

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room CK Country Kitchen FR Florida Room LR Living Room O Outing		Happy Birthday !!! Gloria D 11/9 James G 11/12 Maedeanne M 11/17 Augusta M 11/22		<u>Whatever we are waiting for - peace of mind, contentment, grace, the inner awareness of simple abundance - it will surely come to us, but only when we are ready to receive it with an open and grateful heart.</u> <u>Sarah Ban Breathnach</u>	All Saints' Day 1 10:00 Singfit (LR) 10:30 Exercise Essentials 11:00 Live with Anticipation Club 11:30 Baking Club (CK) 3:00 Who Am I? Social (AR) 3:30 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	2 10:00 Singfit (LR) 10:30 Exercise Essentials 11:00 Go 4 Life 11:30 Baking Club (CK) 3:00 Name That Tune - Social (LR) 3:30 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)
Daylight Savings Day 3 9:30 News Currents, Sr. Club (LR) 10:30 Exercise Essentials 11:00 Go 4 Life 11:30 Baking Club (CK) 2:30 Adventures in the Courtyard 3:00 Bingo Social (LR) 3:30 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	National Candy Day 4 10:30 Exercise Essentials 11:30 Baking Club (CK) 2:30 Scenic Drive - Historic Pineville (O) 2:30 Singfit (LR) 3:00 Game Show Social (LR) 4:00 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	5 10:30 Exercise Essentials 11:00 Reminiscence Kits (AR) 11:30 Baking Club (CK) 2:00 Catholic Communion 2:30 Walking Club 3:00 Balloon Volleyball Social (LR) 3:30 Dog Lovers (FR) 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	6 10:30 Exercise Essentials 10:45 Lunch Bunch - Metro Diner (O) 11:00 Lunch Bunch - Outback (O) 11:30 Beauty & Nail Care (CK) 11:30 Baking Club (CK) 3:00 Trivia - Social (LR) 4:00 Walking Club 4:30 Daily Chronicles (LR) 6:30 Artistic Expressions (CK)	7 10:00 Bible Study 10:30 Exercise Essentials 11:00 Reminiscence Kits (AR) 11:30 Baking Club (CK) 3:00 MoMa Art Social (LR) 3:30 Yoga For Health And Aging (FR) 4:00 Walking Club 4:30 Daily Chronicles (LR) 6:30 Inspirational Reading (LR)	National Cappuccino Day 8 10:00 Singfit (LR) 10:30 Exercise Essentials 11:00 Live with Anticipation Club 11:30 Baking Club (CK) 3:00 Who Am I? Social (AR) 3:30 Music with Patrick 3:30 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	9 10:00 Singfit (LR) 10:30 Exercise Essentials 11:00 Go 4 Life 11:30 Baking Club (CK) 3:00 Name That Tune - Social (LR) 3:30 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)
9:30 News Currents, Sr. Club (LR) 10 10:30 Exercise Essentials 11:00 Go 4 Life 11:30 Baking Club (CK) 2:30 Adventures in the Courtyard 3:00 Bingo Social (LR) 3:30 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	Veterans Day 11 10:30 Exercise Essentials 11:30 Baking Club (CK) 2:30 Singfit (LR) 2:30 Scenic Drive - Myer's Park (O) 3:00 Game Show Social (LR) 4:00 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	12 10:30 Exercise Essentials 11:00 Reminiscence Kits (AR) 11:30 Baking Club (CK) 2:00 Catholic Communion 2:30 Walking Club 3:00 Balloon Volleyball Social (LR) 3:30 Dog Lovers (FR) 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	13 10:30 Exercise Essentials 10:45 Lunch Bunch - Monterrey Mexican Restaurant (O) 11:30 Beauty & Nail Care (CK) 11:30 Baking Club (CK) 3:00 Trivia - Social (LR) 4:00 Walking Club 4:30 Daily Chronicles (LR) 6:30 Artistic Expressions (CK)	14 10:00 Bible Study 10:30 Exercise Essentials 11:00 Reminiscence Kits (AR) 11:30 Baking Club (CK) 3:00 MoMa Art Social (LR) 3:30 Yoga For Health And Aging (FR) 4:00 Walking Club 4:30 Daily Chronicles (LR) 6:30 Inspirational Reading (LR)	National Raisin Bran Cereal Day 15 10:00 Singfit (LR) 10:30 Exercise Essentials 11:00 Live with Anticipation Club 11:30 Baking Club (CK) 2:00 Music with David Domingo 3:00 Who Am I? Social (AR) 3:30 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	16 10:00 Singfit (LR) 10:30 Exercise Essentials 11:00 Go 4 Life 11:30 Baking Club (CK) 3:00 Name That Tune - Social (LR) 3:30 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)
9:30 News Currents, Sr. Club (LR) 17 10:30 Exercise Essentials 11:00 Go 4 Life 11:30 Baking Club (CK) 2:30 Adventures in the Courtyard 3:00 Bingo Social (LR) 3:30 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	National Apple Cider Day 18 10:30 Exercise Essentials 11:30 Baking Club (CK) 2:30 Scenic Drive - Queens University (O) 2:30 Singfit (LR) 3:00 Game Show Social (LR) 4:00 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	19 10:30 Exercise Essentials 11:00 Reminiscence Kits (AR) 11:30 Baking Club (CK) 2:00 Catholic Communion 2:30 Walking Club 3:00 Balloon Volleyball Social (LR) 3:30 Dog Lovers (FR) 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	20 10:30 Exercise Essentials 10:45 Lunch Bunch - Skrimp Shack (O) 11:30 Beauty & Nail Care (CK) 11:30 Baking Club (CK) 3:00 Trivia - Social (LR) 4:00 Walking Club 4:30 Daily Chronicles (LR) 6:30 Artistic Expressions (CK)	National Gingerbread Cookie Day 21 10:00 Bible Study 10:30 Exercise Essentials 11:00 Reminiscence Kits (AR) 11:30 Baking Club (CK) 3:00 MoMa Art Social (LR) 3:30 Yoga For Health And Aging (FR) 4:00 Walking Club 4:30 Daily Chronicles (LR) 6:30 Inspirational Reading (LR)	22 10:00 Singfit (LR) 10:30 Exercise Essentials 11:00 Live with Anticipation Club 11:30 Baking Club (CK) 3:00 Who Am I? Social (AR) 3:30 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	23 10:00 Singfit (LR) 10:30 Exercise Essentials 11:00 Go 4 Life 11:30 Baking Club (CK) 3:00 Name That Tune - Social (LR) 3:30 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)
9:30 News Currents, Sr. Club (LR) 24 10:30 Exercise Essentials 11:00 Go 4 Life 11:30 Baking Club (CK) 2:30 Adventures in the Courtyard 3:00 Bingo Social (LR) 3:30 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	25 10:30 Exercise Essentials 11:30 Baking Club (CK) 2:30 Scenic Drive - Local Churches (O) 2:30 Singfit (LR) 3:00 Game Show Social (LR) 4:00 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	National Cake Day 26 10:30 Exercise Essentials 11:00 Reminiscence Kits (AR) 11:30 Baking Club (CK) 2:00 Catholic Communion 2:30 Walking Club 3:00 Balloon Volleyball Social (LR) 3:30 Dog Lovers (FR) 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	27 10:30 Exercise Essentials 10:45 Lunch Bunch - CiCi's Pizza (O) 11:30 Beauty & Nail Care (CK) 11:30 Baking Club (CK) 3:00 Trivia - Social (LR) 4:00 Walking Club 4:30 Daily Chronicles (LR) 6:30 Artistic Expressions (CK)	Thanksgiving Day 28 10:00 Bible Study 10:30 Exercise Essentials 11:00 Reminiscence Kits (AR) 11:30 Baking Club (CK) 3:00 MoMa Art Social (LR) 3:30 Yoga For Health And Aging (FR) 4:00 Walking Club 4:30 Daily Chronicles (LR) 6:30 Inspirational Reading (LR)	29 10:00 Singfit (LR) 10:30 Exercise Essentials 11:00 Live with Anticipation Club 11:30 Baking Club (CK) 3:00 Who Am I? Social (AR) 3:30 Music with Patrick 3:30 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)	30 10:00 Singfit (LR) 10:30 Exercise Essentials 11:00 Go 4 Life 11:30 Baking Club (CK) 3:00 Name That Tune - Social (LR) 3:30 Walking Club 4:30 Daily Chronicles (LR) 6:30 Live with Reflection Meditation (LR)