


November 2024 Activities

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|--|
| <p>NOTE!</p> <ul style="list-style-type: none"> New Events highlighted in Yellow For 11/13 Hearing Aid Check, call: 831-462-8260 Recycle Tuesdays | <p>KEY:</p> <p>GC - Garden Courtyard GLAR - Garden Lvl Activity Room TP - Thomas Patio CH - Chapel OR - Oaks Room</p> | <p>KEY:</p> <p>AR- Acorn Room LB - Library WC - Wellness Center PDR - Private Dining Room</p> |  |  | <p>1 Giving Table AR</p> <p>9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 1:00 Chess Club LB 1:00 Harmonics OR 1:30 Ellen & Glen Sing Along OR 1:30 Pinochle - near D204 3:00 Alison Grooves OR 7:15 Weekend Movie OR</p> | <p>2 Giving Table AR</p> <p>11:00 Tai Chi Movement w/Alison OR 11:00 Ping Pong TP 1:00 Creative Writing PDR 1:30 Tech Assistance LB 2:00 Kip Allert Performs! OR 4:00 Catholic Mass OR 7:15 Weekend Movie OR</p> |
| <p>3 Giving Table AR</p> <p>10:30 Yoga / Neal OR 11:00 Pool Playing Group C3 1:00 Qi Gong OR 2:15 Weekend Movie OR All day Table Games AR All day Table Games TP</p> | <p>4</p> <p>9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 1:00 Catholic Bible Study CH 2:00 Meditation OR 3:30 WELLNESS SUPPORT OR 7:15 Current Events Discussion OR</p> | <p>5</p> <p>10:00 Men's Bible Study CH 11:00 Tai Chi Movement OR 1:00 Mahjong Playing AR 1:00 Rosary CH 1:30 Blood Pressure Check WC 1:30 Zentangles OR 3:30 Jason Ball Sports OR</p> | <p>6 All day Massages WC</p> <p>9:15 Yoga w/Neal GLAR 10:30 Women's Support CH 10:45 Annette's Fitness OR 1:30 Sewing Circle - CH 2:30 Managers Forum OR 7:00 BINGO OR</p> | <p>7 All day Massages WC</p> <p>10:00 Linda's Movement OR 10:00 Meditation CH 11:00 Grief Support CH 11:00 Women's Bible Study PDR 11:00 Pool Playing Group C3 1:00 Ping Pong TP 2:00 Painting Class OR 7:00 Fiat Musica Rehearsal OR</p> | <p>8</p> <p>9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 1:00 Chess Club LB 1:30 Holiday Crafting OR 3:00 Jewish Cultural Club CH 7:15 Weekend Movie OR</p> | <p>9</p> <p>11:00 Tai Chi w/Alison OR 11:00 Ping Pong TP 1:00 Creative Writing PDR 1:30 Tech Assistance LB 2:00 Book Chats CH 4:00 Catholic Mass OR 7:15 Weekend Movie OR</p> |
| <p>10</p> <p>10:30 Yoga with Neal OR 11:00 Pool Playing Group C3 1:00 Qi Gong OR 1:30 Richard Stauff Piano GLAR 2:15 Weekend Movie OR All day Table Games AR All day Table Games TP</p> | <p>11 Veterans Day</p> <p>9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 1:00 Catholic Bible Study CH 2:00 Veteran's Day Celebration OR 7:15 Current Events Discussion OR</p> | <p>12</p> <p>10:00 Men's Bible Study CH 10:00 Resident Council OR 11:00 Tai Chi Movement OR 1:00 Mahjong Playing AR 1:00 Rosary CH 1:30 Bookmobile - Lobby 1:30 Bliss Family performs OR 1:30 Blood Pressure Check WC 3:30 Jason Ball Sports OR</p> | <p>13 All day Massages WC</p> <p>9:15 Yoga w/Neal GLAR 10:30 Women's Support CH 10:45 Fall Prevention Clinic OR 1:30 Sewing Circle - CH 1:00 Xfinity Q & A OR 2:00 Joe Ferrara OR 2:00 Hearing Aid Check WC 7:00 BINGO OR</p> | <p>14 All day Massages WC</p> <p>10:00 Linda's Movement OR 10:00 Meditation CH 11:00 Grief Support CH 11:00 Women's Bible Study PDR 11:00 Pool Playing Group C3 1:00 Ping Pong TP 2:00 Painting Class OR 7:00 Fiat Musica Rehearsal OR</p> | <p>15</p> <p>9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 1:00 Chess Club LB 1:00 Harmonics 1:30 Ellen & Glen Sing Along OR 1:30 Pinochle - near D204 3:00 Alison Grooves OR 7:15 Weekend Movie OR</p> | <p>16</p> <p>11:00 Tai Chi w/Alison OR 11:00 Ping Pong TP 1:00 Creative Writing PDR 1:30 Tech Assistance LB 4:00 Catholic Mass OR 7:15 Weekend Movie OR</p> |
| <p>17</p> <p>10:30 Yoga with Neal OR 11:00 Pool Playing Group C3 1:00 Qi Gong OR 2:15 Weekend Movie OR All day Table Games AR All day Table Games TP</p> | <p>18</p> <p>9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 1:00 Catholic Bible Study CH 1:00 Pauline Climate Talk OR 2:00 Meditation OR 7:15 Current Events Discussion OR</p> | <p>19</p> <p>10:00 Men's Bible Study CH 11:00 Tai Chi Movement OR 1:00 Mahjong Playing AR 1:00 Rosary CH 1:30 Zentangles OR 1:30 Blood Pressure Check WC 3:30 Jason Ball Sports OR</p> | <p>20 All day Massages WC</p> <p>9:15 Yoga w/Neal GLAR 10:30 Women's Support CH 10:45 Annette's Fitness OR 1:30 Sewing Circle - CH 2:30 Activity Forum OR 4:00 Cabrillo Youth Chorus OR 7:00 BINGO OR</p> | <p>21 All day Massages WC</p> <p>10:00 Linda's Movement OR 10:00 Meditation CH 11:00 Grief Support CH 11:00 Women's Bible Study PDR 1:00 Ping Pong TP 2:00 Painting Class OR 7:00 Fiat Musica Rehearsal OR</p> | <p>22</p> <p>9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 1:00 Chess Club LB 1:30 Pinochle - near D204 3:00 Jewish Cultural Club CH 7:15 Weekend Movie OR</p> | <p>23</p> <p>11:00 Tai Chi w/Alison OR 11:00 Ping Pong TP 1:00 Creative Writing PDR 2:00 Book Chats CH 1:30 Tech Assistance LB 1:30 DANCE performance OR 4:00 Catholic Mass OR 7:15 Weekend Movie OR</p> |
| <p>24</p> <p>10:30 Yoga with Neal OR 11:00 Pool Playing Group C3 1:00 Qi Gong OR 1:30 Episcopal Service CH 2:15 Weekend Movie OR All day Table Games AR All day Table Games TP</p> | <p>25</p> <p>9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 1:00 Catholic Bible Study CH 2:00 Meditation OR 7:15 Current Events Discussion OR</p> | <p>26</p> <p>10:00 Men's Bible Study CH 1:00 Mahjong Playing AR 1:00 Rosary CH 1:30 Blood Pressure Check WC 1:30 Bookmobile - Lobby 3:30 Jason Ball Sports OR</p> | <p>27 All day Massages WC</p> <p>9:15 Yoga w/Neal GLAR 10:30 Women's Support CH 10:45 Annette's Fitness OR 1:30 Sewing Circle - CH 3:00 Resident Mixer OR 7:00 BINGO OR</p> | <p>28 Happy Thanksgiving!</p> <p>THANKSGIVING BUFFET</p> <p>Free Professional Family Photos in Oaks Room 10AM - 3PM - open to all!</p> | <p>29</p> <p>9:15 Yoga w/Neal GLAR 10:45 Annette's Fitness OR 1:00 Chess Club LB 1:30 Pinochle - near D204 2:00 Charlie Lindner Piano! OR 7:15 Weekend Movie OR</p> | <p>30</p> <p>11:00 Tai Chi w/Alison OR 11:00 Ping Pong TP 1:00 Creative Writing PDR 1:30 Tech Assistance LB 4:00 Catholic Mass OR 7:15 Weekend Movie OR</p> |