

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2023

			<p>9:30 Aerobics, Dynamic Stretching and Meditation-RA 10:10 Veteran's Chat Cafe - B 1:30 Catholic Communion-GR 2:00 Bingo - B 5:30 Evening Bible Study and Piano Hymns w/ Jeanine - RA</p>	<p>9:30 Seated Aerobics and Guided Meditation - RA 10:00 November Trivia - RA 10:30 Errands Day - BT 1:00 Resident Council Meeting - RA 3-Happy Hour, Music by Elias 5:30 Musical Movie Night - B</p>	<p>9:30 StrongerU Senior Fitness Strength Training - RA 10:00 Guided Meditation-RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Nature Documentary: "Rules in Our Planet" - B 5:30 Friday Night Flicks - B</p>	<p>9:30 StrongerU Chair Yoga & Meditation-RA 10:15 Cutest Animals Video - B 1:00 Bingo - B 3:00 Armchair Concert - B 5:30 Adult Coloring Therapy -B</p>
<p>9:15 Cardio Circuit - RA 9:45 Calm Meditation - RA 10 Catholic Communion- GR 10:00 Live Stream Christian Church - B 1:00 Bingo - B 3:00 Painting on Canvas - B 5:30 Classic Comedy Night-B</p>	<p>9:30 StrongerU Senior Balance & Core Exercise - RA 10:15 Songs that Tell a Story, Piano & Sing-along w/ Cathy 1:00 Bingo - B 3:00 Bocce Ball Game - RA 5:15 Monday Night Football-B</p>	<p>9:30 Health and Wellness Exercise Class with Devon-RA 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo - B 3:35 Movers & Shakers Walking Club - B 5:30 Poker Game Night - GR</p>	<p>9:30 Aerobics, Dynamic Stretching and Meditation-RA 10:10 Art for All Ages Painting Class - B 1:00 Bingo - B 2:30 Matinee Movie - B 5:30-7:30 Alzheimer's Association Fireside Chat - B</p>	<p>9:30 Seated Aerobics and Guided Meditation - RA 10:00 Giving Back Project: 'Operation Christmas Child'-B 1:00 Bingo - B 3:00 November Celebrant Birthday Bash w/ Mathew-RA 5:30 Musical Movie Night - B</p>	<p>9:30 StrongerU Senior Fitness Strength Training-RA 10-Sr Topics Class by Mary - B 10-2:30 "Fashion on the Go" Holiday Shopping Boutique-RA 1:00 Bingo - B 3:00 Nature Documentary: "The First Frontier"- B 5:30 Friday Night Flicks - B</p>	<p>9:30 StrongerU Chair Yoga & Meditation-RA 10:30 Pet Therapy - CY 1:00 Bingo - B 3:00 Armchair Concert - B 5:30 Word Puzzles Challenge to Go -B</p>
<p>9:15 Cardio Circuit - RA 9:45 Calm Meditation - RA 10 Catholic Communion-GR 10:10 Devotional Gathering with Dave - B 1:00 Bingo - B 3:00 Painting on Canvas - B 5:30 Card Game Night with Friends Church - B</p>	<p>9:30 StrongerU Senior Balance & Core Exercise - RA 10:00 Memory Lane Game - B 1:00 Bingo - B 3:00 Ring Toss Game - RA 5:15 Monday Night Football-B</p>	<p>9:30 Health and Wellness Exercise Class with Devon-RA 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo - B 3:35 Movers & Shakers Walking Club - B 5:30 Poker Game Night - GR</p>	<p>9:15 Aerobics, Dynamic Stretching and Meditation-RA 9:45 Catholic Sacrament of Reconciliation followed by Mass with Father Nick-GR 1:00 Bingo - B 2:30 DIY: Autumn Floral Mason Jar Bouquet I - RA 5:30 Evening Bible Study - RA</p>	<p>9:30 Seated Aerobics and Guided Meditation - RA 10:00 Walmart/Trader Joe's Shopping - BT 1:00 Bingo - B 3:00 Friendsgiving Social Live Music by Tom - B 5:30 Musical Movie Night - B</p>	<p>9:30 StrongerU Senior Fitness Strength Training - RA 10:00 Guided Meditation-RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Nature Documentary: "Invaders of the Land" - B 5:30 Friday Night Flicks - B</p>	<p>9:30 StrongerU Chair Yoga & Meditation-RA 11-2 Thanksgiving Luncheon Piano Music by Perry - DR (RSVP at the Front Desk) 1:00 Bingo - B 3:00 Armchair Concert - B 5:30 Cutest Animals Video - B</p>
<p>9:15 Cardio Circuit 9:45 Calm Meditation - RA 10 Catholic Communion-GR 10:00 Live Stream Christian Church - B 1:00 Bingo - B 3:00 Painting on Canvas - B 5:30 Classic Comedy Night-B</p>	<p>9:30 StrongerU Senior Balance & Core Exercise - RA 10:15 Songs that Tell a Story, Piano & Sing-along w/ Cathy 1:00 Bingo - B 3:00 Indoor Putting Green Game - RA 5:15 Monday Night Football-B</p>	<p>9:30 Health and Wellness Exercise Class with Devon-RA 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo - B 3:35 Movers & Shakers Walking Club - B 5:30 Poker Game Night - GR</p>	<p>9:30 Aerobics, Dynamic Stretching and Meditation-RA 10:10 Art for All Ages Painting Class - B 1:00 Bingo - B 2:30 Matinee Movie - B 5:30 Evening Bible Study and Piano Hymns w/ Jeanine - RA</p>	<p>Happy Thanksgiving Day! 9:30 Seated Aerobics and Guided Meditation - RA 10:00 Macy's Annual Thanksgiving Parade - B 1:00 Bingo - B 2:00 Holiday Movies with Hot Cocoa & Cookies - B</p>	<p>9:30 StrongerU Senior Fitness Strength Training - RA 10:00 Guided Meditation-RA 10:10 Good News Network Discussion - RA 1:00 Bingo - B 3:00 Nature Documentary: "Cold Blood" - B 5:30 Friday Night Flicks - B</p>	<p>9:30 StrongerU Chair Yoga & Meditation-RA 10:30 Pet Therapy - CY 1:00 Bingo - B 3:00 Armchair Concert - B 5:30 Word Puzzles Challenge to Go -B</p>
<p>9:15 Cardio Circuit - RA 9:45 Calm Meditation - RA 10 Catholic Communion-GR 10:10 Devotional Gathering with Dave - B 1:00 Bingo - B 3:00 Painting on Canvas - B 5:30 Card Game Night with Friends Church - B</p>	<p>9:30 StrongerU Senior Balance & Core Exercise - RA 10:05 Memory Lane Game - B 1:00 Bingo - B 3:00 Horseshoe Game - RA 5:15 Monday Night Football-B</p>	<p>9:30 Health and Wellness Exercise Class with Devon-RA 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo - B 3:35 Movers & Shakers Walking Club - B 5:30 Poker Game Night - GR</p>	<p>9:30 Aerobics, Dynamic Stretching and Meditation-RA 1:00 Bingo - B 2:30 DIY: Autumn Floral Mason Jar Bouquet II - RA 5:30 Evening Bible Study and Piano Hymns w/ Jeanine - RA</p>	<p>9:30 Seated Aerobics and Guided Meditation - RA 10:10 Lunch Out - BT 1:00 Bingo - B 3-Meet & Greet New Residents Social, Piano by Perry 5:30 Musical Movie Night - B</p>	<p>Legend: DR - Dining Room BT - Bus Trip CY- Courtyard GR - Game Room RA - Receiving Area B - Bistro</p>	