

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|--|--|--|--|---|
| 3rd AR B DR ES LB LR1 LR2 MR Pat SR<br>3rd fl Activity Room<br>Bistro<br>Dining Room<br>Exercise Studio<br>Library<br>Living Room 1st floor<br>Library 2nd Fl<br>Media<br>Patio<br>Sitting Room by Private Dining                 |   |  | Activities subject to change.<br><br>Please see the Daily Activity Sheet   |  | 9:30 <b>Salon is Open</b> 1<br>10:30 Seated Yoga with Katherine<br>12:30 Go To the Movies JUDY<br>2:00 Baking for The Bethesda Rescue Squad<br>4:00 Shabbat Service<br>5:00 News and Schmooze<br>7:00 Movie Night  | 10:30 Exercise Essentials 2<br>1:30 Violin and Piano Rehearsals with Eleanor Cope and Hui Chun Chen<br>2:00 You Be the Judge!<br>3:30 Welcome November Social<br>5:00 News and Schmooze<br>7:00 Saturday Night at the Movies (MR) |
| Daylight Savings Begins 3<br>10:00 Catholic Mass<br>11:00 Coffee Klatch and Chat<br>2:00 Catholic Communion (B)<br>2:00 Keep Your Brain Young Games<br>3:00 Sunday Social<br>5:00 News and Schmooze<br>7:00 Sunday at the Movies: | 9:30 Go4Life® Walking Club 4<br>11:00 Art Therapy Workshop with Annie<br>11:15 Exercise Essentials<br>1:30 Trip at McDonald's<br>3:30 SingFit® Social<br>5:00 News and Schmooze<br>7:00 Classic Movies Night  | 10:00 Morning Meditation 5<br>11:00 Validation Group<br>2:00 The Times of Your Life, Sharing Your Stories<br>3:30 Wine and Cheese Social<br>5:00 News and Schmooze<br>7:00 Evening Movie                             | 11:15 Exercise Essentials 6<br>2:00 Paint to the the Classics<br>3:00 This Day in History<br>4:00 Happy Hour by the Fireplace<br>5:00 News and Schmooze<br>7:00 Evening Movie  | 10:00 NewsCurrents Sr. (AR) 7<br>11:15 Total Body Workout with Trainer, Chris Flook<br>4:00 Happy Hour<br>5:00 News and Schmooze<br>7:00 Bingo in the Bistro   | 9:30 Salon is Open 8<br>10:30 Seated Yoga with Katherine<br>12:00 Lunch Bunch to Le Vieux Logis<br>2:00 Baking for The Bethesda Rescue Squad<br>4:00 Shabbat Service<br>5:00 News and Schmooze<br>7:00 Movie Night | 10:30 Exercise Essentials 9<br>11:00 Crafting Club<br>2:00 You Be the Judge!<br>3:30 Saturday Social<br>5:00 News and Schmooze<br>7:00 Saturday Night at the Movies (MR)  |
| 11:00 Coffee Klatch and Chat 10<br>2:00 The Singing Sapphires<br>2:00 Catholic Communion (B)<br>2:00 Keep Your Brain Young Games<br>3:00 Sunday Social<br>5:00 News and Schmooze<br>7:00 Sunday at the Movies:                    | Veterans Day 11<br>9:30 Go4Life® Walking Club<br>11:15 Exercise Essentials<br>11:30 Breakfast at McDonald's<br>1:30 Shopping Trip to Wildwood Center<br>3:30 Veteran's Day Tribute Social<br>5:00 News and Schmooze<br>7:00 Classic Movies Night                          | 10:00 Morning Meditation 12<br>11:00 Activities to Go!<br>11:00 Validation Group<br>2:00 The Times of Your Life, Sharing Your Stories<br>3:30 Wine and Cheese Social<br>5:00 News and Schmooze<br>7:00 Evening Movie | 11:15 Exercise Essentials 13<br>2:00 Art Therapy with Annie<br>3:00 Wreath Making Demonstration<br>4:00 Happy Hour by the Fireplace<br>5:00 News and Schmooze<br>7:00 Evening Movie  | 10:00 NewsCurrents Sr. (AR) 14<br>11:15 Total Body Workout with Trainer, Chris Flook<br>2:00 Community Sing Along with Paula & Bernie<br>4:00 Happy Hour<br>5:00 News and Schmooze<br>7:00 Bingo in the Bistro | 9:30 Salon is Open 15<br>10:30 Seated Yoga with Katherine<br>2:00 Art Project for Bethesda Cares<br>4:00 Shabbat Service<br>5:00 News and Schmooze<br>7:00 Movie Night   | 10:30 Exercise Essentials 16<br>11:00 Artistic Expressions with Aasma<br>2:00 You Be the Judge!<br>3:30 Saturday Social<br>5:00 News and Schmooze<br>7:00 Saturday Night at the Movies (MR)                                       |
| 11:00 Coffee Klatch and Chat 17<br>2:00 Catholic Communion (B)<br>2:00 Keep Your Brain Young Games<br>3:00 Wines of Burgundy Social w/ Terese<br>5:00 News and Schmooze<br>7:00 Sunday at the Movies:                             | 9:30 Go4Life® Walking Club 18<br>11:15 Exercise Essentials<br>11:30 Breakfast at McDonald's<br>1:30 Shopping Trip to Wildwood Center<br>3:30 Musical Coffeehouse with Jesse Palidofsky<br>3:30 Trivia Games Social<br>5:00 News and Schmooze<br>7:00 Classic Movies Night | 10:00 Morning Meditation 19<br>11:00 Validation Group<br>2:30 Scenic Drive<br>3:30 Wine and Cheese Social<br>5:00 News and Schmooze<br>7:00 Evening Movie  | 11:00 Men's Group with Gary 20<br>11:15 Exercise Essentials<br>12:30 Trip to English Now School/ Crafts for the Children's Inn<br>3:00 This Day in History<br>4:00 Happy Hour by the Fireplace<br>5:00 News and Schmooze<br>7:00 Evening Movie | 10:00 NewsCurrents Sr. (AR) 21<br>11:15 Total Body Workout with Trainer, Chris Flook<br>2:00 Deena Javor<br>3:30 English Now School<br>4:00 Happy Hour<br>5:00 News and Schmooze<br>7:00 Bingo in the Bistro   | 9:30 Salon is Open 22<br>10:30 Seated Yoga with Katherine<br>2:00 Baking for The Bethesda Rescue Squad<br>3:15 Dr Jenner Lecture Series<br>4:00 Shabbat Service<br>5:00 News and Schmooze<br>7:00 Movie Night      | 10:30 Exercise Essentials 23<br>11:00 Crafting Club<br>2:00 You Be the Judge!<br>3:30 Saturday Social<br>4:00 Classical Piano with Tony Plumer<br>5:00 News and Schmooze<br>7:00 Saturday Night at the Movies (MR)                |
| 11:00 Coffee Klatch and Chat 24<br>2:00 Catholic Communion (B)<br>2:00 Keep Your Brain Young Games<br>3:00 Sunday Social<br>5:00 News and Schmooze<br>7:00 Sunday at the Movies:  | 9:30 Go4Life® Walking Club 25<br>11:15 Exercise Essentials<br>11:30 Breakfast at McDonald's<br>1:30 Shopping Trip to Wildwood Center<br>3:30 Trivia Games Social<br>3:30 SingFit® Social<br>5:00 News and Schmooze<br>7:00 Classic Movies Night                           | 9:30 Salon is Open 26<br>9:30 Morning Meditation<br>11:00 Resident Town Hall<br>2:00 The Times of Your Life, Sharing Your Stories<br>3:30 Wine and Cheese Social<br>5:00 News and Schmooze<br>7:00 Evening Movie     | 11:15 Exercise Essentials 27<br>2:00 Paint to the the Classics<br>3:00 This Day in History<br>4:00 Happy Hour by the Fireplace<br>5:00 News and Schmooze<br>7:00 Evening Movie   | Thanksgiving Day 28<br>10:00 NewsCurrents Sr. (AR)<br>12:30 Thanksgiving Buffet<br>2:00 Crosswords Challenge Club<br>4:00 Happy Hour<br>5:00 News and Schmooze   | 10:30 Brain Games with Tisa 29<br>2:00 Baking for The Bethesda Rescue Squad<br>3:00 Post Thanksgiving Workout<br>4:00 Shabbat Service<br>5:00 News and Schmooze<br>7:00 Movie Night                                | 10:30 Exercise Essentials 30<br>11:00 Artistic Expressions with Aasma<br>2:00 You Be the Judge!<br>3:30 Saturday Social<br>5:00 News and Schmooze<br>7:00 Saturday Night at the Movies (MR)                                       |