

Dungeness Courte
651 Garry Oak Dr
Sequim, WA 98382



Activities
2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
If you have any questions regarding this calendar, contact Sarah our Activity Director at: sarahs@dungenesscourte.com or (360) 582-9309 ext. 119		Daily: Breakfast 7-10 AM Lunch 11:30/12:00 Afternoon Snack 3:00 Dinner 4:30/5:00 Evening Snack 7:00	Please note, that occasionally activity times may be subject to change to better suit the needs of our residents	1 10:00 Sittercise 10:45 Dominoes 12:30 Hair Care w/Heidi 1:30 Wheelers 2:00 Volleyball 3:30 Word Teasers	2 10:00 Noodle Aerobics 10:30 Manicures 1:45 Senior Singers 3:00 Chair Soccer 4:30 Animal Videos	3 10:00 Elderfit 10:30 Sing A Song 2:00 Crafty Corner
4 10:00 Octaband/Parachute 10:30 Creative Building 1:25 Seahawks vs Chargers 3:30 Catholic Communion 3:30 Reading Circle	5 10:00 Walk-N Talk 10:30 Memory Cards 2:00 Bingo 3:30 Bag Toss	6 10:00 Elderfit 10:30 Chit-Chat & Trivia 2:00 Just In Tyme 3:30 Puzzles	7 10:00 Noodle Aerobics 10:30 Reminiscing 11:00 Creative Coloring 2:00 Bus Outing 3:30 Crazy 8's	8 10:00 Sittercise 10:45 Dominoes 12:30 Hair Care w/Heidi 2:00 Bingo 3:30 Word Teasers	9 10:00 Noodle Aerobics 10:30 Manicures 2:00 OTA Singers 3:00 Chair Soccer 4:30 Animal Videos	10 10:00 Elderfit 10:30 Sing A Song 2:00 Crafty Corner
11 Sally (77) 10:00 Short Story Charades 10:30 Balloon Badminton 1:25 Seahawks vs 49ers 2:00 Online Church 3:30 Resident Choice	12 Columbus Day 10:00 Outdoor Exercise 10:30 AHA Cards 2:00 Hoopshoot 3:30 Giant Jenga	13 10:00 Elderfit 10:30 Chit-Chat & Trivia 2:00 Qwirkle 3:30 Word Teasers	14 Joanne (91) 10:00 Noodle Aerobics 10:30 Reminiscing 11:00 Creative Coloring 2:00 Myrna on Piano 3:30 Rummy	15 10:00 Sittercise 10:45 Dominoes 12:30 Hair Care w/Heidi 1:30 Wheelers 2:00 Volleyball 3:30 Word Teasers	16 10:00 Noodle Aerobics 10:30 Manicures 1:45 Senior Singers 3:00 Chair Soccer 4:30 Animal Videos	17 10:00 Elderfit 10:30 Sing A Song 2:00 Let's Bake
18 10:00 Octaband/Parachute 10:30 Creative Building 1:30 Gospel Music 3:30 Catholic Communion 3:30 Reading Circle	19 10:00 Walk-N Talk 10:30 Memory Cards 2:00 Bingo 3:30 Bag Toss	20 10:00 Elderfit 10:30 Chit-Chat & Trivia 2:00 Qwirkle 3:30 Word Teasers	21 10:00 Noodle Aerobics 10:30 Reminiscing 11:00 Creative Coloring 1:30- 3:30 Bingo Bash @Sequim Bay PA	22 10:00 Sittercise 10:45 Dominoes 12:30 Hair Care w/Heidi 2:00 Claudia Nash 3:30 Word Teasers	23 10:00 Noodle Aerobics 10:30 Manicures 2:00 Scenic Drive 3:30 Chair Soccer	24 Ed (84) 10:00 Elderfit 10:30 Sing A Song 2:00 Crafty Corner
25 10:00 Short Story Charades 10:30 Balloon Badminton 1:25 Seahawks vs Chiefs 2:00 Online Church 3:30 Resident Choice	26 10:00 Outdoor Exercise 10:30 AHA Cards 2:00 Hoopshoot 3:30 Giant Jenga	27 10:00 Elderfit 10:30 Chit-Chat & Trivia 2:00 Dennis Blair 3:30 Puzzles	28 10:00 Noodle Aerobics 10:30 Reminiscing 11:00 Creative Coloring 2:00 Bus Outing 3:30 UNO	29 10:00 Sittercise 10:45 Domino Derby 12:30 Hair Care w/Heidi 2:00 Thursday Theatre Halloween Movie	30 10:00 Noodle Aerobics 10:30 Manicures 2:00 Buck Ellard 4:15 Animal Videos	31 Halloween 10:00 Elderfit 10:30 Sing A Song 2:00 Halloween Social

