

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



10200 Harbour Place
Mukilteo, WA 98275
425-493-8555

Location Keys
Fitness Center FC
Media Room MR
Private Dining Room PDR

- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

<p>National Cinnamon Bun Day 4</p> <p>10:00 Catholic Mass Live Stream St. Magdalen</p> <p>10:00 Grab and Go Hand Crafted Cards Kits</p> <p>10:00 Seahawks vs Dolphins FOX [MR]</p> <p>10:00 Seated Exercise Class</p> <p>10:30 Open Door Baptist Live Stream Service [MR]</p> <p>10:45 Supervised Fitness Center With Core Strengthening [FC]</p> <p>1:30 Seated Exercise Class</p> <p>2:30 Movie Matinee "Chicago"</p> <p>2:45 Supervised Fitness Center With Core Strengthening [FC]</p> <p>3:30 Drop In Poker Group</p>	<p>National Do Something Nice Day 5</p> <p>Transportation Medical Appointments North</p> <p>10:00 Seated Exercise Class</p> <p>10:45 Scenic Walk</p> <p>1:30 GoSeniorFitness MEDITATION [MR]</p> <p>2:30 Fall Crafts with Regena</p> <p>2:30 Wii Sports Bowling (Limit 2 Residents)</p> <p>3:00 Drop In Yahtzee (open to 4 residents)</p>	<p>National Mad Hatter Day 6</p> <p>10:00 Seated Exercise Class (Limit of 10 residents)</p> <p>10:45 Supervised Fitness Core/Hand Strengthening</p> <p>1:30 Chair Exercise Class [MR]</p> <p>1:30 Flu Shot Clinic</p> <p>2:45 Supervised Fitness Core/Hand Strengthening</p> <p>3:30 Candy Bingo with Chad (10 Residents) [MR]</p> <p>4:00 Let's Play Spades</p>	<p>National Chocolate Pretzel Day 7</p> <p>10:00 Seated Exercise Class</p> <p>10:30 Wii Sports Bowling [MR]</p> <p>1:00 Movie Matinee with Popcorn "We Are Marshall" [MR]</p> <p>1:30 Seated Exercise Class</p> <p>2:30 Hallway Happy Hour</p> <p>6:00 2020 Vice President Debate [MR]</p>	<p>National Home Baked Cookie Day 1</p> <p>Transportation Medical Appointments South</p> <p>10:00 Chair Exercise Class</p> <p>10:45 Supervised Fitness Center With Core/Hand Strengthening</p> <p>1:30 GoSeniorFitness TAI CHI [MR]</p> <p>2:00 Rummikub</p> <p>2:45 Supervised Fitness Center With Core Strengthening</p> <p>3:30 Candy Bingo with Chad (Limit to 10 Residents) [MR]</p> <p>4:00 Drop In Cribbage</p>	<p>2</p> <p>10:00 Chair Exercise Class</p> <p>11:00 TED Talk "Sloths! The Strange Life of the Worlds Slowest Mammal" [MR]</p> <p>1:30 Chair Exercise Class</p> <p>2:00 Skipbo Card Game</p> <p>2:30 Virtual Tour Rijksmuseum - Amsterdam [MR]</p>	<p>3</p> <p>Alzheimer's Virtual Walk</p> <p>9:15 A Stretch with Pam</p> <p>1:30 Chair Exercise Class Resident Led Today</p> <p>3:00 Drop In Scrabble</p> <p>5:15 Saturday Evening Movie "Chicago"</p>
<p>11</p> <p>10:00 Catholic Mass Live Stream St. Magdalen</p> <p>10:00 Grab and Go Hand Crafted Cards Kits</p> <p>10:00 Seated Exercise Class</p> <p>10:30 Open Door Baptist Live Stream Service [MR]</p> <p>10:45 Supervised Fitness Center With Core Strengthening [FC]</p> <p>1:00 Movie Matinee "Ocean's 12"</p> <p>1:30 Seated Exercise Class</p> <p>2:45 Supervised Fitness Center With Core Strengthening [FC]</p> <p>3:30 Drop In Poker Group</p> <p>5:15 Seahawks vs Vikings NBC [MR]</p>	<p>Columbus Day 12</p> <p>Transportation Medical Appointments North</p> <p>10:00 Seated Exercise Class</p> <p>10:45 Scenic Walk</p> <p>1:30 GoSeniorFitness MEDITATION [MR]</p> <p>2:30 Halloween Crafts with Regena</p> <p>2:30 Wii Sports Bowling (Limit 2 Residents)</p> <p>3:00 Drop In Yahtzee (open to 4 residents)</p>	<p>13</p> <p>10:00 Seated Exercise Class (Limit of 10 residents)</p> <p>10:45 Supervised Fitness Core/Hand Strengthening</p> <p>1:30 Chair Exercise Class</p> <p>2:30 Brain Games</p> <p>2:45 Supervised Fitness Core/Hand Strengthening</p> <p>3:30 Candy Bingo with Chad (10 Residents) [MR]</p> <p>4:00 Let's Play Spades</p>	<p>Claire B. Birthday 14</p> <p>10:00 Seated Exercise Class</p> <p>10:30 Wii Sports Bowling [MR]</p> <p>1:00 Movie Matinee with Popcorn "Crazy, Stupid, Love" [MR]</p> <p>1:30 Seated Exercise Class</p> <p>2:30 Hallway Happy Hour</p>	<p>National I Love Lucy Day 15</p> <p>Transportation Medical Appointments South</p> <p>10:00 Chair Exercise Class</p> <p>10:30 I Love Lucy [MR]</p> <p>10:45 Supervised Fitness Center With Core/Hand Strengthening</p> <p>1:30 GoSeniorFitness TAI CHI [MR]</p> <p>2:00 Rummikub</p> <p>2:45 Supervised Fitness Center With Core Strengthening</p> <p>3:30 Candy Bingo with Chad (Limit to 10 Residents) [MR]</p> <p>4:00 Drop In Cribbage</p> <p>6:00 2020 Presidential Debate [MR]</p>	<p>National Bosses Day 16</p> <p>National Dictionary Day</p> <p>10:00 Chair Exercise Class</p> <p>11:00 TED Talk "Street Art" [MR]</p> <p>1:30 Chair Exercise Class</p> <p>2:00 Skipbo Card Game</p> <p>2:30 Dictionary Game [MR]</p>	<p>17</p> <p>9:15 A Stretch with Pam</p> <p>1:30 Chair Exercise Class Resident Led Today</p> <p>3:00 Drop In Scrabble</p> <p>5:15 Saturday Evening Movie "Enemy of the State"</p>
<p>18</p> <p>10:00 Catholic Mass Live Stream St. Magdalen</p> <p>10:00 Grab and Go Hand Crafted Cards Kits</p> <p>10:00 Seated Exercise Class</p> <p>10:30 Open Door Baptist Live Stream Service [MR]</p> <p>10:45 Supervised Fitness Center With Core Strengthening [FC]</p> <p>1:00 Movie Matinee "Enemy of the State"</p> <p>1:30 Seated Exercise Class</p> <p>2:45 Supervised Fitness Center With Core Strengthening [FC]</p> <p>3:30 Drop In Poker Group</p>	<p>19</p> <p>Transportation Medical Appointments North</p> <p>10:00 Seated Exercise Class</p> <p>10:45 Scenic Walk</p> <p>1:30 GoSeniorFitness MEDITATION [MR]</p> <p>2:30 Wii Sports Bowling (Limit 2 Residents)</p> <p>3:00 Drop In Yahtzee (open to 4 residents)</p>	<p>20</p> <p>10:00 Seated Exercise Class (Limit of 10 residents)</p> <p>10:45 Supervised Fitness Core/Hand Strengthening</p> <p>1:30 Chair Exercise Class</p> <p>2:45 Supervised Fitness Core/Hand Strengthening</p> <p>3:30 Candy Bingo with Chad (10 Residents) [MR]</p> <p>4:00 Let's Play Spades</p>	<p>National Pumpkin Cheesecake Day 21</p> <p>10:00 Seated Exercise Class</p> <p>10:30 Wii Sports Bowling [MR]</p> <p>1:30 Seated Exercise Class</p> <p>2:30 Hallway Happy Hour</p> <p>3:30 Dementia Support Group Caregiver Burnout [MR]</p>	<p>22</p> <p>Transportation Medical Appointments South</p> <p>10:00 Chair Exercise Class</p> <p>10:45 Supervised Fitness Center With Core/Hand Strengthening</p> <p>1:30 GoSeniorFitness TAI CHI [MR]</p> <p>2:00 Rummikub</p> <p>2:45 Supervised Fitness Center With Core Strengthening</p> <p>3:30 Candy Bingo with Chad (Limit to 10 Residents) [MR]</p> <p>4:00 Drop In Cribbage</p> <p>6:00 2020 Presidential Debate [MR]</p>	<p>23</p> <p>10:00 Chair Exercise Class</p> <p>11:00 November Birthday Lunch [PDR]</p> <p>1:30 Chair Exercise Class</p> <p>2:00 Skipbo Card Game</p>	<p>24</p> <p>9:15 A Stretch with Pam</p> <p>1:30 Chair Exercise Class Resident Led Today</p> <p>3:00 Drop In Scrabble</p> <p>5:15 Saturday Evening Movie "Serving Sara"</p>
<p>25</p> <p>10:00 Catholic Mass Live Stream St. Magdalen</p> <p>10:00 Grab and Go Hand Crafted Cards Kits</p> <p>10:00 Seated Exercise Class</p> <p>10:30 Open Door Baptist Live Stream Service [MR]</p> <p>10:45 Supervised Fitness Center With Core Strengthening [FC]</p> <p>1:00 Seahawks vs Cardinals FOX [MR]</p> <p>1:30 Seated Exercise Class</p> <p>2:45 Supervised Fitness Center With Core Strengthening [FC]</p> <p>3:30 Drop In Poker Group</p>	<p>26</p> <p>Transportation Medical Appointments North</p> <p>10:00 Seated Exercise Class</p> <p>10:45 Scenic Walk</p> <p>1:30 GoSeniorFitness MEDITATION [MR]</p> <p>2:30 Halloween Craft with Regena</p> <p>2:30 Wii Sports Bowling (Limit 2 Residents)</p> <p>3:00 Drop In Yahtzee (open to 4 residents)</p>	<p>National American Beer Day 27</p> <p>Thomas R. Birthday</p> <p>10:00 Seated Exercise Class (Limit of 10 residents)</p> <p>10:45 Supervised Fitness Core/Hand Strengthening</p> <p>1:30 Chair Exercise Class</p> <p>2:45 Supervised Fitness Core/Hand Strengthening</p> <p>3:30 Candy Bingo with Chad (10 Residents) [MR]</p> <p>4:00 Let's Play Spades</p>	<p>National Chocolate Day 28</p> <p>10:00 Seated Exercise Class</p> <p>10:30 Wii Sports Bowling [MR]</p> <p>1:00 Movie Matinee with Popcorn "Step Brothers" [MR]</p> <p>1:30 Seated Exercise Class</p> <p>2:30 Hallway Happy Hour</p>	<p>National Stroke Awareness Day 29</p> <p>Transportation Medical Appointments South</p> <p>10:00 Chair Exercise Class</p> <p>10:45 Supervised Fitness Center With Core/Hand Strengthening</p> <p>1:30 GoSeniorFitness TAI CHI [MR]</p> <p>2:00 Rummikub</p> <p>2:45 Supervised Fitness Center With Core Strengthening</p> <p>3:30 Candy Bingo with Chad (Limit to 10 Residents) [MR]</p> <p>4:00 Drop In Cribbage</p>	<p>30</p> <p>National Candy Corn Day</p> <p>10:00 Chair Exercise Class</p> <p>11:00 TED Talk "How A Team of Chef's Fed Puerto Rico After Hurricane Maria" [MR]</p> <p>1:30 Chair Exercise Class</p> <p>2:00 Skipbo Card Game</p> <p>2:30 All Resident & Staff Halloween Party</p>	<p>Halloween 31</p> <p>9:15 A Stretch with Pam</p> <p>1:30 Chair Exercise Class Resident Led Today</p> <p>3:00 Drop In Scrabble</p> <p>5:15 Saturday Evening Movie "Capote"</p>