:30 Trivia Challenge 12:30 Candy Bingo 2:30 Facetime with Family 3:30 Poets Corner 6:30 Movie & Popcorn	National Fossil Day 14 9:00 Sittercise [MC] 9:30 Coffee & Current Events [MC] 11:00 Gen-Narrations 12:30 Arts & Crafts 2:30 Facetime with Family 3:30 IN2L 6:30 Music Relaxation	National Cheese Curd Day 15 9:00 Sittercise [MC] 9:30 Coffee & Current Events [MC] 10:30 Today in History 12:30 Candy Bingo 2:30 Facetime with Family 3:30 Balloon Volleyball 6:30 Movie & Popcorn	World Food Day 16 9:00 Sit & Be Fit 10:15 Coffee Chat & Cookies [MC] 1:30 Pamper Your Nails [A.T.] 2:30 Afternoon Movie Matinee 3:30 Table Games of Choice 6:30 Music Relaxation	National Pasta Day 17 9:00 Sit & Be Fit 10:15 Coffee Chat & Cookies [MC] 1:30 Puzzle Table 2:30 Bowling 3:30 Gen-Narrations 6:30 Movie & Popcorn	
National Chocolate Cupcake Day 18 9:00 Sit & Be Fit 10:00 Spiritual Expressions 10:30 Coupon Clipping 11:00 Coffee, Comics & Current Events [AC] 12:30 Candy Bingo 1:30 Dance Along Music & Motion 3:00 Reminiscing 6:30 Movie & Popcorn	National New Friends Day 19 9:00 Sit & Be Fit 10:15 Coffee Chat & Cookies [MC] 1:00 IN2L 2:00 Facetime with Family 3:00 Hangman 6:30 Music Relaxation	International Sloth Day 20 9:00 Sittercise [MC] 9:30 Coffee & Current Events [MC] 10:30 Trivia Challenge 12:30 Candy Bingo 2:30 Facetime with Family 6:30 Movie & Popcorn	National Apple Day 21 9:00 Sittercise [MC] 9:30 Coffee & Current Events [MC] 11:00 Gen-Narrations 12:30 Arts & Crafts 2:30 Facetime with Family 3:30 IN2L 6:30 Music Relaxation	National Nut Day 22 9:00 Sittercise [MC] 9:30 Coffee & Current Events [MC] 12:30 Candy Bingo 1:00 Talk & Ball Toss 2:30 Facetime with Family 6:30 Movie & Popcorn	National Boston Cream Pie Day 23 9:00 Sit & Be Fit 10:15 Coffee Chat & Cookies [MC] 1:30 Pamper Your Nails [A.T.] 2:30 Afternoon Movie Matinee 3:30 Table Games of Choice 6:30 Music Relaxation	National Bologna Day 24 9:00 Sit & Be Fit 10:15 Coffee Chat & Cookies [MC] 1:30 Puzzle Table 2:30 Bowling 3:30 Gen-Narrations 6:30 Movie & Popcorn	
National Greasy Foods Day 25 9:00 Sit & Be Fit 10:00 Spiritual Expressions 10:30 Coupon Clipping 11:00 Coffee, Comics & Current Events [AC] 12:30 Candy Bingo 3:00 Reminiscing 6:30 Movie & Popcorn	National Chicken Fried Steak Day 26 9:00 Sit & Be Fit 10:15 Coffee Chat & Cookies [MC] 1:00 IN2L 2:00 Facetime with Family 3:30 Balloon Volleyball 6:30 Music Relaxation	National American Beer Day 27 9:00 Sittercise [MC] 9:30 Coffee & Current Events [MC] 10:30 Trivia Challenge 12:30 Candy Bingo 2:30 Facetime with Family 3:30 Poets Corner 6:30 Movie & Popcorn	National Chocolate Day 28 9:00 Sittercise [MC] 9:30 Coffee & Current Events [MC] 11:00 Gen-Narrations 12:30 Arts & Crafts 2:30 Facetime with Family 3:30 IN2L 6:30 Music Relaxation	National Oatmeal Day 29 9:00 Sittercise [MC] 9:30 Coffee & Current Events [MC] 10:30 Today in History 12:30 Candy Bingo 2:30 Facetime with Family 3:30 Balloon Volleyball 6:30 Movie & Popcorn	National Breadstick Day 30 9:00 Sit & Be Fit 10:15 Coffee Chat & Cookies [MC] 1:00 Halloween Costume Party 1:30 Dance Along Music & Motion 1:30 Pamper Your Nails [A.T.] 2:00 Halloween Costume Party 2:30 Afternoon Movie Matinee 3:30 Table Games of Choice 6:30 Music Relaxation	National Greasy Foods Day 31 9:00 Sit & Be Fit 10:15 Coffee Chat & Cookies [MC] 1:30 Puzzle Table 2:30 Bowling 3:30 Gen-Narrations 6:30 Movie & Popcorn	