


November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				Special events are in BLUE	1	2 1:30 Bingo	
	3 4:00 Evening Worship	4 11:00 Mass 1:00 Bridge 7:00 Poker/Dominoes/ Chess	5 11:00 Bible Study 1:30 Coloring 7:00 Bridge	6 1:00 Knitting 2:00 Scrabble	7 8:30 Grocery 10:00 Massage 3:30 Rosary 4:30 Wine & Dine (Nest)	8 1:00 Birthday Celebration (Gamers)	9 1:30 Bingo
	10 4:00 Evening Worship	11 11:00 Mass 1:00 Bridge 7:00 Poker/Dominoes/ Chess	12 1:30 Coloring 2:15 Grief Support 7:00 Bridge	13 1:00 Knitting 2:00 Scrabble	14 8:30 Grocery 10:00 Massage 3:30 Rosary 4:30 Wine & Dine (Nest)	15	16 1:30 Bingo
	17 4:00 Vespers	18 11:00 Mass 12:00 Ladies Lunch 1:00 Bridge 7:00 Poker/Dominoes/ Chess	19 11:00 Bible Study 1:30 Coloring 7:00 Bridge	20 1:00 Knitting 2:00 Scrabble 3:00 Hearing Checks 4:30 Thanksgiving Dinner	21 8:30 Grocery 9-11 Toe Nail Clipping 10:00 Massage 1:00 Writers' Workshop 3:30 Rosary 4:30 Wine & Dine 7:00 Bridge	22 2:00 Kids Against Hunger Event @ Home Office	23 1:30 Bingo
	24 4:00 Evening Worship	25 11:00 Mass 1:00 Bridge 2:00 Book Club 7:00 Poker/Dominoes/ Chess	26 8:30 Grocery 1:00 Knitting 2:00 Scrabble 2:15 Grief Support	27 1:00 Knitting 2:00 Scrabble	28 Happy Thanksgiving! OFFICE & KITCHEN CLOSED	29 OFFICE & KITCHEN CLOSED	30 1:30 Bingo

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A physician's consent form will be required to participate in exercise classes and the wellness center. No pre-registration for classes is required.					1 9:30 Resident Led Exercise	2
3	4 9:30 Resident Led Exercise 11:00 Small Group Training 2:30 Sit-2B-Fit	5 10:00 Yoga 11:00 Small Group Training 1:30 Tone Up	6 9:30 Resident Led Exercise 2:30 Sit-2B-Fit	7 9:30 Tai Chi 11:00 Small Group Training 1:30 Tone Up	8 9:30 Resident Led Exercise 10:30 Wii Bowling	9
10	11 9:30 Resident Led Exercise 11:00 NO Small Group Training 2:30 Sit-2B-Fit	12 10:00 Yoga 11:00 Small Group Training 1:30 Tone Up	13 9:30 Resident Led Exercise 2:30 Sit-2B-Fit	14 9:30 Tai Chi 1:00 VNA Kiosk Sign-up 1:30 Tone Up 2:00 How To Get Better Sleep	15 9:30 Resident Led Exercise 10:30 Wii Bowling	16
17	18 9:30 Resident Led Exercise 11:00 Small Group Training 2:30 Sit-2B-Fit	19 10:00 Yoga 11:00 Small Group Training 1:30 Tone Up	20 9:30 Resident Led Exercise 2:30 Sit-2B-Fit	21 9:30 Tai Chi 11:00 Small Group Training 1:30 Tone Up	22 9:30 Resident Led Exercise 10:30 Wii Bowling Kids Against Hunger	23
24	25 9:30 Resident Led Exercise 11:00 Small Group Training 2:30 Sit-2B-Fit	26 10:00 Yoga 11:00 Small Group Training 1:30 Tone Up	27 9:30 Resident Led Exercise 2:30 Sit-2B-Fit	28 Thanksgiving Day	29 9:30 Resident Led Exercise	30