Independent Living Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar Color Guide RED: Sign up at outside KAREN HAVERLAND'S OFFICE BLUE: Special Event PURPLE: Religious Event GREEN: Movies in C10	1 11:30 Exercise on 1851 12:30 Rosary-Chapel 1:00 Chair Yoga w/Karen F-PR 1:00 Party Bridge-BT 1:30 Make a beaded bracelet with LEE!-Wii Lanes Room 2-3:00 Happy Hour-MM 3:00 NOVEMBER MOVIE MEETING w/ Karen-C10 6:15 Mystic Pizza	9:00 Kroger Trip (7) 10:30 Senior Sneakers w/Janet-PR 11:15 Trivia w/Karen-cafe 1:00 GO VOTE! (12) Transportation offered to the polls 2-3:00 Newcom Lounge is open! 6:15 Jane Austen-Like Series: The Guernsey	3 10:30 Balance w/Queen City-PR 11:00 Let's TALK about the NEWS-café 1:00 Chair Yoga w/Karen F-PR 2-3:00 Happy Hour-MM	4 10:30 Senior Sneakers w/Janet-PR 11:15 Trivia w/Karen-cafe 11:15 BRIO'S LUNCH OUT 1:00 Bible Study w/Jack Riggs-PR 1-2:30 Deb's Massages-MT 2-3:00 Newcom Lounge is open! 3:00 Human! World Within Series 6:15 The Good, the Bad and The Ugly	11:30 Exercise on 1851 10:30 Board Meeting-PR 1:15 Depart for FREE OMNIMAX at the BASE: "Fighter Pilot" (10) 2-3:00 Happy Hour-MM 6:15 The Starling WEAR BLUE!	6 Sign up and win the raffle at end of the month! Saturday Class is the best!!! 10:30 Senior Sneakers W/ KENNY!-FC 1:00 Special 3 hour Movie: Dances with Wolves (N) Drinks/Snacks offered today SET CLOCK BACK TONIGHT: NO NIGHT MOVIE IN C10
7 Daylight Savings Time 9 3 1:00 Sunday Worship-PR 6:15 The Guns of Navarone	8 11:30 Exercise on 1851 12:30 Rosary-Chapel 1:00 Chair Yoga w/Karen F-PR 1:00 Party Bridge-BT 2-3:00 Happy Hour-MM 3:00 Vitas sponsored Program: Veterans (Day) Program-PR 6:15 Wild Oats 6:30 Euchre-BT	9:00 Kroger Trip (7) 10:30 Senior Sneakers w/Janet-PR 11:15 Trivia w/Karen-cafe 2-3:00 Newcom Lounge is open! 3:00 Kevin Lowden Presents: "Is your Medicare Plan right for you?"-PR 6:15 Jane Austen-Like Series: Effie Grey	10:00 Hollywood Casino Out 10:30 Balance w/Queen City-PR 11:00 Let's TALK about the NEWS-cafe 1:00 Chair Yoga w/Karen F-PR 2:00 Metro Library Lobbystop-WL 2-3:00 Happy Hour-MM	11 Veterans Day Acute Hearing 9-10:30a-OCR 10:30 Senior Sneakers w/Janet-PR 11:15 Trivia w/Karen-cafe 11:15 FLORENTINE HOTEL LUNCH OUT 1:00 Bible Study w/Jack Riggs-PR 2-3:00 Newcom Lounge is open! 2:00 Kroger Trip (7) 2:00 Amy's Art Class! (15)-PR 3:00 Human! World Within Series 6:30-8:00 LIVE ENTERTAINMENT! "INTERPLAY!" A great band!-PR	12 11:30 Exercise on 1851 9-11:00am-cafe Queen City is hosting our continental breakfast today! 11:30 Exercise on 1851 1:00 Open Meeting for Residents-PR 2-3:00 Happy Hour-MM 3:00 St. Albert's Singers-PR 6:15 Best Years of our Lives WEAR RED!	13 10:30 Senior Sneakers w/ KENNY!-FC 1:00 Handcraft Group-BT (if you are working on your own creative project-join this group. knitting/card making etc) 3:00 Catholic Communion Service w/Deacon Jim-PR 6:15 Howard's End
9:30 Depart for Catholic Mass 1:00 Sunday Worship-PR 6:15 Memoirs of a Geisha	15 11:00 Woodland Cemetery Tour: WOMEN in History (10) 11:30 Exercise on 1851 12:30 Rosary-Chapel 1:00 Chair Yoga w/Karen F-PR 1:00 Party Bridge-BT 2-3:00 Happy Hour-MM 6:15 Citizen Kane 6:30 Euchre-BT	9:00 Kroger Trip (7) 10:30 Senior Sneakers w/Janet-PR 12:00-1:00 FREE PIZZA!-PR 2-3:00 Newcom Lounge is open! 3:00 Wii Bowling Tournament! 6:15 Jane Austen-Like Series: Falling Inn Love	17 10:30 Balance w/Queen City-PR 11:00 Let's TALK about the NEWS-cafe 1:00 Chair Yoga w/Karen F-PR 1-3:00 AMY'S JEWLERY SALES!-MM (Cash Only Please) 2-3:00 Happy Hour-MM 3:00 Catholic Mass w/Father Angelo-PR 6:30	18 10:30 Senior Sneakers w/Janet-PR 11:15 Trivia w/Karen-cafe 11:00 GOLDEN LAMB LUNCH OUT 1:00 Bible Study w/Jack Riggs-PR 2:00 OPEN FORUM-PR Ice Cream Offered too! 2-3:00 Newcom Lounge is open! 3:00 Human! World Within Series 6:15 Born on the Fourth of July	19 11:30 Exercise on 1851 2:00 St. Anne's Cheese & Wine Tasting!-PR NO HAPPY HOUR TODAY 6:15 Ghost WEAR Animal-Print Patterns!	20 10:30 Senior Sneakers w/ KENNY!-FC 11:00 Town and Country Outing (12) 6:15 Hairspray
21 1:00 Sunday Worship-PR 6:15 Dolly Parton	11:30 Exercise on 1851 12:30 Rosary-Chapel 1:00 NO Chair Yoga 1:00 Party Bridge-BT 1:20-2:15 UD Music Students Perform-PR 2-3:00 Happy Hour-MM 3:00 Wii Bowling Tournament! 6:15 Casablanca 6:30 Euchre-BT	9:00 Kroger Trip (7) 10:30 Senior Sneakers w/Janet-PR 11:15 Trivia w/Karen-cafe 2-3:00 Newcom Lounge is open! 6:15 Jane Austen-Like Series: Ophelia	10:30 Balance w/Queen City-PR 11:00 Let's TALK about the NEWS-cafe 1:00 Chair Yoga w/Karen F-PR 2-3:00 Happy Hour-MM 3:00 December Calendar Meeting-PR 6:30 6 1 6	"HAPPY THANKSGIVING" Holiday Brunch today No evening meal	26 11:30 Exercise on 1851 1:00 Art Club-PR 2-3:00 Happy Hour-MM 6:15 Christmas Chronicles	10:30 Senior Sneakers w/ KENNY!-FC Winner announced and drawn! 6:15 White Christmas
28 Advent Starts 9:30 Depart for Catholic Mass 3:30-4:30 Dementia Support Group-PF 1:00 Sunday Worship-PR	29 11:30 Exercise on 1851 12:30 Rosary-Chapel 1:00 Chair Yoga w/Karen F-PR 1:00 Party Bridge-BT 2-3:00 Happy Hour-MM 6:15 Streetcar Named Desire 6:30 Euchre-BT	9:00 Kroger Trip (7) 10:30 Senior Sneakers w/Janet-PR 11:00 Meijer Shopping (12) 2:00 Vitas sponsored: Monthly Birthday Party *All are welcome*-cafe 2-3:00 Newcom Lounge is open! 6:15 Jane Austen-Like Series: The Stolen	1st Floor: CR - Carillon Room Lydia Schmitt's Office/AL Activities Office WL- Wright Library FL - Front Lobby 2nd Floor: BT - Belmont Terrace T10 - Theater 10 MDR - Meadows Dining Room Outdoors: AT - Amphitheater/Patio GZ - Gazebo	GROUND FLOOR ROOMS: PR-Patterson Room GD- Grand Oaks Dining Room WL-Wright Library MM- Mini Mall (salon / mail room / café) FC- Fitness Center C10- Cinema 10 NL- Newcom Lounge OCR- Oakwood Conference Room MT- Massage Therapy Wellness Center (Queen City & Amazing Grace) Karen Haverland's Office General Store Chapel Hair Salon Queen City Amazing Grace	WEAR BLACK!	





