

November 2018 Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SUAD...Sign up at Activity Desk OR...Oaks Room AR...Acorn Room CC...Coffee Corner Chp...Chapel WC...Wellness Center (across from D204)</p>	<p>Starting Tuesday, Nov. 6th iPhone class 11:00-12:00 pm Acorn Room Sign up at Activity Desk</p>			<p>1 No Exercise today 10:00 Bookmobile/Lobby 10:30 Activity Sign Ups / OR 1:30 Rummikub & Scrabble 4:00 HAPPY HOUR/OR with Patti Maxine on Steel Guitar</p>	<p>2 No Exercise today 9:30 PBS DVD "The Shakers"/ OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 2:00 Qi Gong DVD 5:30 Assisted Living Movie "Mamma Mia!" 7:15 Martan on Piano/OR</p>	<p>3 10:00 Music w/Karen Rodriguez by the C1 elevator 10:15 Qi Gong DVD/OR 1:00 Bridge by the C1 elevator 1:30 Movie/ALAR "What's Eating Gilbert Grape" 4:00 Mass/OR 7:15 Movie/OR "The Hours"</p>
<p>4 Daylight Savings Ends 10:15 Qi Gong DVD/OR 1:00 Rummikub/ALAR 2:45 Movie/OR "The Hours" 7:15 Movie/OR "What's Eating Gilbert Grape"</p>	<p>5 9:30 Balance Exercise/OR 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 1:30 Bible Study/Chapel 1:30 AL Sharing Memories with Fran 1:45 Art Class for those enrolled</p>	<p>6 Election Day 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 1:30 Richard on Piano 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "The Way We Were"</p>	<p>7 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 11:00 Episcopal Service/Chp 1:00 Rummikub & Scrabble 1:15 Trip to Gizdich Ranch/SUAD 2:00 Arts & Crafts Tables/OR 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>8 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Mary Boer Writing Group/OR 1:15 Poetry w/Magdalena 4:00-5:30 HAPPY HOUR/OR</p>	<p>9 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 10:30 Exercise w/Tony 1:30 Jewish Culture Club/AR 2:00 Qi Gong DVD 5:30 Assisted Living Movie "Paris Can Wait" 7:15 Villanelle Singing Duo/OR</p>	<p>10 10:00 Music w/Karen Rodriguez by C1 elevator 10:15 Qi Gong DVD/OR 1:00 Bridge by the C1 elevator 1:30 Movie/ALAR "The Descendants" 4:00 Mass/OR 7:15 Movie/AR "The Social Network"</p>
<p>11 10:00 Bingo w/Lori 10:15 Qi Gong DVD/OR 1:00 Rummikub/ALAR 2:45 Movie/OR "The Social Network" 7:15 Movie/ OR "The Descendants"</p>	<p>12 Veterans Day (observed) 9:30 Balance Exercise/OR 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 1:30 AL Conversation 1:30 Bible Study/Chapel 2:30 New Resident Social/OR Special Patriotic Salute!</p>	<p>13 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 11:30 New Resident Luncheon 1:30 Movie Repeat by request "The Miracle of Morgan's Creek" 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Brooklyn"</p>	<p>14 9:30 Balance Exercises/OR 9:45 Trip to Dollar Tree/SUAD 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 2:30-3:30 Celebration of Life for Mary Fudge/OR 3:15 Knitting & Crocheting/AR. 7:00 Bingo/OR</p>	<p>15 9:30 Exercise w/Tony/OR 10:00 Hearing Aid Check/ W/C 10:00 Bookmobile/Lobby 10:30 Exercise w/Tony 1:30 Rummikub & Scrabble 1:30 Nature DVD "H is for Hawk" 1:45 Holy Cross Kids Visit/OR 4:15 Birthday, New Resident Dinner/Main Dining Room</p>	<p>16 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 10:30 Exercise w/Tony 11:00 Leave for Lunch at Cowboy Grill/SUAD 2:00 Qi Gong DVD 5:30 Assisted Living Movie "The Light Between Oceans" 7:15 Pianist Richard Stauff/OR</p>	<p>17 10:00 Music w/David Field by the C1 elevator 10:15 Qi Gong DVD/ OR 1:30 Movie/ALAR "Lincoln" 1:00 Bridge by the C1 elevator 4:00 Mass/OR 7:15 Movie/OR "The Other Side of Hope"</p>
<p>18 10:00 Bingo w/Lori 10:15 Qi Gong DVD/OR 1:00 Rummikub /CC 1:00 View & Discuss Silent Film "The Last Laugh" with Tony/ALAR 2:45 Movie/OR "The Other Side of Hope" 7:15 Movie/OR "Lincoln"</p>	<p>19 9:30 Balance Exercise/OR 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 1:30 Bible Study/Chapel 1:30 Sing Along w/Charlotte 1:45 Art Class for those enrolled</p>	<p>20 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 1:30 Music w/Nick Royal 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Vagabond Lover" w/Rudy Vallee</p>	<p>21 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 10:30 Macular Degeneration Meeting/OR 1:00 Rummikub & Scrabble 1:30 Sit or Stroll at Seacliff Beach/SUAD 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>22 Thanksgiving Day NO EXERCISE TODAY 10:15 Mass/OR 11:00 Thanksgiving Buffet 1:30 Movie "Love at the Thanksgiving Day Parade"</p>	<p>23 No Exercise today 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 2:00 Qi Gong DVD 5:30 Assisted Living Movie "Crossing Delancey" 7:15 Movie/OR "Fanny's Journey"</p>	<p>24 10:00 Music w/Karen Rodriguez by the C1 elevator 10:15 Qi Gong DVD/OR 1:30 Movie/ALAR "The Best Exotic Marigold Hotel" 1:00 Bridge by the C1 elevator 4:00 Mass/OR 7:15 Movie/OR "Phantom Thread"</p>
<p>25 10:15 Qi Gong DVD/OR 1:00 Rummikub/ALAR 2:45 Movie/OR "Phantom Thread" 7:15 Movie/ OR "The Best Exotic Marigold Hotel"</p>	<p>26 9:30 Balance Exercise/OR 9:45 Shop Trader Joes/SUAD 10:00 Poker/ C1 elevator 10:30 Exercise w/Tony 1:30 Bible Study/Chapel 1:30 Nature DVD "Mystery Monkeys of Shangri-La" 2:00 WORD WARP/OR</p>	<p>27 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 1:30 Music w/Jack Bowers 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Love Me Tonight" w/M.Chevalier</p>	<p>28 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 2:30 Volunteer Appreciation Party/OR 3:15 Knitting & Crocheting 7:00 Bingo/OR</p>	<p>29 9:30 Exercise w/Tony/OR 10:00 Bookmobile/Lobby 10:30 Exercise w/Tony 1:30 Rummikub & Scrabble/CC 1:30 Nature DVD "A Sloth Named Velcro" 4:00 HAPPY HOUR/OR</p>	<p>30 9:30 Exercise w/Tony/OR 10:15 DOGGS Sing/AR 10:30 Exercise w/Tony 2:00 Qi Gong DVD 2:00 Spring Lakes Choir/OR 5:30 Assisted Living Movie "Touching Wild Horses"</p>	<p>Activities take place in the Assisted Living Activity Room unless otherwise noted. Activities subject to change without notice. Please check daily flyers for updates.</p>