

SUN

MON

TUE

WED

THUR

FRI

SAT



**1**  
 9:30 AM Tea and Muffin W/ Current Event (library)  
 10:00 AM Trivia (library)  
 11:00 AM Tai Chi (Commons)  
 2:30 PM Pets n Pals Visit (library)  
 3:00 PM Afternoon Social (library)  
 7:15 PM Recital Violin and viola with piano (Commons)  
 7:15 PM Grand Oaks Cinema (Commons)

**2**  
 9:30 AM Tea and Muffin (library)  
 11:00 AM Tai Chi (Commons)  
 11:00 AM Tech Support With Jordan  
 1:30 PM Scenic Van Ride  
 3:00 PM Hor d'oeuvres & Riddles With Jordan (library)  
 4:00 PM Word Find (library)  
 7:15 PM Grand Oaks Cinema presents a Musical (Commons)

**3**  
 9:30 AM Coffee and News (The Library)  
 10:00 AM Seated Boot Camp w/ Owen (Commons)  
 11:00 AM Mini Facial and Makeup-By Bobbi Brown (Commons)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Sip and Paint (clubroom)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Arts & Crafts (clubroom)  
 3:45 PM Dominoes (clubroom)  
 4:00 PM Meditation and Mindfulness (Commons)  
 7:15 PM Movie Night

**4**  
 9:00 AM Senior Bingo Lunch Cruise (Spirit of Washington)  
 9:15 AM Tea and Muffin (library)  
 11:00 AM Tai Chi (Commons)  
 11:30 AM Lunch Bunch Outing (Black Salt Restaurant)  
 1:00 PM Tai Chi w/ Thomas (Oasis)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (clubroom)  
 3:30 PM Brain Fitness (library)  
 4:00 PM Catholic Rosary (Chapel)  
 7:15 PM Grand Oaks Cinema Presents (Commons)

**5**  
 9:30 AM Trivia, Tea and Muffin (library)  
 11:00 AM Morning Exercise w/ Legacy (Commons)  
 1:30 PM Shopping Trip (Meet in the lobby)  
 2:00 PM Pokeno (clubroom)  
 2:45 PM Jewish Service (Oasis)  
 3:30 PM Happy Hour w/ Music by Old Dominion Trio  
 7:15 PM Friday Night Flick (Commons)

**6**  
 10:00 AM Morning Exercise  
 11:00 AM Balloon Tennis  
 1:15 PM Saturday Afternoon Baby Hats Club (library)  
 1:45 PM Opera (Commons)  
 2:15 PM Saturday Afternoon Walking Club  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (The Clubroom)  
 7:15 PM Grand Oaks Cinema presents (commons movie Area)

**7**  
 10:00 AM Shuttle to Our Lady of Victory (Meet in the lobby)  
 10:00 AM Sit and Fit with Personal Trainer Jordan (Commons)  
 10:00 AM Sunday Morning Post with Tea and Muffins (library)  
 11:00 AM Sunday Morning Worship Service (Chapel)  
 11:15 AM Sunday Morning Word Find (The Library)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Symphony (Commons)  
 2:15 PM Walking Club (meet in the library)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (Club Room)  
 7:15 PM Grand Oaks Cinema presents

**8**  
 9:30 AM Tea and Muffin W/ Current Event (library)  
 10:00 AM Trivia (library)  
 11:00 AM Tai Chi (Commons)  
 3:00 PM Afternoon Social (library)  
 4:00 PM Grand Oaks Speaker Series (Commons)  
 7:15 PM Grand Oaks Cinema (Commons)

**9**  
 9:30 AM Tea and Muffin (library)  
 10:00 AM Pumpkin Patch at Butlers Orchard  
 11:00 AM Tai Chi (Commons)  
 11:00 AM Tech Support With Jordan  
 1:30 PM Scenic Van Ride  
 3:00 PM Hor d'oeuvres & Riddles With Jordan (library)  
 4:00 PM Word Find (library)  
 7:15 PM Grand Oaks Cinema presents a Musical (Commons)

**10**  
 9:30 AM Coffee and News (The Library)  
 10:00 AM Seated Boot Camp w/ Owen (Commons)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Sip and Paint (clubroom)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Arts & Crafts (clubroom)  
 3:45 PM Dominoes (clubroom)  
 4:00 PM Meditation and Mindfulness (Commons)  
 7:15 PM Movie Night

**11**  
 9:15 AM Tea and Muffin (library)  
 11:00 AM Sit and Fit Exercise (Commons)  
 1:00 PM Tai Chi w/ Thomas (Oasis)  
 3:00 PM Afternoon Social (library)  
 3:00 PM Parkinson's support group Meeting (Commons)  
 3:30 PM Pokeno (clubroom)  
 4:00 PM Catholic Rosary (Chapel)  
 7:15 PM Grand Oaks Cinema Presents (Commons)

**12**  
 9:30 AM Trivia, Tea and Muffin (library)  
 11:00 AM Morning Exercise w/ Legacy (Commons)  
 1:30 PM Shopping Trip (Meet in the lobby)  
 1:30 PM Afternoon Matinee (Commons)  
 2:00 PM Pokeno (clubroom)  
 3:30 PM Happy Hour w/ Music by Kevin and Lena  
 7:15 PM Friday Night Flick (Commons)

**13**  
 10:00 AM Morning Exercise  
 11:00 AM Balloon Tennis  
 1:15 PM Saturday Afternoon Baby Hats Club (library)  
 1:45 PM Opera (Commons)  
 2:15 PM Saturday Afternoon Walking Club  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (The Clubroom)  
 7:15 PM Grand Oaks Cinema presents (commons movie Area)

**14**  
 10:00 AM Shuttle to Our Lady of Victory (Meet in the lobby)  
 10:00 AM Sit and Fit with Personal Trainer Jordan (Commons)  
 10:00 AM Sunday Morning Post with Tea and Muffins (library)  
 11:00 AM Sunday Morning Worship Service (Chapel)  
 11:15 AM Sunday Morning Word Find (The Library)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Symphony (Commons)  
 2:15 PM Walking Club (meet in the library)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (Club Room)  
 7:15 PM Grand Oaks Cinema presents

**15**  
 9:30 AM Tea and Muffin W/ Current Event (library)  
 10:00 AM Trivia (library)  
 11:00 AM Tai Chi (Commons)  
 2:00 PM Art Lecture With Roshna (Commons)  
 3:00 PM Afternoon Social (library)  
 7:15 PM Grand Oaks Cinema (Commons)

**16**  
 9:30 AM Tea and Muffin (library)  
 11:00 AM Tai Chi (Commons)  
 11:00 AM Tech Support With Jordan  
 1:30 PM Scenic Van Ride  
 2:00 PM Activities to Go Presentation (Commons)  
 3:00 PM Hor d'oeuvres & Riddles With Jordan (library)  
 4:00 PM Word Find (library)  
 7:15 PM Grand Oaks Cinema presents a Musical (Commons)

**17**  
 9:30 AM Coffee and News (The Library)  
 10:00 AM Seated Boot Camp w/ Owen (Commons)  
 11:00 AM Resident Council Meeting (Commons)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Sip and Paint (clubroom)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Arts & Crafts (clubroom)  
 3:45 PM Dominoes (clubroom)  
 4:00 PM Meditation and Mindfulness (Commons)  
 7:15 PM Movie Night

**18**  
 9:15 AM Tea and Muffin (library)  
 10:00 AM Avalon Theater Movie Outing  
 11:00 AM Tai Chi (Commons)  
 1:00 PM Tai Chi w/ Thomas (Oasis)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Brain Fitness (library)  
 4:00 PM Catholic Rosary (Chapel)  
 7:15 PM Grand Oaks Cinema Presents (Commons)

**19**  
 9:30 AM Trivia, Tea and Muffin (library)  
 11:00 AM Morning Exercise w/ Legacy (Commons)  
 1:30 PM Shopping Trip (Meet in the lobby)  
 2:00 PM Pokeno (clubroom)  
 2:45 PM Jewish Service (Oasis)  
 3:30 PM Happy Hour w/ Music by Darrin Carter (Commons)  
 7:15 PM Friday Night Flick (Commons)

**20**  
 10:00 AM Morning Exercise  
 11:00 AM Balloon Tennis  
 1:15 PM Saturday Afternoon Baby Hats Club (library)  
 1:45 PM Opera (Commons)  
 2:15 PM Saturday Afternoon Walking Club  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (The Clubroom)  
 7:15 PM Grand Oaks Cinema presents (commons movie Area)

**21**  
 10:00 AM Shuttle to Our Lady of Victory (Meet in the lobby)  
 10:00 AM Sit and Fit with Personal Trainer Jordan (Commons)  
 10:00 AM Sunday Morning Post with Tea and Muffins (library)  
 11:00 AM Sunday Morning Worship Service (Chapel)  
 11:15 AM Sunday Morning Word Find (The Library)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Symphony (Commons)  
 2:15 PM Walking Club (meet in the library)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (Club Room)  
 7:15 PM Grand Oaks Cinema presents

**22**  
 9:30 AM Tea and Muffin W/ Current Event (library)  
 10:00 AM Trivia (library)  
 11:00 AM Tai Chi (Commons)  
 2:00 PM Blackjack (library)  
 3:00 PM Afternoon Social (library)  
 7:15 PM Grand Oaks Cinema (Commons)

**23**  
 9:30 AM Tea and Muffin (library)  
 11:00 AM Tai Chi (Commons)  
 11:00 AM Tech Support With Jordan  
 1:30 PM Scenic Van Ride  
 3:00 PM Hor d'oeuvres & Riddles With Jordan (library)  
 4:00 PM Word Find (library)  
 7:15 PM Grand Oaks Cinema presents a Musical (Commons)

**24**  
 9:30 AM Coffee and News (The Library)  
 10:00 AM Seated Boot Camp w/ Owen (Commons)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Sip and Paint (clubroom)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Arts & Crafts (clubroom)  
 3:45 PM Dominoes (clubroom)  
 4:00 PM Meditation and Mindfulness (Commons)  
 7:15 PM Movie Night

**25**  
 9:15 AM Tea and Muffin (library)  
 11:00 AM Tai Chi (Commons)  
 1:00 PM Tai Chi w/ Thomas (Oasis)  
 2:00 PM Beading Class (Club Room)  
 3:00 PM Focus Group on Aging (Commons)  
 3:00 PM Afternoon Social (library)  
 4:00 PM Catholic Rosary (Chapel)  
 4:00 PM Pokeno (clubroom)  
 7:15 PM Grand Oaks Cinema Presents (Commons)

**26**  
 9:30 AM Trivia, Tea and Muffin (library)  
 11:00 AM Morning Exercise w/ Legacy (Commons)  
 1:30 PM Shopping Trip (Meet in the lobby)  
 1:30 PM Afternoon Matinee (Commons)  
 2:00 PM Pokeno (clubroom)  
 3:30 PM Happy Hour W/ steel drum band (Commons)  
 7:15 PM Friday Night Flick (Commons)

**27**  
 10:00 AM Morning Exercise  
 11:00 AM Balloon Tennis  
 1:15 PM Saturday Afternoon Baby Hats Club (library)  
 1:45 PM Opera (Commons)  
 2:00 PM Classical Piano Performance (library)  
 2:15 PM Saturday Afternoon Walking Club  
 3:00 PM Afternoon Social (library)  
 7:15 PM Grand Oaks Cinema presents (commons movie Area)

**28**  
 10:00 AM Shuttle to Our Lady of Victory (Meet in the lobby)  
 10:00 AM Sit and Fit with Personal Trainer Jordan (Commons)  
 10:00 AM Sunday Morning Post with Tea and Muffins (library)  
 11:00 AM Sunday Morning Worship Service (Chapel)  
 11:15 AM Sunday Morning Word Find (The Library)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Symphony (Commons)  
 2:15 PM Walking Club (meet in the library)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (Club Room)  
 7:15 PM Grand Oaks Cinema presents

**29**  
 9:30 AM Tea and Muffin W/ Current Event (library)  
 10:00 AM Trivia (library)  
 11:00 AM Tai Chi (Commons)  
 3:00 PM Afternoon Social (library)  
 7:15 PM Grand Oaks Cinema (Commons)

**30**  
 9:30 AM Tea and Muffin (library)  
 11:00 AM Tai Chi (Commons)  
 11:00 AM Tech Support With Jordan  
 12:00 PM Monthly Birthday Lunch (clubroom)  
 1:30 PM Scenic Van Ride  
 3:00 PM Hor d'oeuvres & Riddles With Jordan (library)  
 4:00 PM Word Find (library)  
 7:15 PM Grand Oaks Cinema presents a Musical (Commons)

**31**  
 9:30 AM Coffee and News (The Library)  
 10:00 AM Seated Boot Camp w/ Owen (Commons)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Sip and Paint (clubroom)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Arts & Crafts (clubroom)  
 3:45 PM Dominoes (clubroom)  
 4:00 PM Meditation and Mindfulness (Commons)  
 7:15 PM Movie Night

**BOBBI BROWN**  
 Mini Facial and Makeup  
 Wednesday, October 3  
 11:00am-4:00pm  
 In the Commons

**SPIRIT OF WASHINGTON**  
 Super Senior Lunch Cruise  
 Thursday, October 4

Please Note: All events and activities are subject to change

**October 2018**  
 Assisted Living

