

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALB AL Bistro ALC AL Central Park ALD AL Dining Room AR AL Activity Room CR IL Card Room FR AL Family Room ILB IL Bistro ILD IL Dining Room RC Reminiscence Courtyard RDR Reminiscence Dining Room SR Reminiscence Sun Room					9:00 Senior Stretch 9:30 Baking for Our Local Fire Station (AR) 1 9:45 Year in Review with Susan (ALC) 9:45 Exercise Essentials (AR) 10:30 Christ Care Group Bible Study (AR) 1:30 Armchair Yoga 3:00 TGIF Social 3:30 SingFit® (AR) 4:00 Go4Life® Walking Club 7:00 Evening Snack 7:15 Movie and Popcorn (AR)	9:00 Senior Stretch 2 9:45 Senior Stretch (AR) 10:00 Scenic Drive 3:00 Bingo (AR) 3:00 Warm Bread from the Oven Social 4:00 Wii Bowling (AR) 4:00 Go4Life® Walking Club 7:00 Evening Snack 7:15 Saturday Night at the Movies (AR)
Daylight Saving Time 3	9:00 Senior Stretch 4 9:45 Exercise Essentials (AR) 10:00 Trip to Giant Grocery Store 1:30 Musical Quiz (ALC) 2:00 Mass with St. John's Catholic Church (AR) 3:00 Grandma's Homemade Cobbler Social 3:30 Bingo (AR) 4:00 Go4Life® Walking Club 6:30 Wii Bowling (AR) 7:00 Evening Snack	9:00 Senior Stretch 5 9:45 Senior Stretch (AR) 9:45 Baking For Our Neighbors (AR) 10:00 Cruising Around Town 11:00 Crossword Puzzle Fun (ALC) 2:00 Bridge Club (ALC) 3:00 Resident Council (ALD) 3:00 Meet Your New Neighbors Social (ALB) 3:30 Trivia (ALC) 4:00 Go4Life® Walking Club 6:15 Come Sing Hymns with Lucia (ALC) 6:30 Card Game Night (ALC) 7:00 Evening Snack	9:00 Senior Stretch 6 9:45 Garden Club (ALB) 9:45 Exercise Essentials (AR) 11:00 Lunch Bunch 1:30 Crossword Puzzle (AR) 3:00 House Social 3:45 Severna Park Elementary Bingo Visit (AR) 4:00 Go4Life® Walking Club 6:15 SingFit® 7:00 Evening Snack	8:30 Pancake Breakfast Day 7 9:00 Senior Stretch 9:45 Senior Stretch (AR) 10:00 Baking Club (AR) 11:00 Chime Choir (AR) 1:30 News Currents Sr. (AR) 3:00 We Are Thankful Social 4:00 Go4Life® Walking Club 6:30 Bingo (AR) 7:00 Evening Snack	9:00 Senior Stretch 8 9:30 Baking for Our Local Fire Station (AR) 9:45 Year in Review with Susan (ALC) 9:45 Exercise Essentials (AR) 10:30 Christ Care Group Bible Study (AR) 12:00 Our Veteran's Day Luncheon 1:30 Patriot Sing A Long (ALC) 2:00 Bridge Club (ALC) 3:00 TGIF Social 3:30 SingFit® (AR) 4:00 Go4Life® Walking Club 6:30 Piano and Voice Concert (ALC) 7:00 Evening Snack	9:00 Senior Stretch 9 9:45 Senior Stretch (AR) 10:00 Scenic Drive 3:00 Bingo (AR) 3:00 Warm Bread from the Oven Social 4:00 Wii Bowling (AR) 4:00 Go4Life® Walking Club 7:00 Evening Snack 7:15 Saturday Night at the Movies (AR)
8:45 St. John's Church Trip 9:00 Wood's Church Trip 9:00 Senior Stretch 9:45 Senior Stretch (AR) 10:30 Severna Park Methodist Church Trip 1:30 Fo Ke No (AR) 3:00 Football Social 4:00 Go4Life® Walking Club 6:30 Evening Relaxation Circle (ALC) 7:00 Evening Snack	Veteran's Day 11 9:00 Senior Stretch 9:45 Exercise Essentials (AR) 10:00 Trip to Giant Grocery Store 1:30 Musical Quiz (ALC) 2:00 Communion and Rosary (AR) 3:00 Grandma's Homemade Cobbler Social 3:30 Bingo (AR) 4:00 Go4Life® Walking Club 6:30 Wii Bowling (AR) 7:00 Evening Snack	9:00 Senior Stretch 12 9:45 Senior Stretch (AR) 9:45 Baking For Our Neighbors (AR) 10:00 Cruising Around Town 11:00 Crossword Puzzle Fun (ALC) 1:30 Craft Club (AR) 2:00 Bridge Club (ALC) 3:00 Pumpkin Social 3:30 Trivia (ALC) 4:00 Go4Life® Walking Club 6:30 Card Game Night (ALC) 7:00 Evening Snack	9:00 Senior Stretch 13 9:45 Garden Club (ALB) 9:45 Exercise Essentials (AR) 1:30 Crossword Puzzle (AR) 3:00 House Social 3:00 Dining Meeting (ALD) 3:30 St. John's Bingo Visit (AR) 3:30 Yoga (AR) 4:00 Go4Life® Walking Club 6:00 Family Night Meeting (AR) 6:15 SingFit® 7:00 Evening Snack	9:00 Senior Stretch 14 9:45 Senior Stretch (AR) 10:00 Baking Club (AR) 11:00 Chime Choir (AR) 3:00 We Are Thankful Social 3:30 Music with Geoffrey 4:00 Go4Life® Walking Club 6:00 Baltimore National Aquarium Trip 6:30 Bingo (AR) 7:00 Evening Snack	9:00 Senior Stretch 15 9:30 Baking for Our Local Fire Station (AR) 9:45 Year in Review with Susan (ALC) 9:45 Exercise Essentials (AR) 10:30 Christ Care Group Bible Study (AR) 1:30 Armchair Yoga 2:00 Bridge Club (ALC) 3:00 TGIF Social 3:30 SingFit® (AR) 4:00 Go4Life® Walking Club 7:00 Evening Snack 7:15 Movie and Popcorn (AR)	9:00 Senior Stretch 16 9:45 Senior Stretch (AR) 10:00 Scenic Drive 3:00 Bingo (AR) 3:00 Warm Bread from the Oven Social 4:00 Wii Bowling (AR) 4:00 Go4Life® Walking Club 7:00 Evening Snack 7:15 Saturday Night at the Movies (AR)
8:45 St. John's Church Trip 9:00 Wood's Church Trip 9:00 Senior Stretch 9:45 Senior Stretch (AR) 10:30 Severna Park Methodist Church Trip 1:30 Roll and Remember (ALC) 3:00 Football Social 4:00 Go4Life® Walking Club 6:30 Evening Relaxation Circle (ALC) 7:00 Evening Snack	9:00 Senior Stretch 18 9:45 Exercise Essentials (AR) 10:00 Trip to Giant Grocery Store 1:30 Musical Quiz (ALC) 2:00 Communion and Rosary (AR) 3:00 Grandma's Homemade Cobbler Social 3:45 Severna Park Elementary Bingo Visit (AR) 4:00 Go4Life® Walking Club 6:30 Wii Bowling (AR) 7:00 Evening Snack	9:00 Senior Stretch 19 9:45 Senior Stretch (AR) 9:45 Baking For Our Neighbors (AR) 10:00 Cruising Around Town 11:00 Crossword Puzzle Fun (ALC) 1:30 Making Chocolate Candy for Homeless Shelter (AR) 2:00 Bridge Club (ALC) 3:00 Pumpkin Social 3:30 Trivia (ALC) 4:00 Go4Life® Walking Club 6:15 Come Sing Hymns with Lucia (ALC) 6:30 Card Game Night (ALC) 7:00 Evening Snack	9:00 Senior Stretch 20 9:45 Garden Club (ALB) 9:45 Exercise Essentials (AR) 11:00 Lunch Bunch 1:30 Crossword Puzzle (AR) 3:00 House Social 3:30 Yoga (AR) 3:45 Severna Park Elementary Bingo Visit (AR) 4:00 Go4Life® Walking Club 6:15 SingFit® 7:00 Evening Snack	9:00 Senior Stretch 21 9:45 Senior Stretch (AR) 10:00 Baking Club (AR) 10:30 Wood's Church Prayer Service (ALC) 2:00 Music, Music, Music with Nina (ALC) 3:00 We Are Thankful Social 3:30 News Currents Sr. (AR) 3:45 Severna Park Elementary Bingo Visit (AR) 4:00 Go4Life® Walking Club 6:30 Bingo (AR) 7:00 Evening Snack	9:00 Senior Stretch 22 9:30 Baking for Our Local Fire Station (AR) 9:45 Year in Review with Susan (ALC) 9:45 Exercise Essentials (AR) 10:30 Christ Care Group Bible Study (AR) 1:30 Armchair Yoga 2:00 Bridge Club (ALC) 3:00 TGIF Social 3:30 SingFit® (AR) 4:00 Go4Life® Walking Club 7:00 Evening Snack 7:15 Movie and Popcorn (AR)	9:00 Senior Stretch 23 9:45 Senior Stretch (AR) 10:00 Scenic Drive 3:00 Bingo (AR) 3:00 Warm Bread from the Oven Social 4:00 Wii Bowling (AR) 4:00 Go4Life® Walking Club 7:00 Evening Snack 7:15 Saturday Night at the Movies (AR)
8:45 St. John's Church Trip 9:00 Wood's Church Trip 9:00 Senior Stretch 9:45 Senior Stretch (AR) 10:15 Woods Communion Service (ALC) 10:30 Severna Park Methodist Church Trip 2:30 Fellowship Service (AR) 3:00 Football Social 4:00 Go4Life® Walking Club 6:30 Evening Relaxation Circle (ALC) 7:00 Evening Snack	9:00 Senior Stretch 25 9:45 Exercise Essentials (AR) 10:00 Trip to Giant Grocery Store 1:30 Musical Quiz (ALC) 2:00 Communion and Rosary (AR) 3:00 Grandma's Homemade Cobbler Social 3:30 Bingo (AR) 4:00 Go4Life® Walking Club 6:30 Wii Bowling (AR) 7:00 Evening Snack	9:00 Senior Stretch 26 9:45 Senior Stretch (AR) 9:45 Baking For Our Neighbors (AR) 10:00 Cruising Around Town 11:00 Crossword Puzzle Fun (ALC) 1:00 Making Thanksgiving Treats 2:00 Bridge Club (ALC) 3:00 Pumpkin Social 3:30 Trivia (ALC) 4:00 Go4Life® Walking Club 6:30 Card Game Night (ALC) 7:00 Evening Snack	9:00 Senior Stretch 27 9:45 Garden Club (ALB) 9:45 Exercise Essentials (AR) 1:30 Crossword Puzzle (AR) 3:00 House Social 3:30 Yoga (AR) 4:00 Go4Life® Walking Club 6:15 SingFit® 7:00 Evening Snack	Thanksgiving Day 28 9:00 Macy's Thanksgiving Parade on TV 9:00 Senior Stretch 9:45 Senior Stretch (AR) 10:00 Baking Club (AR) 1:30 Gobble, Gobble Bingo (AR) 3:00 We Are Thankful Social 3:30 News Currents Sr. (AR) 4:00 Go4Life® Walking Club 6:30 Thanksgiving Movie (AR) 7:00 Evening Snack	9:00 Senior Stretch 29 9:30 Baking for Our Local Fire Station (AR) 9:45 Year in Review with Susan (ALC) 9:45 Exercise Essentials (AR) 10:30 Christ Care Group Bible Study (AR) 1:30 Armchair Yoga 2:00 103rd Birthday Celebration for Hazel (ALC) 3:00 TGIF Social 4:00 Go4Life® Walking Club 7:00 Evening Snack 7:15 Movie and Popcorn (AR)	9:00 Senior Stretch 30 9:45 Senior Stretch (AR) 10:00 Scenic Drive 3:00 Warm Bread from the Oven Social 3:30 Piano Recital (ALC) 4:00 Wii Bowling (AR) 4:00 Go4Life® Walking Club 7:00 Evening Snack 7:15 Saturday Night at the Movies (AR)

NOVEMBER 2019
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LIVE WITH PURPOSE

