

# September 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
<p>(LB) Lobby Main Entrance (L) Lounge (HR) Health Room (1) Classroom #1 (2) Classroom #2 (3) Classroom #3 (WR) Weight Room (MP) Multi-purpose Room (K) Kitchen</p>	<p><b>"FREE" ICE CREAM SUNDAES</b> With Alexis Derry and <b>BONAVENTURE of South Hill</b> The last Thursday in every month at 12:00 Noon in our Lounge!</p> 	<p><b>"FREE" ROOT BEER FLOATS</b> Sponsored by: Ty Englund and <b>ONE MEDICAL</b></p> <p>Wednesday, September 13 AND Wednesday, September 27 at 12:00 Noon in our Lounge</p>	<p><b>HOW TO EAT AN AFFORDABLE PLANT-BASED DIET FOR CANCER PREVENTION</b></p> <p>Hosted by: St. Francis Hospital and Pierce County Aging &amp; Disability Resources</p> <p>Friday, September 29 12:30—1:30 PM</p>	<p>9:00-10:00 Video Exercise (3) 1 9:00-11:30 Quilting Bee (1) 11:00-11:50 Stretch &amp; Strength (3) <b>12:00 Lunch (MP)</b> 12:30-4:00 Bridge (3) 1:00-4:00 Pinochle (2)</p> <p><b>WA STATE FAIR BEGINS 10:30 AM</b></p>	<p><b>PAC CLOSED</b> 2</p>
<p><b>CENTER CLOSED LABOR DAY</b> 4</p> 	<p>9:00-10:00 <b>NO</b> Zumba Gold (MP) 5 <b>9:00-11:30 Bridge to Sanity (HR)</b> 9:00-12:00 Sketch &amp; Paint (1) 10:45-2:00 Ping Pong (MP) 11:00-3:30 Texas Hold 'em (2) 12:00-2:00 Board Games (L) 1:00-4:00 Mah Jongg (3)</p> 	<p>9:00-10:00 Video Exercise (3) 6 9:00-12:30 Advanced Bridge (2) <b>10:00-12:00 Haircuts w/Jessica (1)</b> 11:00-12:00 Yoga with M&amp;M (3) <b>12:00 Lunch (MP)</b> 1:00-3:00 Bunco (3) 1:00-3:00 Sit &amp; Knit w/Lynda (1) 1:00-4:00 Pinochle (2)</p> 	<p>9:00-11:00 Woodcarving (1) 7 9:30-11:00 Creative Writing (3) 10:45-2:00 Ping Pong (MP) <b>11:00-12:00 Special Events Mtg(3)</b> 11:00-1:00 Painting Illustrations (2) 12:00-2:00 Board Games (L) 1:00-3:00 Bingo (1) 1:00-4:00 Cribbage (2)</p> 	<p>9:00-10:00 Video Exercise (3) 8 9:00-11:30 Quilting Bee (1) <b>10:00-12:00 Computer User Grp (2)</b> 11:00-11:50 Stretch &amp; Strength (3) <b>12:00 Lunch (MP)</b> 12:30-4:00 Bridge (3) <b>1:00-3:00 Conversation Group (1)</b> 1:00-4:00 Pinochle (2) <b>CATTLE DRIVE 10:00 AM</b></p> 	<p><b>PAC CLOSED</b> 9</p> <p><b>PAC CLOSED</b> 10</p>
<p>9:00-10:00 Video Exercise (3) 11 <b>9:00-12:00 SHIBA (HR)</b> 10:00-12:00 Card Making (1) 11:00-11:50 Stretch &amp; Strength (3) <b>12:00 Lunch (MP)</b> 1:00-3:00 Hand &amp; Foot (Cards)(3) 1:00-4:00 Pinochle (2) 1:30-4:00 Old Time Fiddlers (MP)</p> 	<p>9:00-10:00 Zumba Gold (MP) 12 <b>9:00-11:30 Bridge to Sanity (HR)</b> 9:00-12:00 Sketch &amp; Paint (1) 10:45-2:00 Ping Pong (MP) 11:00-3:30 Texas Hold 'em (2) 12:00-2:00 Board Games (L) 1:00-4:00 Mah Jongg (3)</p> 	<p>9:00-10:00 Video Exercise (3) 13 9:00-12:30 Advanced Bridge (2) 11:00-12:00 Yoga with M&amp;M (3) <b>12:00 Lunch (MP)</b> <b>"FREE" Root Beer Floats (L)</b> 1:00-3:00 Bunco (3)/Sit &amp; Knit (1) 1:00-4:00 Pinochle (2) <b>Sponsor: ONE MEDICAL</b></p> <p><b>Night of Delight: Stanley &amp; Seaforts 3:30—6:30pm</b></p>	<p>9:00-11:00 Woodcarving (1) 14 9:30-11:00 Creative Writing (3) 10:45-2:00 Ping Pong (MP) 11:00-1:00 Painting Illustrations (2) 12:00-2:00 Board Games (L) 1:00-3:00 Bingo (1) 1:00-4:00 Cribbage (2)</p> 	<p>9:00-10:00 Video Exercise (3) 15 9:00-11:30 Quilting Bee (1) <b>10:00-12:00 Photography Group (2)</b> 11:00-11:50 Stretch &amp; Strength (3) <b>12:00 Lunch (MP)</b> <b>12:30 "FREE" Ice Cream Cones (L)</b> 12:30-4:00 Bridge (3) 1:00-4:00 Pinochle (2)</p> 	<p><b>PAC CLOSED</b> 16</p> <p> <b>QR Code to access Puyallup Activity Center's webpage!</b> 17</p>
<p>9:00-10:00 Video Exercise (3) 18 10:00-12:00 Card Making (1) 11:00-11:50 Stretch &amp; Strength (3) <b>12:00 Lunch (MP)</b> 1:00-3:00 Hand &amp; Foot (Cards)(3) 1:00-4:00 Pinochle (2) 1:30-4:00 Old Time Fiddlers (MP)</p> 	<p>9:00-10:00 Zumba Gold (MP) 19 <b>9:00-11:30 Bridge to Sanity (HR)</b> 9:00-12:00 Sketch &amp; Paint (1) 10:45-2:00 Ping Pong (MP) 11:00-3:30 Texas Hold 'em (2) 12:00-2:00 Board Games (L) <b>12:00 "FREE" Root Beer Floats (L)</b> 1:00-4:00 Mah Jongg (3) <b>Sponsor: BROOKDALE COURTYARD</b></p>	<p>9:00-10:00 Video Exercise (3) 20 9:00-12:30 Advanced Bridge (2) 11:00-12:00 Yoga with M&amp;M (3) <b>12:00 Lunch (MP)</b> <b>12:00 Birthday Cake (L)</b> 1:00-3:00 Bunco (3)/Sit &amp; Knit (1) 1:00-4:00 Pinochle (2) <b>Sponsor: ARCADIA HOME HEALTH</b></p>	<p>9:00-11:00 Woodcarving (1) 21 9:30-11:00 Creative Writing (3) <b>10:00-11:00 Cooking Michelle (K)</b> 10:45-2:00 Ping Pong (MP) 11:00-1:00 Painting Illustrations (2) 12:00-2:00 Board Games (L) 1:00-3:00 Bingo (1) 1:00-4:00 Cribbage (2)</p> <p><b>Cougar Mountain Zoo 8:00am—3:00pm</b></p>	<p>9:00-10:00 Video Exercise (3) 22 9:00-11:30 Quilting Bee (1) 11:00-11:50 Stretch &amp; Strength (3) <b>12:00 Lunch (MP)</b> 12:30-4:00 Bridge (3) 1:00-4:00 Pinochle (2)</p> 	<p><b>PAC CLOSED</b> 23</p> <p><b>PAC CLOSED</b> 24</p> <p><b>CRYSTAL MTN. GONDOLA 9:00am-5:00pm</b></p>
<p>9:00-10:00 Video Exercise (3) 25 10:00-12:00 Card Making (1) 11:00-11:50 Stretch &amp; Strength (3) <b>12:00 Lunch (MP)</b> 1:00-3:00 Hand &amp; Foot (Cards) (3) 1:00-4:00 Pinochle (2) 1:30-4:00 Old Time Fiddlers (MP)</p> 	<p>9:00-10:00 Zumba Gold (MP) 26 <b>9:00-11:30 Bridge to Sanity (HR)</b> 9:00-12:00 Sketch &amp; Paint (1) 10:45-2:00 Ping Pong (MP) 11:00-3:30 Texas Hold 'em (2) 12:00-2:00 Board Games (L) 1:00-4:00 Mah Jongg (3)</p> <p><b>O2LB: Windmill Bistro 10:30am—1:30pm</b></p>	<p>9:00-10:00 Video Exercise (3) 27 9:00-12:30 Advanced Bridge (2) 11:00-12:00 Yoga with M&amp;M (3) <b>12:00 Lunch (MP)</b> <b>12:00 "FREE" Root Beer Floats</b> 1:00-3:00 Bunco (3)/Sit &amp; Knit (1) 1:00-4:00 Pinochle (2)</p> <p><b>Walk Trip: Nisqually Wildlife 9:00am—2:15pm</b></p>	<p>9:00-11:00 Woodcarving (1) 28 9:30-11:00 Creative Writing (3) 10:45-2:00 Ping Pong (MP) <b>11:00-12:00 Receptionists' Mtg. (3)</b> 11:00-1:00 Painting Illustrations (2) <b>12:00 "FREE" Sundaes (L)</b> 12:00-2:00 Board Games (L) 1:00-3:00 Bingo (1) 1:00-4:00 Cribbage (2)</p> <p><b>Sponsor: BONAVENTURE</b></p>	<p>9:00-10:00 Video Exercise (3) 29 9:00-11:30 Quilting Bee (1) 11:00-11:50 Stretch &amp; Strength (3) <b>12:00 Lunch (MP)</b> <b>12:30-1:30 How to Eat Affordable Plant-Based Diet for Cancer Prevention (1)</b> 12:30-4:00 Bridge (3) 1:00-4:00 Pinochle (2)</p>	<p><b>PAC CLOSED</b> 30</p> <p><b>Sunday, OCTOBER 1</b></p> <p><b>TMP: Cabernet Play 11:00am-5:30pm</b></p>