

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November

			<p>1 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10-12 Blood Pressure Checks (RR) 10:00 Rummikub (FR) 1:30 Cribbage (FR) 2:00 Chair Yoga (AR) 3:00 Resident Council Meeting (AR) 4:15 Scrabble (FR) 6:30 Hand & Foot (FR)</p>	<p>2 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study (AR) 10:00 TED Talks for Seniors (FR) 1-3 Johnson Medicare (FR) Solutions 1:30 Nerf Archery (AR) 3:00 Memory Lane (FR) 4:45 Sing Along w/ Joyce (LB) 6:30 Bingo (AR)</p>	<p>3 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Wires & Wood" 3:30 3-13 Card Game (FR) 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p>	<p>4 10:00 Chapel Service (AR) 2:00 Pinochle (FR) 2:00 Cookies & Socializing (LB) 4:00 Wii Bowling (FR) 6:30 Skip-Bo (FR)</p> <p style="text-align: right;">Carol F. </p>
<p>5 Day Light Savings 9:30 Morning Exercise (AR) 1:15 31 Card Game (FR) w/ Sylvia 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p> <p>Fall Back Set your clocks back one hour before bed on Sunday.</p> <p> Connie C. <i>Seahawks vs Ravens @ 10:00am (FR)</i></p>	<p>6 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Wii Bowling (FR) 12:30-4 Bridge Group (AR) 2-2:15 Ice Cream Social (LB) 2:30 Johnny Carson Reruns (FR) 3:30 Walking Group (LB) 6:30 Hand & Foot (FR)</p>	<p>7 9:00 Walmart Shopping** 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Catholic Communion 1:30 Mexican Train Dominoes (FR) 3:30 Kickball (AR) 4:15 Board Games (FR) 6:30 Bingo (AR)</p>	<p>8 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 9:30 Veterans Day Concert** 10-12 Blood Pressure Checks (RR) 10:00 Rummikub (FR) 1:30 Cribbage (FR) 2:00 Craft Class** (AR) 4:15 Scrabble (FR) 6:30 Hand & Foot (FR)</p> <p style="text-align: right;">Sandy Bol. </p>	<p>9 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study (AR) 10:00 TED Talks for Seniors (FR) 11:00 OUT TO LUNCH** 1:30 Nerf Archery (AR) 3:00 Memory Lane (FR) 4:45 Sing Along w/ Joyce (LB) 6:30 Bingo (AR)</p>	<p>10 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Alan Zaboski" 3:30 3-13 Card Game (FR) 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p> <p style="text-align: right;"> Veteran's Day</p>	<p>11 10:00 Chapel Service (AR) 2:00 Pinochle (FR) 2:00 Cookies & Socializing (LB) 4:00 Wii Bowling (FR) 6:30 Skip-Bo (FR)</p>
<p>12 9:30 Morning Exercise (AR) 1:15 31 Card Game (FR) w/ Sylvia 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p> <p> Seahawks vs Commanders @ 1:25pm (FR)</p>	<p>13 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Wii Bowling (FR) 12:30-4 Bridge Group (AR) 2-2:15 Ice Cream Social (LB) 2:30 Johnny Carson Reruns (FR) 3:30 Walking Group (LB) 6:30 Hand & Foot (FR)</p>	<p>14 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Catholic Communion 10:00 Timberland Library** 1:30 Mexican Train Dominoes (FR) 3:30 Kickball (AR) 4:00 Baking w/ Keanna (FR) 6:30 Bingo (AR)</p> <p style="text-align: right;">Joanne E. </p>	<p>15 8:00 OUT TO BREAKFAST** 9:00 Sit & Be Fit (FR) 9:15 Morning Exercise (AR) 9:30 Water Aerobics (CH) 10-12 Blood Pressure Checks (RR) 10:00 Rummikub (FR) 1:30 Cribbage (FR) 2:00 Chair Yoga (AR) 4:15 Scrabble (FR) 6:30 Hand & Foot (FR)</p>	<p>16 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study (AR) 10:00 TED Talks for Seniors (FR) 2:00 Jewelry Making (AR) 3:00 Memory Lane (FR) 4:45 Sing Along w/ Joyce (LB) 6:30 Bingo (AR)</p>	<p>17 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Joe Lawn" 3:30 3-13 Card Game (FR) 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p> <p style="text-align: right;">Joyce E. </p>	<p>18 10:00 Chapel Service (AR) 2:00 Pinochle (FR) 2:00 Cookies & Socializing (LB) 4:00 Wii Bowling (FR) 6:30 Skip-Bo (FR)</p>
<p>19 9:30 Morning Exercise (AR) 1:00-4:00 Activity Room Reserved 1:15 31 Card Game (FR) w/ Sylvia 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p> <p> Seahawks vs Rams @ 1:25pm (FR)</p>	<p>20 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Wii Bowling (FR) 12:30-4 Bridge Group (AR) 2-2:15 Ice Cream Social (LB) 2:30 Johnny Carson Reruns (FR) 3:30 Walking Group (LB) 6:30 Hand & Foot (FR)</p>	<p>21 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Catholic Communion 1:30 Mexican Train Dominoes (FR) 2:00 Scenic Drive** 2:00 Brain Fitness (FR) 3:30 Kickball (AR) 4:15 Board Games (FR) 6:30 Bingo (AR)</p> <p style="text-align: right;">Joyce T. </p>	<p>22 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10-12 Blood Pressure Checks (RR) 10:00 Rummikub (FR) 1:30 Cribbage (FR) 3:00 Happy Hour (AR) 4:15 Scrabble (FR) 6:30 Hand & Foot (FR)</p> <p style="text-align: right;">Olinda C. </p>	<p>23 Happy Thanksgiving! 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 6:30 Bingo (AR)</p> <p style="text-align: center;"> THANKSGIVING</p> <p>No Housekeeping No Transportation <i>Seahawks vs 49ers @ 5:20pm (FR)</i></p>	<p>24 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Terry Bartelme" 3:30 3-13 Card Game (FR) 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p> <p style="text-align: right;">No Transportation George W. </p>	<p>25 10:00 Chapel Service (AR) 2:00 Pinochle (FR) 2:00 Cookies & Socializing (LB) 4:00 Wii Bowling (FR) 6:30 Skip-Bo (FR)</p>
<p>26 9:30 Morning Exercise (AR) 1:15 31 Card Game (FR) w/ Sylvia 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p>	<p>27 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Wii Bowling (FR) 12:30-4 Bridge Group (AR) 2-2:15 Ice Cream Social (LB) 2:30 Johnny Carson Reruns (FR) 3:30 Walking Group (LB) 6:30 Hand & Foot (FR)</p>	<p>28 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Catholic Communion 1:30 Mexican Train Dominoes (FR) 2:00 Residents Birthday Party (AR) 3:30 Kickball (AR) 4:15 Coloring (FR) 6:30 Bingo (AR)</p> <p style="text-align: right;"> </p>	<p>29 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10-12 Blood Pressure Checks (RR) 10:00 Rummikub (FR) 1:30 Cribbage (FR) 2:00 Chair Yoga (AR) 3:00 Rock Painting** (AR) 4:15 Scrabble (FR) 6:30 Hand & Foot (FR)</p> <p style="text-align: right;"> Seahawks vs Cowboys @ 5:15pm (FR)</p>	<p>30 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study (AR) 10:00 TED Talks for Seniors (FR) 3:00 Memory Lane (FR) 4:45 Sing Along w/ Joyce (LB) 6:30 Bingo (AR)</p>	<p style="text-align: center;">Legend</p> <p>(AR) Activity Room (FR) Family Room (LB) Lobby (DR) Dining Room (RR) Resource Room (CH) Clubhouse</p> <p>**Sign up at the front desk = Birthday </p>	<p>*Schedule is subject to change at any time so remember to check our daily activity schedule posted on the community board.*</p>