



October 2026

****Activities are subject to change. Please see Week at a Glance and Daily Schedules for changes and additional details on events.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	T: Theater HR: Humboldt Room F: Foyer CS: Cedar & Stream R: Rooftop FC: Fitness Center YR: Yoga Room			10:30 am Fitness Class, T 12:30 pm Mahjong, HR 3:00 pm Live Music with Kim McGuire & David Joyner, HR 4:00 pm Happy Hour, Bar 7:00 pm "Write Your Life Story" with Judy Weaver, HR 1	8:00 am Walking Group, Foyer 10:00 am Great Courses, T 11:00 am Echelon Mirror Exercises: Guided Meditation, Yoga Room 1:00 pm Quiet Game Afternoon, Humboldt Room 2:00 pm Guest Speaker Drs Jeff Binstock & Kim Styles, T 2	3
1:25 pm Seahawks vs. Chargers, T 4	10:00 am Great Courses, T 11:00 pm Continuing Care Talk with Heidi & Angelique, T 11:00 am Echelon Mirror Exercises: Total Body Mobility, Yoga Room 1:00 pm Brain Games, HR 2:00 pm Open House 5	9:15 am Great Courses, T 10:30 am Fitness Class, T 1:00 pm Social Game Afternoon, Humboldt Room 3:00 pm Guest Speaker Resident John Batjer: Apples, T 4:00 pm Short Story Group, HR 7:00 pm Resident Council Meeting, HR 6	10:00 am Great Courses 11:00 am Echelon Mirror Exercises: Zumba, YR 12:00 pm Excursion: Parklane Gallery, Foyer 7	9:15 am Great Courses, T 10:30 am Fitness Class, T 12:30 pm Mahjong, HR 3:00 pm Performer Debbie Dimitre, Theater 4:00 pm Sip & Social, HR 7:00 pm "Write Your Life Story" with Judy Weaver, HR 8	8:00 am Walking Group, Foyer 10:00 am Great Courses, T 11:00 am Echelon Mirror Exercises: Guided Meditation, Yoga Room 1:00 pm Quiet Game Afternoon, Humboldt Room 2:00 pm Guest Speaker Bruce Balick, T 9	3:00 pm Paint & Sip, HR 6:45 pm Movie Night, T 10
1:25 pm Seahawks vs. 49ers, T 11	HAPPY BIRTHDAY PETE TRACY! 10:00 am Great Courses, T 11:00 am Echelon Mirror Exercises: Total Body Mobility, Yoga Room 1:00 pm Brain Games, HR 2:00 pm Popcorn Social, HR 12	9:15 am Great Courses, T 10:30 am Fitness Class, T 1:00 pm Social Game Afternoon, Humboldt Room 3:00 pm Guest Speaker Lance Rhoades, Theater 4:00 pm Short Story Group, Humboldt Room 13	10:00 am Great Courses, T 11:00 am Echelon Mirror Exercises: Zumba, YR 2:00 pm Oktoberfest Celebration, HR 7:00 pm Movie Night, T 14	9:15 am Great Courses, T 10:30 am Fitness Class, T 1:00 pm Guest Speaker Molly Melching, Theater 3:00 pm Resident Update Meeting, Cedar & Stream 4:00 pm Happy Hour, Bar 5:15 pm Seahawks vs. Broncos, T 7:00 pm "Write Your Life Story" with Judy Weaver, HR 15	8:00 am Walking Group, Foyer 10:00 am Great Courses, T 11:00 am Echelon Mirror Exercises: Guided Meditation, YR 1:00 pm Quiet Game Afternoon, Humboldt Room 2:00 pm Guest Speaker Nga Tran, Theater 16	17
18	10:00 am Great Courses, Theater 11:00 am Echelon Mirror Exercises: Total Body Mobility, Yoga Room 1:00 pm Brain Games, Humboldt Room 19	9:15 am Great Courses, T 10:30 am Fitness Class, T 1:00 pm Social Game Afternoon, Humboldt Room 3:00 pm Guest Speaker Resident Polly Aird, T 4:00 pm Short Story Group, Humboldt Room 20	10:00 am Great Courses 11:00 am Echelon Mirror Exercises: Zumba, YR 12:00 pm Excursion: Point Defiance Zoo Trolls, Foyer 21	9:15 am Great Courses, T 10:30 am Fitness Class, T 12:30 pm Mahjong, HR 3:00 pm Live Music with Chris Anderson, HR 4:00 pm Sip & Social, HR 7:00 pm "Write Your Life Story" with Judy Weaver, HR 22	8:00 am Walking Group, Foyer 10:00 am Great Courses, T 11:00 am Echelon Mirror Exercises: Guided Meditation, YR 1:00 pm Quiet Game Afternoon, Humboldt Room 3:00 pm Live Music with the Seattle Chamber Music Society, Humboldt Room 23	6:45 pm Movie Night, T 24
5:20 pm Seahawks vs. Chiefs, T 25	10:00 am Great Courses, T 11:00 am Echelon Mirror Exercises: Total Body Mobility, Yoga Room 1:00 pm Brain Games, HR 1:30 pm Spooky Bingo, HR 3:00 pm Book Club, HR 26	9:15 am Great Courses, T 10:30 am Fitness Class, T 1:00 pm Social Game Afternoon, Humboldt Room 3:00 pm Guest Speaker David Joyner, Theater 4:00 pm Short Story Group, HR 27	10:00 am Great Courses, T 11:00 am Echelon Mirror Exercises: Zumba, YR 3:00 pm Spooky Tea Party, Humboldt Room 7:00 pm Spooky Movie Night, Theater 28	9:15 am Great Courses, T 10:30 am Fitness Class, T 12:30 pm Mahjong, HR 4:00 pm Happy Hour, Bar 7:00 pm "Write Your Life Story" with Judy Weaver, Humboldt Room 29	8:00 am Walking Group, Foyer 10:00 am Great Courses, T 11:00 am Echelon Mirror Exercises: Guided Meditation, Yoga Room 12:30 pm Quiet Game Afternoon, Humboldt Room 2:00 pm Pumpkin Painting, HR 3:00 pm Halloween Trivia, T 3:30 pm Costume Contest, HR 30	HALLOWEEN 31