

Dungeness Courte
651 N Garry Oak Dr
Sequim, WA 98382



Activities
2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please note, that occasionally activity times may be subject to change to better suit the needs of our residents	Daily: Breakfast 7-10 AM Lunch 11:30/12:00 Afternoon Snack 3:00 Dinner 4:30/5:00 Evening Snack 7:00	1 10:00 Elderfit 10:30 Chit-Chat & Trivia 2:00 Just In Tyme 3:30 Puzzles 3:45 Mariners vs Boston	2 10:00 Noodle Aerobics 10:30 Reminiscing 1:10 Mariners vs Boston 2:00 Bus Outing – Cows 3:30 Crazy 8's	3 10:00 Sittercise 10:45 Dominoes 12:30 Hair Care w/Heidi 1:30 Wheelers 2:00 Volleyball 3:30 Word Teasers 6:40 Mariners vs Athletics	4 10:00 Noodle Aerobics 10:30 Manicures 1:45 Senior Singers 3:00 Chair Soccer 4:30 Animal Videos 7:10 Mariners vs Athletics	5 10:00 Elderfit 10:30 Sing A Song 2:00 Let's Bake 6:40 Mariners vs Athletics
6 10:00 Octaband/Parachute 10:30 Creative Building 1:10 Mariners vs Athletics 2:00 Online Church 3:30 Catholic Communion 3:30 Reading Circle	7 Labor Day 10:00 Walk-N Talk 10:30 Memory Cards 2:00 Bingo 3:30 Bag Toss	8 10:00 Elderfit 10:30 Chit-Chat & Trivia 2:00 Qwirkle 3:30 Word Teasers 6:40 Mariners vs Rangers	9 10:00 Noodle Aerobics 10:30 Reminiscing 1:10 Mariners vs Rangers 2:00 Myrna on Piano 3:30 Seahawks Kickoff Party 5:20 Seahawks vs Patriots	10 10:00 Sittercise 10:45 Creative Coloring 11:30 Hair Care w/Heidi 1:10 Mariners vs Rangers 2:00 Thursday Theatre	11 Patriot Day 10:00 Noodle Aerobics 10:30 Manicures 2:00 OTA Singers 3:00 Chair Soccer 4:30 Animal Videos 6:40 Mariners vs Athletics	12 10:00 Elderfit 10:30 Sing A Song 2:00 Crafty Corner 6:40 Mariners vs Athletics
13 10:00 Short Story Charades 10:30 Balloon Badminton 1:05 Mariners vs Athletics 2:00 Online Church 3:30 Catholic Communion 3:30 Resident Choice	14 10:00 Outdoor Exercise 10:30 AHA Cards 2:00 Hoopshoot 3:30 Giant Jenga 6:38 Mariners vs Angels	15 10:00 Elderfit 10:30 Chit-Chat & Trivia 2:00 Qwirkle 3:30 Word Teasers 6:38 Mariners vs Angels	16 10:00 Noodle Aerobics 10:30 Reminiscing 2:00 Buck Ellard 3:30 Card Games 6:38 Mariners vs Angels	17 10:00 Sittercise 10:45 Dominoes 12:30 Hair Care w/Heidi 1:30 Wheelers 2:00 Volleyball 3:30 Word Teasers	18 10:00 Noodle Aerobics 10:30 Manicures 1:45 Senior Singers 3:00 Chair Soccer 4:30 Animal Videos 5:10 Mariners vs Rockies	19 10:00 Elderfit 10:30 Sing A Song 2:00 Let's Bake 5:10 Mariners vs Rockies
20 10:00 Octaband/Parachute 10:30 Creative Building 12:10 Mariners vs Rockies 1:25 Seahawks vs Cardinals 3:30 Catholic Communion 3:30 Reading Circle	21 10:00 Walk-N Talk 10:30 Memory Cards 2:00 Bingo 3:30 Bag Toss	22 10:00 Elderfit 10:30 Chit-Chat & Trivia 2:00 Dennis Blair 3:30 Puzzles 6:40 Mariners vs Astros	23 10:00 Noodle Aerobics 10:30 Reminiscing 2:00 Bus Outing 3:30 UNO 7:10 Mariners vs Boston	24 10:00 Sittercise 10:45 Domino Derby 12:30 Hair Care w/Heidi 2:00 Claudia Nash 3:30 Word Teasers 6:40 Mariners vs Angels	25 10:00 Noodle Aerobics 10:30 Manicures 2:00 Chair Soccer 4:15 Animal Videos 7:10 Mariners vs Angels	26 10:00 Elderfit 10:30 Sing A Song 2:00 Crafty Corner 6:40 Mariners vs Angels
27 10:00 Short Story Charades 10:00 Seahawks vs Commanders 10:30 Balloon Badminton 12:10 Mariners vs Angels 3:30 Catholic Communion 3:30 Resident Choice	28 10:00 Outdoor Exercise 10:30 AHA Cards 2:00 Hoopshoot 3:30 Giant Jenga	29 10:00 Elderfit 10:30 Chit-Chat & Trivia 2:00 Scenic Drive 3:30 Word Teasers	30 10:00 Noodle Aerobics 10:30 Reminiscing 2:00 Collaborative Art 3:30 Card Games 6:38 Mariners vs Angels		If you have any questions regarding this calendar, contact Sarah our Activity Director at: sarahs@dungenesscourte.com or (360) 582-9309 ext. 119	

