Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room BI Bistro BUS Bus DR Dining Room KI Kitchen LR Living Room NR Nature Room R Reminiscence SA Salon					1 8:00 Beauty Shop (SA) 9:30 Morning Go4Life Walking Club 9:45 Count it All Joy with Ebony (AR) 10:00 Exercise with Weights (AR) 10:45 Blackjack (BI) 1:30 Ring Toss (AR) 2:30 Pizza Time Social (BI) 3:00 Sing Fit 3:30 Go4Life Walking Club (BI) 3:45 Kids Care 2 Help Learn your phones! (LR) 6:00 Pencil Work With Cabernet (BI) 7:00 Card Sharks (BI)	2 7:30 DONUT DAY! 9:30 Morning Go4Life Walking Club 10:00 Noodle Excercise Essentials & Hydration (AR) 10:30 Meet Me at MOMA (AR) 1:00 Bingo Bash with Ebony (AR) 2:15 Live with Anticipation Club (BI) 2:30 Guggenheim Social (BI) 3:30 Go4Life Walking Club (BI) 6:00 Saturday Night Derby Race for bucks! (BI)
3 9:30 Morning Go4Life Walking Club 10:00 Exercise Essentials & Hydration with Elaine (AR) 10:30 St Thomas Church Services (AR) 1:30 Cutting Coupons for the troops (BI) 2:30 Jeopardy Trivia Social (BI) 3:00 Bags in the Bistro for Bucks! 3:30 Go4Life Walking Club (BI) 6:30 Sharon on the guitar (R) 7:00 Hangman for bucks	4 9:30 Morning Go4Life Walking Club 10:00 Exercise Essentials & Hydration with Maryanne & Hydration (AR) 10:30 Cards with Kalpi (BI) 1:00 Bible Study with Mary Munday (LR) 1:30 Rosary with Augusta (NR) 2:30 Name That Movie Social (BI) 3:30 Go4Life Walking Club (BI) 6:15 Left Right Center (LR) 6:45 Meditation for Relaxation (LR)	5 8:00 Beauty Shop (SA) 9:30 Morning Go4Life Walking Club 10:00 Gentle Stretches and Breathing 10:15 ZUMBA with Connie (R) 10:30 Arts and Crafts (AR) 10:30 Ceramics with Faye (AR) 11:00 Flavor of the Day (BI) 1:30 Boccia Ball 2:30 Wine/Beer Time Social 3:00 Guggenheim Games with Ellen (BI) 3:30 Go4Life Walking Club (BI) 6:00 SingFit® with Ellen (LR) 6:00 Men's Club (NR) 6:45 Meditation for Relaxation (LR)	6 9:30 Morning Go4Life Walking Club 9:30 Baking Bread with Maribel (BI) 10:00 Exercise Essentials & Hydration (AR) 10:30 Bunco (BI) 11:45 Catered In Lunch Bunch (AR) 1:30 Real Talk and Wine (BI) 2:30 Real Talk Social (BI) 3:00 Pencil Work in the bistro (BI) 3:30 Go4Life Walking Club (BI) 6:00 Bingo Bash with Ann (AR)	7 9:30 Word of the Day (BI) 9:30 Morning Go4Life Walking Club 10:00 Excercise Essentials & Hydration with Elaine (AR) 10:30 Baking with Denise and Ebony (BI) 1:15 News Currents Senior with Ebony (AR) 2:30 News Current Senior Sr. Social (BI) 3:30 Go4Life Walking Club (BI) 6:15 Pencil work with Cabernet (LR) 6:45 Meditation for Relaxation (LR)	8 8:00 Beauty Shop (SA) 9:30 Morning Go4Life Walking Club 9:45 Count it All Joy with Ebony (AR) 10:00 Exercise with Weights (AR) 10:45 Blackjack (BI) 1:30 Ring Toss (AR) 2:30 Pizza Time Social (BI) 3:00 Sing Fit 3:30 Go4Life Walking Club (BI) 6:00 Pencil Work With Cabernet (BI) 7:00 Card Sharks (BI)	9 9:30 Morning Go4Life Walking Club 10:00 Noodle Excercise Essentials & Hydration (AR) 10:30 2000 Dice Game (BI) 1:00 Bingo Bash with Ebony (AR) 2:15 Live with Anticipation Club (BI) 2:30 Guggenheim Social (BI) 3:30 Go4Life Walking Club (BI) 6:00 Saturday Night Derby Race for bucks! (BI)
10 9:30 Morning Go4Life Walking Club 10:00 Exercise Essentials & Hydration with Elaine (AR) 10:30 St Thomas Church Services (AR) 1:30 Cutting Coupons for the troops (BI) 2:30 Jeopardy Trivia Social (BI) 3:00 Bags in the Bistro for Bucks! 3:30 Go4Life Walking Club (BI) 6:30 Sharon on the guitar (R) 7:00 Hangman for bucks	11 9:30 Morning Go4Life Walking Club 10:00 Exercise Essentials & Hydration with Maryanne & Hydration (AR) 10:30 Cards with Kalpi (BI) 1:00 Bible Study with Mary Munday (LR) 1:30 Rosary with Augusta (NR) 2:30 Name That Movie Social (BI) 3:30 Go4Life Walking Club (BI) 6:15 Left Right Center (LR) 6:45 Meditation for Relaxation (LR)	12 8:00 Beauty Shop (SA) 9:30 Morning Go4Life Walking Club 10:00 Gentle Stretches and Breathing 10:15 ZUMBA with Connie (R) 10:30 Arts and Crafts (AR) 11:00 Flavor of the Day (BI) 1:30 Boccia Ball 2:30 Wine/Beer Time Social 3:00 Guggenheim Games with Ellen (BI) 3:30 Go4Life Walking Club (BI) 6:00 SingFit® with Ellen (LR) 6:00 Men's Club (NR) 6:45 Meditation for Relaxation (LR)	13 9:30 Morning Go4Life Walking Club 9:30 Baking Bread with Maribel (BI) 10:00 Exercise Essentials & Hydration (AR) 10:30 Bunco (BI) 1:30 Real Talk and Wine (BI) 2:30 Real Talk Social (BI) 3:00 Pencil Work in the bistro (BI) 3:30 Go4Life Walking Club (BI) 6:00 Bingo Bash with Ann (AR)	14 9:30 Word of the Day (BI) 9:30 Morning Go4Life Walking Club 10:00 Excercise Essentials & Hydration with Elaine (AR) 10:30 Baking with Denise and Ebony (BI) 1:15 News Currents Senior with Ebony (AR) 2:30 News Current Senior Sr. Social (BI) 3:30 Go4Life Walking Club (BI) 6:15 Pencil work with Cabernet (LR) 6:45 Meditation for Relaxation (LR)	15 8:00 Beauty Shop (SA) 9:30 Morning Go4Life Walking Club 9:45 Count it All Joy with Ebony (AR) 10:00 Exercise with Weights (AR) 10:45 Blackjack (BI) 1:30 Ring Toss (AR) 2:30 Pizza Time Social (BI) 3:00 Sing Fit 3:30 Go4Life Walking Club (BI) 3:45 Kids Care 2 Help Learn your phones! (LR) 6:00 Pencil Work With Cabernet (BI) 7:00 Card Sharks (BI)	16 9:30 Morning Go4Life Walking Club 10:00 Noodle Excercise Essentials & Hydration (AR) 10:30 Cards Makingwith Martha (AR) 1:00 Bingo Bash with Ebony (AR) 2:15 Live with Anticipation Club (BI) 2:30 Guggenheim Social (BI) 3:30 Go4Life Walking Club (BI) 6:00 Saturday Night Derby Race for bucks! (BI)
17 9:30 Morning Go4Life Walking Club 10:00 Exercise Essentials & Hydration with Elaine (AR) 10:30 St Thomas Church Services (AR) 1:30 Cutting Coupons for the troops (BI) 2:30 Jeopardy Trivia Social (BI) 3:00 Bags in the Bistro for Bucks! 3:30 Go4Life Walking Club (BI) 6:30 Sharon on the guitar (R) 7:00 Hangman for bucks	18 9:30 Morning Go4Life Walking Club 10:00 Exercise Essentials & Hydration with Maryanne & Hydration (AR) 10:30 Cards with Kalpi (BI) 1:00 Bible Study with Mary Munday (LR) 1:30 Rosary with Augusta (NR) 2:30 Name That Movie Social (BI) 3:30 Go4Life Walking Club (BI) 6:15 Left Right Center (LR) 6:45 Meditation for Relaxation (LR)	19 8:00 Beauty Shop (SA) 9:30 Morning Go4Life Walking Club 10:00 Gentle Stretches and Breathing 10:15 ZUMBA with Connie (R) 10:30 Arts and Crafts (AR) 11:00 Flavor of the Day (BI) 1:30 Boccia Ball 2:30 Wine/Beer Time Social 3:00 Guggenheim Games with Ellen (BI) 3:30 Go4Life Walking Club (BI) 6:00 SingFit® with Ellen (LR) 6:00 Men's Club (NR) 6:45 Meditation for Relaxation (LR)	20 9:30 Morning Go4Life Walking Club 9:30 Baking Bread with Maribel (BI) 10:00 Exercise Essentials & Hydration (AR) 10:30 Bunco (BI) 10:45 Arby's Fast Food Frenzy (BUS) 1:30 Real Talk and Wine (BI) 2:30 Real Talk Social (BI) 3:00 Pencil Work in the bistro (BI) 3:30 Go4Life Walking Club (BI) 6:00 Bingo Bash with Ann (AR)	21 9:30 Word of the Day (BI) 9:30 Morning Go4Life Walking Club 10:00 Excercise Essentials & Hydration with Elaine (AR) 10:30 Baking with Denise and Ebony (BI) 1:15 News Currents Senior with Ebony (AR) 2:30 News Current Senior Sr. Social (BI) 3:30 Go4Life Walking Club (BI) 6:15 Pencil work with Cabernet (LR) 6:45 Meditation for Relaxation (LR)	22 8:00 Beauty Shop (SA) 9:30 Morning Go4Life Walking Club 9:45 Count it All Joy with Ebony (AR) 10:00 Exercise with Weights (AR) 10:45 Blackjack (BI) 1:30 Ring Toss (AR) 2:30 Pizza Time Social (BI) 3:00 Sing Fit 3:30 Go4Life Walking Club (BI) 6:00 Pencil Work With Cabernet (BI) 7:00 Card Sharks (BI)	23 9:30 Morning Go4Life Walking Club 10:00 Noodle Excercise Essentials & Hydration (AR) 10:30 Meet Me at Moma (AR) 10:30 2000 Dice Game (BI) 1:00 Bingo Bash with Ebony (AR) 2:15 Live with Anticipation Club (BI) 2:30 Guggenheim Social (BI) 3:30 Go4Life Walking Club (BI) 6:00 Saturday Night Derby Race for bucks! (BI)
24 9:30 Morning Go4Life Walking Club 10:00 Exercise Essentials & Hydration with Elaine (AR) 10:30 St Thomas Church Services (AR) 1:30 Cutting Coupons for the troops (BI) 2:30 Jeopardy Trivia Social (BI) 3:00 Bags in the Bistro for Bucks! 3:30 Go4Life Walking Club (BI) 6:30 Sharon on the guitar (R) 7:00 Hangman for bucks	25 9:30 Morning Go4Life Walking Club 10:00 Exercise Essentials & Hydration with Maryanne & Hydration (AR) 10:30 Cards with Kalpi (BI) 1:00 Bible Study with Mary Munday (LR) 1:30 Rosary with Augusta (NR) 2:30 Name That Movie Social (BI) 3:30 Go4Life Walking Club (BI) 6:15 Left Right Center (LR) 6:45 Meditation for Relaxation (LR)	26 8:00 Beauty Shop (SA) 9:30 Morning Go4Life Walking Club 10:00 Gentle Stretches and Breathing 10:15 ZUMBA with Connie (R) 10:30 Arts and Crafts (AR) 11:00 Flavor of the Day (BI) 1:30 Boccia Ball 2:30 Wine/Beer Time Social 3:00 Guggenheim Games with Ellen (BI) 3:30 Go4Life Walking Club (BI) 6:00 SingFit® with Ellen (LR) 6:00 Men's Club (NR) 6:45 Meditation for Relaxation (LR)	27 9:30 Morning Go4Life Walking Club 9:30 Baking Bread with Maribel (BI) 10:00 Exercise Essentials & Hydration (AR) 10:30 Bunco (BI) 1:30 Real Talk and Wine (BI) 2:30 Real Talk Social (BI) 3:00 Pencil Work in the bistro (BI) 3:30 Go4Life Walking Club (BI) 6:00 Bingo Bash with Ann (AR)	28 9:30 Word of the Day (BI) 9:30 Morning Go4Life Walking Club 10:00 Excercise Essentials & Hydration with Elaine (AR) 10:30 Baking with Denise and Ebony (BI) 1:15 News Currents Senior with Ebony (AR) 2:30 News Current Senior Sr. Social (BI) 3:30 Go4Life Walking Club (BI) 6:15 Pencil work with Cabernet (LR) 6:45 Meditation for Relaxation (LR)	29 8:00 Beauty Shop (SA) 9:30 Morning Go4Life Walking Club 9:45 Count it All Joy with Ebony (AR) 10:00 Exercise with Weights (AR) 10:45 Blackjack (BI) 1:30 Ring Toss (AR) 2:30 Pizza Time Social (BI) 3:00 Sing Fit 3:30 Go4Life Walking Club (BI) 3:45 Kids Care 2 Help Learn your phones! (LR) 6:00 Pencil Work With Cabernet (BI) 7:00 Card Sharks (BI)	30 9:30 Morning Go4Life Walking Club 10:00 Noodle Excercise Essentials & Hydration (AR) 1:00 Bingo Bash with Ebony (AR) 2:15 Live with Anticipation Club (BI) 2:30 Guggenheim Social (BI) 3:30 Go4Life Walking Club (BI) 6:00 Saturday Night Derby Race for bucks! (BI)

NOVEMBER 2019

Assisted Living

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