


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday										
<p>Daylight Saving Time Begins</p> <p>8:00 🦋 Wear plaid day!</p> <p>10:00 📺 Bible Study with Joan Thomas in the Chapel</p> <p>10:00 🏠 Stay Fit - Exercise at Home</p> <p>1:00 🏠 Seahawks Watch Party!! Come upstairs to the multi-purpose room and watch the game with your neighbors!!</p> <p>4:00 📺 Get Moving! Walk your campus</p>	<p>8:00 🦋 Wear red day!</p> <p>10:00 🏠 Exercise in the Library</p> <p>10:00 🏠 New Mind/Word Games Handouts available [M]</p> <p>10:00 🏠 Stay Fit - Exercise at Home</p> <p>10:30 🏠 Sing -A-Long with Sherrill!! Come dust off your velvet pipes and have some fun singing some of your favorite tunes!! Good voices not required:) [CH]</p> <p>2:00 🦋 Tea time with "Downton Abbey" in the Library [LE]</p> <p>4:00 📺 Get Moving! Walk your campus</p>	<p>Election Day</p> <p>8:00 🦋 Wear pink day!</p> <p>9:00 📺 Call A Friend Today!</p> <p>9:30 📺 Mindful Meditation [CH]</p> <p>10:00 🏠 Exercise in the Library</p> <p>10:00 🏠 New Trivia Handouts available...</p> <p>11:00 🦋 Nilia's Dance Party</p> <p>11:00 🎮 Wii Bowling!! Come join your neighbors and play or learn!! Fun times!!</p> <p>1:00 🌟 Art Fun-time with Sherrill!! Guided art projects with new VLA, Sherrill. Sure to be a good time!! [VLR]</p> <p>3:30 Tech Time: Challenges with your smart phone, iPad, laptop? Let's see if we can help!! [LE]</p> <p>4:00 📺 Get Moving! Walk your campus</p>	<p>8:00 🦋 Wear green day!</p> <p>9:30 📺 Mindful Meditation [CH]</p> <p>10:00 🏠 Exercise in the Library</p> <p>10:30 📺 "Java and Bananas"- Pop-by social. Swing by the lobby for a cup of coffee and piece of fruit!! [LB]</p> <p>4:00 📺 Get Moving! Walk your campus</p>	<p>8:00 🦋 Wear bright colors today!</p> <p>9:00 📺 Call A Friend Today!</p> <p>10:00 🏠 Exercise in the Library</p> <p>10:00 🏠 New Mind/Word Games Handouts available [M]</p> <p>10:00 🏠 Stay Fit - Exercise at Home</p> <p>11:00 📺 Book Club [LE]</p> <p>2:00 Chat with Dave: Meet with Vibrant Life Director, Dave, to discuss things you'd like to do on campus, get updates, and just connect with your community!</p> <p>4:00 📺 Get Moving! Walk your campus</p>	<p>8:00 🦋 Wear Mariners gear today!</p> <p>9:00 🏠 Limber Up with Independence Rehab!!</p> <p>9:30 📺 Mindful Meditation [CH]</p> <p>10:00 🏠 Exercise in the Library</p> <p>2:00 🦋 TGIF Pop-by Happy Hour!! Drop by the lobby and enjoy a treat and a smile!!!! [LB]</p> <p>3:30 Tech Time: Challenges with your smart phone, iPad, laptop? Let's see if we can help!! [LE]</p> <p>4:00 📺 Get Moving! Walk your campus</p>	<p>8:00 🦋 Wear purple day!</p> <p>9:00 📺 Call A Friend Today!</p> <p>9:30 📺 Mindful Meditation [CH]</p> <p>11:00 🎮 Wii Bowling!! Come join your neighbors and play or learn!! Fun times!!</p> <p>2:00 📺 Saturday Matinee' Movie [LE]</p> <p>4:00 📺 Get Moving! Walk your campus</p>										
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-  Be Adventurous
-  Be Challenged
-  Be Connected
-  Be Inspired
-  Be Social
-  Be Well