

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AL3 3rd Floor Assisted Living Activity Room AP Assisted Living Patio AR Activity Room LR Main Living Room R1L Reminiscence 1st Floor Living Room R1R Reminiscence 1st Floor Reflection Room R3R Reminiscence 3rd Floor Reflection Room					9:30 Plain Dealer News and Coffee (AL3) <b>1</b> 10:30 Exercise Essentials-Resident Choice (AL3) 11:00 Mnd Your Mnd Brain Games (AR) 1:30 Creative Cooking 3:00 Musical Social with Join The Band (LR) 4:00 Go4Life(R) Walking Club (LR) 4:30 Cocktail Hour 6:00 Evening Meditation	9:30 Plain Dealer News and Coffee (AL3) <b>2</b> 10:00 Christian Prayer Service 10:30 Go4Life Stretching to Music (AL3) 1:30 Baking Club (AR) 3:00 Travel Around the World Social (LR) 4:00 Go4Life(R) Walking Club (LR) 6:00 Night at the Movies with Sandy (LR)
<b>Happy BDay Joan G!</b> <b>3</b> 9:30 Plain Dealer News and Coffee (AL3) 10:30 Go4Life Stretching to Music (AL3) 11:00 Sunday Mass (LR) 1:30 Brain Games-Scattergories (LR) 3:00 Trivia/Word Scramblers Social (LR) 4:15 Browns vs. Broncos (LR) 6:00 Evening Meditation (LR)	9:30 News/Daily Chronicle and Coffee (AL3) <b>4</b> 10:30 Exercise Essentials-Noodles (AL3) 11:00 Live with Anticipation Club (AR) 2:00 Rosary and Communion with St. Ladislav Parish (AL3) 3:00 Crafting Social (AL3) 4:00 Go4Life(R) Walking Club (LR) 4:30 Cocktail Hour 6:00 Evening Bingo with Nate (LR)	9:30 News/Daily Chronicle and Coffee (AL3) <b>5</b> 10:30 "Church on the Move" with Abraham (R1L) 11:00 Mnd Your Mnd Brain Games (LR) 1:00 Discovery Series Presentation w/ Christina PT (AL3) 3:00 Zumba Social 4:00 Go4Life(R) Walking Club (LR) 6:00 Evening Meditation (LR)	9:30 Plain Dealer News and Coffee (AL3) <b>6</b> 10:30 Exercise Essentials-Bands (AL3) 11:00 Community Service Club (AL3) 1:30 Outing: Sr. Dance! 3:00 Musical Social with Rick Kalister 4:00 Go4Life(R) Walking Club (LR) 4:30 Cocktail Hour 5:30 Card Club	9:30 News Currents SR. (AL3) <b>7</b> 10:15 Keith's Balance, Strength & Flexibility Class (LR) 11:00 Outing: Target Shopping Trip! (AR) 1:30 Sing Fit (AL3) 3:00 Prize Bingo Social with Debbie (AL3) 4:00 Go4Life(R) Walking Club (LR) 6:00 Evening Meditation (LR)	9:30 Plain Dealer News and Coffee (AL3) <b>8</b> 10:30 Exercise Essentials-Resident Choice (AL3) 11:00 Porter Library Book Exchange (LR) 2:00 Veterans Day Program 3:00 Musical Social with Jim Kelly 4:00 Go4Life(R) Walking Club (LR) 4:30 Cocktail Hour 6:00 Evening Meditation	9:30 Plain Dealer News and Coffee (AL3) <b>9</b> 10:30 Go4Life Stretching to Music (AL3) 1:30 Baking Club (AR) 3:00 Travel Around the World Social (LR) 4:00 Go4Life(R) Walking Club (LR) 6:00 Night at the Movies with Sandy (LR)
9:30 Plain Dealer News and Coffee (AL3) <b>10</b> 10:30 Go4Life Stretching to Music (AL3) 11:00 Sunday Mass (LR) 1:30 Brain Games-Scattergories (LR) 3:00 Trivia/Word Scramblers Social (LR) 4:00 Go4Life(R) Walking Club (LR) 6:00 Evening Meditation (LR)	<b>Veterans Day</b> <b>11</b> 9:30 News/Daily Chronicle and Coffee (AL3) 10:30 Exercise Essentials- Noodles (AL3) 11:00 Live with Anticipation Club (AR) 2:00 Rosary and Communion with St. Ladislav Parish (AL3) 3:00 Crafting Social (AL3) 4:00 Go4Life(R) Walking Club (LR) 4:30 Cocktail Hour 6:00 Evening Bingo with Nate (LR)	9:30 News/Daily Chronicle and Coffee (AL3) <b>12</b> 9:45 "Church on the Move" with Abraham (LR) 1:15 Flower Club 3:00 Zumba Social 4:00 Go4Life(R) Walking Club (LR) 6:00 Evening Meditation (AL3)	9:30 Plain Dealer News and Coffee (AL3) <b>13</b> 10:30 Exercise Essentials (AL3) 11:15 Outing: Lunch Bunch 3:00 Musical Social with Rick Kalister 4:00 Go4Life(R) Walking Club (LR) 4:30 Cocktail Hour 6:00 Card Club	9:30 News Currents SR. (AL3) <b>14</b> 10:15 Keith's Balance, Strength & Flexibility Class (LR) 11:00 Mnd Your Mnd: Brain Games (AL3) 1:30 Sing Fit (AL3) 3:00 Prize Bingo Social with Debbie (AL3) 4:00 Go4Life(R) Walking Club (LR) 6:00 Evening Meditation (LR)	9:30 Plain Dealer News and Coffee (AL3) <b>15</b> 10:30 Exercise Essentials-Resident Choice (AL3) 3:00 Musical Social with Greg Piscura 4:00 Go4Life(R) Walking Club (LR) 4:30 Cocktail Hour	9:30 Plain Dealer News and Coffee (AL3) <b>16</b> 10:00 Christian Prayer Service 3:00 Travel Around the World Social (AL3) 3:30 OSU vs. Rutgers (LR) 4:00 Go4Life(R) Walking Club (LR) 6:00 Night at the Movies with Sandy (LR)
9:30 Plain Dealer News and Coffee (AL3) <b>17</b> 11:00 Sunday Mass (LR) 1:30 Brain Games-Scattergories (LR) 3:00 Trivia/Word Scramblers Social (LR) 4:00 Go4Life(R) Walking Club (LR) 6:00 Evening Meditation (LR)	9:30 News/Daily Chronicle and Coffee (AL3) <b>18</b> 10:30 Exercise Essentials-Noodles (AL3) 2:00 Rosary and Communion with St. Ladislav Parish (AL3) 3:00 Westlake Library Presentation (AL3) 4:00 Go4Life(R) Walking Club (LR) 4:30 Cocktail Hour 6:00 Evening Bingo with Nate (LR)	9:30 News/Daily Chronicle and Coffee (AL3) <b>19</b> 10:30 "Church on the Move" with Abraham (R1L) 3:00 Zumba Social 4:00 Go4Life(R) Walking Club (LR) 6:00 Evening Meditation (LR)	9:30 Plain Dealer News and Coffee (AL3) <b>20</b> 10:30 Exercise Essentials-Bands (AL3) 1:30 Brain Games- Word Scramble 3:00 Musical Social with Rick Kalister 4:00 Go4Life(R) Walking Club (LR) 4:30 Cocktail Hour 5:30 Card Club	9:30 News Currents SR. (AL3) <b>21</b> 10:15 Keith's Balance, Strength & Flexibility Class (LR) 12:30 Outing: Rocky River Sr. Play! (AL3) 3:00 Prize Bingo Social with Debbie (AL3) 4:00 Go4Life(R) Walking Club (LR) 6:00 Evening Meditation (LR)	<b>Happy BDay Ed G!</b> <b>22</b> 9:30 Plain Dealer News and Coffee (AL3) 10:30 Exercise Essentials (AL3) 3:00 Musical Social with John Pearson 4:00 Go4Life(R) Walking Club (LR) 4:30 Cocktail Hour 6:00 Evening Meditation	9:30 Plain Dealer News and Coffee (AL3) <b>23</b> 10:30 Go4Life Stretching to Music (AL3) 12:00 OSU vs. Penn State 3:00 Travel Around the World Social (AL3) 4:00 Go4Life(R) Walking Club (LR) 6:00 Night at the Movies with Sandy (LR)
9:30 Plain Dealer News and Coffee (AL3) <b>24</b> 11:00 Sunday Mass (LR) 12:30 Outing: Weslake High School Sr. Appreciation Day! (LR) 3:00 Trivia/Word Scramblers Social (LR) 4:00 Go4Life(R) Walking Club (LR) 6:00 Evening Meditation (LR)	9:30 News/Daily Chronicle and Coffee (AL3) <b>25</b> 10:30 Exercise Essentials-Noodles (AL3) 11:00 Live with Anticipation Club (AR) 2:00 Rosary and Communion with St. Ladislav Parish (AL3) 3:00 Crafting Social (AL3) 4:00 Go4Life(R) Walking Club (LR) 4:30 Cocktail Hour 6:00 Evening Bingo with Nate (LR)	9:30 News/Daily Chronicle and Coffee (AL3) <b>26</b> 10:30 "Church on the Move" with Abraham (R1L) 11:00 Mnd Your Mnd Brain Games (LR) 1:15 Flower Club 3:00 Zumba Social 4:00 Go4Life(R) Walking Club (LR) 6:00 Evening Meditation (LR)	9:30 Plain Dealer News and Coffee (AL3) <b>27</b> 10:30 Exercise Essentials-Bands (AL3) 11:15 Outing: Lunch Bunch 2:00 Resident Council (AR) 3:00 Musical Social with Rick Kalister 4:00 Go4Life(R) Walking Club (LR) 4:30 Cocktail Hour 5:30 Card Club	<b>Thanksgiving</b> <b>28</b> 9:30 News Currents SR. (AL3) 10:15 Keith's Balance, Strength & Flexibility Class (LR) 11:00 Community Service Club (AR) 1:30 Sing Fit (AL3) 3:00 Prize Bingo Social with Debbie (AL3) 4:00 Go4Life(R) Walking Club (LR) 6:00 Evening Meditation (LR)	9:30 Plain Dealer News and Coffee (AL3) <b>29</b> 10:00 Crafts w/ Weezy (AR) 10:30 Exercise Essentials 11:00 Mnd your Mnd 1:30 Creative Cooking 3:00 Musical Social with Billy Kaye 4:00 Go4Life(R) Walking Club (LR) 4:30 Cocktail Hour 6:00 Evening Meditation	9:30 Plain Dealer News and Coffee (AL3) <b>30</b> 10:30 Go4Life Stretching to Music (AL3) 1:30 Baking Club (AR) 3:00 Travel Around the World Social (AL3) 4:00 Go4Life(R) Walking Club (LR) 6:00 Night at the Movies with Sandy (LR)