









Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Barber 10:45 Bingo 1:00 Tai-Chi 	4 10:00 Jewelry 10:30 Advisory Committee Meeting 1:30 Quilting	5 9:30 SHIBA 10:45 Bingo 1:00 Tai-Chi 1:30 Quilting	6 10:00 Bridge 10:30 Bible Study 10:45 Cathedral Gardens Visit (bring sack lunch) 1:00 Tai-Chi 1:30 Quilting	7 10:30 Tai-Chi 10:45 Bingo 1:30 Hometown Buffet, Big Lots ,Dollar Tree and Target
10 10:00 Barber 10:45 Bingo 1:00 Tai-Chi 2:15 Kmart/Wal-Mart	11 10:00 Jewelry 11:00 Keep it Moving 1:00 Senior Law 1:30 Quilting	12 10:30 Red White and Blue Thrift Store 10:45 Bingo 1:00 Tai-Chi 1:00 SHIBA 1:30 Quilting 	13 10:00 Jewelry 10:00 Bridge 10:30 Bible Study 11:00 Wii Sports 1:00 Tai-Chi 1:30 Quilting	14 10:30 Tai-Chi 10:45 Bingo 12:30 Therapeutic Massage LMT (Georgeena Warren) \$1.00 per minute Please call Arleta for Appointment (503) 988-3558
17 10:00 Barber 10:45 Bingo 10:00 Lucky Eagle Casino (\$8.00 suggested donation) 1:00 Tai-Chi	18 10:00 Jewelry 11:00 Keep it Moving 1:00 Senior Law 1:30 Quilting 	19 10:45 Bingo 1:00 Tai-Chi 1:30 Elder's In Action Commission Meeting	20 10:00 Jewelry 10:00 Bridge 10:30 Bible Study 10:45 Sauvie Island Bring money for lunch 1:00 Tai-Chi	21 10:30 Tai-Chi 10:45 Bingo 11:00 Make Caramel Apples 
24 10:00 Barber 10:45 Bingo 1:00 Tai-Chi	25 10:00 Jewelry 11:00 Movie The Return of the Vampire 1:00 Senior Law 1:30 Quilting 	26 9:30 SHIBA 10:45 Bingo 1:00 Tai-Chi 1:00 SHIBA 5:30-7:30 Game Night 	27 10:00 Jewelry 10:00 Bridge 10:30 Bible Study 11:00 Wii Sports 1:00 Tai-Chi 1:30 Quilting	28 Celebrate October Birthday's 10:30 Tai-Chi 10:45 Bingo 2:15 Fred Meyer (Hollywood) 
31 10:00 Barber 10:45 Bingo 1:00 Tai-Chi 2:15 Grocery Outlet Dollar Tree 			Pancake Breakfast Hosted by: Multnomah County Commissioner Loretta Smith and staff Saturday, October 22nd 8:30-11:00 5325 NE MLK 