

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AC Activity Center AS Art Studio BG Bedford Gym BI Bistro BR Buckingham Room CR Card Room CY Court Yard DR Dining Room LB Library Lo Lobby LR Living Room MC Medical Clinic MD Main Dining PDR Private Dining Room PR Pool Room					10:00 Documentary: National Geographic Human Footprints (AC) <b>1</b> 11:00 Bible Study with Margaret Swanke (LR) 2:00 Word Game Fun (BI) 3:00 Poetry Reading with Albert K (LR) 5:30 Shabbat Dinner (AC)	10:30 Scrabble Club (AC) <b>2</b> 1:30 Bingo Fun (AC) 3:00 Movie Matinee: Sweet November Starring Charlize Theron (AC) 7:00 Cards & Game Night (AC)
11:00 Bedford Brunch (MD) <b>3</b>	10:00 Billiards Club (PR) <b>4</b> 11:00 Understanding Alzheimer's & Dementia Presentation (AC) 1:00 Sit & Fit with Gerri (AC) 2:00 Koffee Klatch (BI) 3:00 Afternoon Bingo (AC) 7:00 Bedford Binge Episode 4 (AC) 7:00 Music Appreciation (LR)	9:30 Blood Pressure Screening (LR) <b>5</b> 10:00 Billiards for Beginners (PR) 11:00 Catholic Mass (AC) 2:00 The Wandering Docent presents presents Public Works of Art / Depression Era (AC) 2:00 Needlework Club (PDR) 7:00 Silver Screen Movie: 20th Century Woman Starring Annette Bening (AC)	9:30 Walk-In Nurse (MC) <b>6</b> 10:00 Creative Coloring & More (AS) 11:00 Chair Yoga (AC) 1:00 Sing-A-Long with Frank Plummer (AC) 2:00 Writing Expressions with Layo (BI) 3:00 History Lecture: Dr. Robert Jenner presents General Douglas MacArthur (AC) 7:00 Trivia Night with Bertina (AC)	10:00 Billiards Club (PR) <b>7</b> 3:30 Bedford Happy Hour (AC)	10:00 Documentary: National Geographic Sky Monsters (AC) <b>8</b> 11:00 Bible Study with Margaret Swanke (LR) 3:30 Issues & Answers with Joan Adams (AC) 7:00 Jewish Service (LR)	10:30 Scrabble Club (AC) <b>9</b> 1:30 Bingo Fun (AC) 3:00 Movie Matinee: Rise of the Planet of the Apes Starring James Franco (AC) 7:00 Cards & Game Night (AC)
10:45 Catholic Communion (LR) <b>10</b> 11:00 Bedford Brunch (MD) 4:00 Evening Concert with Piano Vocalist Daniel Villar (AC)	9:00 Breakfast Honoring Our Veterans (AC) <b>11</b> 10:00 Billiards Club (PR) 1:00 Sit & Fit with Gerri (AC) 2:00 Koffee Klatch (BI) 3:00 Afternoon Bingo (AC) 7:00 Bedford Binge: Boss Episode 5 (AC) 7:00 Music Appreciation (LR)	9:30 Blood Pressure Screening (LR) <b>12</b> 10:00 Billiards for Beginners (PR) 11:00 Flow Stretching with Amy (AC) 2:00 Needlework Club (PDR) 3:00 Musical Sounds of Dale Jarrett (AC) 7:00 Silver Screen Movie: A Man Called Ove Starring Rolf Lassgard (AC)	9:30 Walk-In Nurse (MC) <b>13</b> 10:00 Creative Coloring & More (AS) 11:00 Chair Yoga (AC) 1:00 Art with Susan (AS) 2:00 Hearing Loss Seminar with Audiologist Dr. David Barwell and Clear Caption Communication (AC) 7:00 Trivia Night with Bertina (AC)	10:00 Billiards Club (PR) <b>14</b> 10:00 NEW Tai Chi with Tammy (AC) 11:00 Bedford Comedy Club (LB) 3:30 Bedford Happy Hour (AC)	10:00 Documentary: Building the Great Pyramids (AC) <b>15</b> 10:00 Shopping Opportunity: Linda's Treasures Holiday Boutique (PDR) 11:00 Bible Study with Margaret Swanke (LR) 3:30 Issues & Answers with Joan Adams (AC) 7:00 Jewish Service (LR)	10:30 Scrabble Club (AC) <b>16</b> 1:30 Bingo Fun (AC) 3:00 Movie Matinee: Remember Starring Christopher Plummer (AC) 7:00 Cards & Game Night (AC)
10:45 Catholic Communion (LR) <b>17</b> 11:00 Bedford Brunch (MD)	10:00 Bedford Binge: Boss (AC) <b>18</b> 10:00 Billiards Club (PR) 1:00 Sit & Fit with Gerri (AC) 2:00 Koffee Klatch (BI) 3:00 Afternoon Bingo (AC) 7:00 Music Appreciation (LR)	9:30 Blood Pressure Screening (LR) <b>19</b> 10:00 Billiards for Beginners (PR) 11:00 Flow Stretching with Amy (AC) 2:00 Needlework Club (CR) 7:00 Silver Screen Movie: I'm Not Ashamed Starring Masey McLain (AC)	8:00 Pre-Thanksgiving Prayer Breakfast with Pastor Dye McCord Church of Christ at Manor Wood (AC) <b>20</b> 9:30 Walk-In Nurse (MC) 10:00 Creative Coloring & More (AS) 10:30 Beading with Cindy (BI) 11:00 Chair Yoga (AC) 1:30 Navigating the Gym (BG) 2:00 Writing Expressions with Layo (BI) 3:00 Courtside Chatter with Executive Director Janet Bradley (AC) 7:00 Trivia Night with Bertina (AC)	10:00 Billiards Club (PR) <b>21</b> 11:00 Aging Up (vs. Growing Up) – What Aging Does to Our Bodies presented by Family & Nursing (AC) 11:00 Bedford Comedy Club (LB) 3:30 Bedford Happy Hour (AC) 7:00 Bedford Follies Talent Show (AC)	10:00 Documentary: Herb & Dorothy (AC) <b>22</b> 11:00 Bible Study with Margaret Swanke (LR) 3:30 Issues & Answers with Joan Adams (AC) 7:00 Jewish Service (LR)	10:30 Scrabble Club (AC) <b>23</b> 1:30 Bingo Fun (AC) 3:00 Movie Matinee: Going in Style Starring Morgan Freeman & Michael Cain (AC) 7:00 Cards & Game Night (AC)
10:45 Catholic Communion (LR) <b>24</b> 11:00 Bedford Brunch (MD)	10:00 Bedford Binge: Boss (AC) <b>25</b> 10:00 Billiards Club (PR) 1:00 Sit & Fit with Gerri (AC) 2:00 Play Reading Group (PDR) 2:00 Koffee Klatch (BI) 3:00 Afternoon Bingo (AC) 7:00 Music Appreciation (LR)	9:30 Blood Pressure Screening (LR) <b>26</b> 10:00 Billiards for Beginners (PR) 11:00 Flow Stretching with Amy (AC) 2:00 Needlework Club (PDR) 7:00 Silver Screen Pizza & Movie: The Intouchables Starring Francois Cluzet (AC)	9:30 Walk-In Nurse (MC) <b>27</b> 10:00 Creative Coloring & More (AS) 11:00 Chair Yoga (AC) 2:00 Broadway History with Steve Friedman (AC)	10:00 Billiards Club (PR) <b>28</b> 11:00 Thanksgiving Day Brunch (MD)	10:00 Documentary: Batkid Begins (AC) <b>29</b> 10:00 Shopping Opportunity: Black Friday Sale with Jewellery & Accessories by Joy (PDR) 11:00 Bible Study with Margaret Swanke (LR) 7:00 Jewish Service (LR)	10:30 Scrabble Club (AC) <b>30</b> 1:30 Bingo Fun (AC) 3:00 Movie Matinee: Jack Reacher Never Go Back Starring Tom Cruise (AC) 7:00 Cards & Game Night (AC)

**NOVEMBER 2019**  
**Independent Living**  
 Bedford Court  
 3701 International Dr, Silver Spring,  
 MD 20906; (301) 598-2900

LIVE WITH PURPOSE



**BEDFORD COURT**  
 MONOGRAM COLLECTION BY SUNRISE