

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4FL 4th Floor AL Assisted Living AR Activity Room B Bistro BP Back Patio L Lobby MR Media Room PDR Private Dining Room RTR Round Table Room					10:00 Power Fitness w/Victoria 1 10:30 Ask the Nurse (AR) 1:30 Speaker/Tim Chambless (MR) 3:30 Music Social/Merrill Smith (MR) 7:15 Friday Night at the Movies (MR)	10:00 Tai Chi DVD 2 11:00 Bingo w/Glen (AR) 1:00 Bridge Game (AR) 1:00 Hand Foot Card Game (4FL) 2:00 Matinee Movie (MR)
8:30 Rides to Church (L) 3 10:45 LDS Services (MR) 2:00 Sunday Modern Matinee (MR)	10:00 Cardio Pump w/Victoria 4 11:00 Nail Salon Trips (L) 1:00 Hand Foot Card Game (4FL) 2:00 Hot Cocoa Bar (B) 4:15 Social Hour (B) 7:15 Monday Movie Madness (MR)	10:00 Fitness w/Chelsey (MR) 5 11:00 Neighborhood Meeting (MR) 1:00 Optimizing Brain Fitness (MR) 1:30 Mahjong (AR) 4:15 Social Hour (B) 6:45 LDS Services (MR)	9:00 Errands (L) 6 10:00 Fitness w/Victoria (MR) 11:15 Lunch Outing/Pig in a Jelly jar (L) 1:30 Grocery Shopping/Macey's (L) 1:30 Mexican Train (B) 4:15 Social Hour (B) 7:00 Musical Movie/Annie (MR)	9:30 Water Aerobics (L) 7 10:00 Fitness w/Therabands (MR) 11:00 Catholic Communion (RTR) 1:00 Skip Bo Card Game (RTR) 1:30 Scrabble Game (B) 2:30 BINGO! (AR) 4:15 Social Hour (B) 7:00 Bridge Game (AR)	10:00 Power Fitness w/Victoria 8 10:30 Ask the Nurse (AR) 1:30 Pie and Poetry (4FL) 3:30 Music Social/LeRoy Sewell (MR) 7:15 Friday Night at the Movies (MR)	10:00 Tai Chi DVD 9 11:00 Bingo w/Glen (AR) 1:00 Bridge Game (AR) 1:00 Hand Foot Card Game (4FL) 2:00 Matinee Movie (MR)
8:30 Rides to Church (L) 10 10:45 LDS Services (MR) 2:00 Sunday Modern Matinee (MR)	Armistice Day 11 10:00 Cardio Pump w/Victoria 10:45 Veteran's Day Salute (AL) 11:00 Nail Salon Trips (L) 1:00 Hand Foot Card Game (4FL) 4:15 Social Hour (B) 6:45 LDS Family Night (MR)	10:00 Mall on the Move (L) 12 10:00 Fitness w/Chelsey (MR) 1:00 Optimizing Brain Fitness (MR) 1:30 Mahjong (AR) 4:15 Social Hour (B) 6:45 LDS Services (MR)	9:00 Errands (L) 13 10:00 Fitness w/Victoria (MR) 10:45 Grocery Shopping/Harmon's (L) 1:30 Volunteer Club/Army Outpost (AR) 1:30 Mexican Train (B) 4:15 Social Hour (B) 7:00 Comedy Movie (MR)	9:30 Water Aerobics (L) 14 10:00 Fitness w/Therabands (MR) 11:00 Catholic Communion (RTR) 1:00 Skip Bo Card Game (RTR) 1:30 Scrabble Game (B) 2:30 BINGO w/Glen (RTR) 4:15 Social Hour (B) 7:00 Bridge Game (AR)	10:00 Power Fitness w/Victoria 15 10:30 Movie Outing/TBA (L) 10:30 Ask the Nurse (AR) 1:30 Speaker/Tim Chambless (MR) 4:15 Social Hour (B) 7:15 Friday Night at the Movies (MR)	10:00 Tai Chi DVD 16 11:00 Bingo w/Glen (AR) 1:00 Hand Foot Card Game (4FL) 2:00 Matinee Movie (MR)
8:30 Rides to Church (L) 17 10:45 LDS Services (MR) 2:00 Sunday Modern Matinee (MR)	10:00 Cardio Pump w/Victoria 18 11:00 Nail Salon Trips (L) 1:00 Hand Foot Card Game (4FL) 2:00 Classical Music Appreciation w/Dasha (MR) 4:15 Social Hour (B) 7:15 Monday Movie Madness (MR)	10:00 Fitness w/Chelsey (MR) 19 11:00 Speaker: Jeff on History of the West (MR) 1:30 Mahjong (AR) 2:00 CHICO'S Fashion Show (IL Dining Rm) 4:15 Social Hour (B) 6:45 LDS Services (MR)	9:00 Errands (L) 20 10:00 Fitness w/Victoria (MR) 10:45 Grocery Shopping/Smith's (L) 11:30 Men's Lunch/It's hunting season (MR) 1:00 Shopping/Norstrom's Rack (L) 1:30 Mexican Train (B) 4:15 Social Hour (B) 7:00 Comedy Movie (MR)	9:30 Water Aerobics (L) 21 10:00 Fitness w/Therabands (MR) 11:00 Catholic Communion (RTR) 1:00 Skip Bo Card Game (RTR) 1:30 Scrabble Game (B) 2:30 BINGO! (AR) 3:00 Preston Lloyd Quintet (MR) 4:15 Social Hour (B) 7:00 Bridge Game (AR)	10:00 Power Fitness w/Victoria 22 10:30 Ask the Nurse (AR) 1:30 Thanksgiving Floral Arrangements (AR) 2:00 National Geo/National Seashores and Lakeshores (MR) 4:15 Social Hour (B) 7:15 Friday Night at the Movies (MR)	10:00 Tai Chi DVD 23 11:00 Bingo w/Glen (AR) 1:00 Bridge Game (AR) 1:00 Hand Foot Card Game (4FL) 2:00 Matinee Movie (MR)
8:30 Rides to Church (L) 24 10:45 LDS Services (MR) 2:00 Sunday Modern Matinee (MR)	10:00 Cardio Pump w/Victoria 25 11:00 Nail Salon Trips (L) 1:00 Hand Foot Card Game (4FL) 1:30 Documentary Movie (MR) 4:15 Social Hour (B) 7:15 Monday Movie Madness (MR)	10:00 Fitness w/Chelsey (MR) 26 11:00 Speaker/Jeff on History of the West (MR) 1:00 Optimizing Brain Fitness (MR) 1:00 Book Club w/Ginny (4FL) 1:30 Mahjong (AR) 4:15 Social Hour (B) 6:45 LDS Services (MR)	9:00 Errands (L) 27 10:00 Fitness w/Victoria (MR) 10:45 Grocery Shopping/Macey's (L) 1:30 Mexican Train (B) 4:15 Social Hour (B) 7:00 Comedy Movie (MR)	Thanksgiving Day 28 11:00 Catholic Communion (RTR) 11:30 Thanksgiving Buffet (Dining Rm) 1:00 Skip Bo Card Game (RTR) 1:30 Scrabble Game (B) 2:30 BINGO w/Glen (RTR) 3:30 Box Dinner pick up (B) 4:15 Social Hour (B) 7:00 Bridge Game (AR)	10:00 Power Fitness w/Victoria 29 10:30 Ask the Nurse (AR) 1:30 Holiday Chalk Board Craft (AR) 3:30 Music Social/New Fiddlers (MR) 7:15 Friday Night at the Movies (MR)	10:00 Tai Chi DVD 30 11:00 Bingo w/Glen (AR) 1:00 Hand Foot Card Game (4FL) 2:00 Matinee Movie (MR)