

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AR Activity Room B Bistro CY Courtyard DR All Dining Rooms FP Front Porch FR Family Room H Hearth ILD Independent Living Dining Room LR Living Room REM Reminiscence					9:30 Go4Life® Walking Club (H) 1 10:15 Floral Club (B) 10:30 Chair Yoga (AR) 11:00 Meditation 11:30 Trivia (AR) 2:00 Convenience Cart (B) 3:00 Ice Cream Sundae Social (B) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 2 11:00 Fitness Fun (AR) 11:30 Morning Meditation (AR) 2:00 Bingo (B) 3:00 Painting Leaf Bowls (B) 4:30 New Movie Release: Rock My Heart (Netflix) (H) 6:00 Evening News Club
9:30 Go4Life® Walking Club (H) 3 11:00 Fitness Fun (AR) 11:30 Morning Meditation (AR) 2:00 Brain Games 3:00 Church Service: Eddie Mays (B) 3:45 Sunday Afternoon Refreshments (B) 6:30 Evening Musical: LA LA Land (Amazon Prime) (H)	9:30 Go4Life® Walking Club (H) 4 10:00 Coffee and News Chat (B) 10:30 Morning Stretch (AR) 11:00 Baking Club 1:45 Scenic Ride: Drivers Choice 3:00 Trivia (B) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 5 10:00 Living with Generosity Club (B) 10:30 Sit to Be Fit w/Marcia (AR) 11:00 NewsCurrents Sr. (B) 2:00 SingFit® (AR) 3:00 Classic Movie & Popcorn: The Boy In Striped Pajamas (Netflix) (H) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 6 10:30 Morning Exercise (AR) 11:00 Lunch Outing: Burtons (FP) 3:00 History Discussion w/Rick (H) 4:00 Afternoon Concert Series: Residents Choice 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 7 10:30 Exercise Essentials (AR) 11:00 Hand Massages (B) 2:00 Bingo (B) 3:00 Home Made Bread Social (B) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 8 10:15 Floral Club (B) 10:30 Chair Yoga (AR) 11:00 Meditation 11:30 Trivia (AR) 2:00 Convenience Cart (B) 3:00 Hot Apple Cider Social (B) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 9 11:00 Fitness Fun (AR) 11:30 Morning Meditation (AR) 2:00 Bingo (B) 3:00 Learning Corner 4:30 New Movie Release: The Lake House (Netflix) (H)
9:30 Go4Life® Walking Club (H) 10 11:00 Fitness Fun (AR) 11:30 Morning Meditation (AR) 2:00 Brain Games 3:00 Church Service: BJ (B) 3:45 Sunday Afternoon Refreshments (B) 6:30 Evening Musical: Lullaby Of Broadway (Amazon Prime) (H)	8:30 Veteran's Day Breakfast (B) 11 10:00 Coffee and News Chat (B) 10:30 Morning Stretch (AR) 11:15 Resident Council (AR) 1:45 Scenic Ride: Keswick Music and Movement w/Lindsay (B) 4:00 Go4Life® Walking Club 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 12 10:00 Living with Generosity Club (B) 10:30 Sit to Be Fit w/Marcia (AR) 11:00 NewsCurrents Sr. (B) 2:00 SingFit® (AR) 3:00 Classic Movie & Popcorn: Yours, Mine and Ours (Amazon Prime) (H) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 13 10:30 Morning Exercise (AR) 11:00 Lunch Outing: Fabios (FP) 4:00 Documentaries Series: The House of Windsor (Netflix) (LR) (H) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 14 10:30 Exercise Essentials (AR) 11:00 Hand Massages (B) 2:00 Bingo (B) 3:00 Thanksgiving Craft (B) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 15 10:15 Floral Club (B) 10:30 Chair Yoga (AR) 11:00 Meditation 11:30 Trivia (AR) 2:00 Convenience Cart (B) 3:30 Piano Social w/Bill Porter (B) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 16 11:00 Fitness Fun (AR) 11:30 Morning Meditation (AR) 2:00 Bingo (B) 3:30 Drink and Think Social (B) 4:30 New Movie Release: A Fine Step (Amazon Prime) (H)
9:30 Go4Life® Walking Club (H) 17 11:00 Fitness Fun (AR) 11:30 Morning Meditation (AR) 2:00 Brain Games 3:00 Church Service: Victor McCary (B) 3:45 Sunday Afternoon Refreshments (B) 6:30 Evening Musical: American In Paris (Amazon Prime) (H)	9:30 Go4Life® Walking Club (H) 18 10:00 Coffee and News Chat (B) 10:30 Morning Stretch (AR) 11:00 Baking Club 1:45 Scenic Ride: UVA and the Corner 3:00 Clean Jewlery and glasses (B) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 19 10:00 Living with Generosity Club (B) 10:30 Sit to Be Fit w/Marcia (AR) 11:00 NewsCurrents Sr. (B) 11:45 Diner's Club (ILD) 2:00 SingFit® (AR) 3:00 Classic Movie & Popcorn: The Brady Brunch (Amazon Prime) (H) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 20 10:30 Morning Exercise (AR) 11:00 Lunch Outing: Plaza Azteca (FP) 4:00 Documentary Series (H) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 21 10:30 Exercise Essentials (AR) 11:00 Hand Massages (B) 2:00 Bingo (B) 3:00 Birthday Party w/Barbara (B) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 22 10:15 Floral Club (B) 10:30 Chair Yoga (AR) 11:00 Meditation 11:30 Trivia (AR) 2:00 Convenience Cart (B) 3:00 Painting on Canvas with Oil Paints (B) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 23 11:00 Fitness Fun (AR) 11:30 Morning Meditation (AR) 2:00 Bingo (B) 3:30 Learning Corner 4:30 New Movie Release: Loch Ness (Amazon Prime) (H)
9:30 Go4Life® Walking Club (H) 24 11:00 Fitness Fun (AR) 11:30 Morning Meditation (AR) 2:00 Brain Games 3:00 Church Service: Joel Jenkins (B) 3:45 Sunday Afternoon Refreshments (B) 6:30 Evening Musical: The Greatest Show Man (Amazon Prime) (H)	9:30 Go4Life® Walking Club (H) 25 10:00 Coffee and News Chat (B) 10:30 Morning Stretch (AR) 11:00 Baking Club 1:45 Scenic Ride: Holymead Music and Movement w/Lindsay (B) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 26 10:00 Living with Generosity Club (B) 10:30 Sit to Be Fit w/Marcia (AR) 11:00 NewsCurrents Sr. (B) 2:00 SingFit® (AR) 3:00 Classic Movie & Popcorn: Charlie And The Chocolate Factory (Netflix) (H) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 27 10:30 Morning Exercise (AR) 11:00 Lunch Outing: Mission BBQ (FP) 3:30 Resident Spot Light Nello Del Gobbo 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 28 10:30 Exercise Essentials (AR) 11:00 Hand Massages (B) 2:00 Bingo (B) 3:00 Thanksgiving Social (B) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 29 10:15 Floral Club (B) 10:30 Chair Yoga (AR) 11:00 Meditation 11:30 Trivia (AR) 2:00 Convenience Cart (B) 3:00 Happy Hour Social (B) 6:30 Evening News Club (H)	9:30 Go4Life® Walking Club (H) 30 11:00 Fitness Fun (AR) 11:30 Morning Meditation (AR) 2:00 Bingo (B) 3:30 Drink and Think Social (B) 4:30 New Movie Release: Catching Faith (Amazon Prime) (H)

NOVEMBER 2019
Assisted Living
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LIVE WITH PURPOSE



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MONOGRAM COLLECTION BY SUNRISE