



NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring(AR) 10:00 Coffee Hour (HI) 10:45 Catholic Service (CH) 11:00 Bazaar Comm (RT) 11:30 Strength Circuit (FC) 1:30 Bingo(AR) 1:30 Cardio Ex. (HWC) 2:30 Karaoke (AR) 2:30 Bible Study (CH) 6:30 Cards (HI)	2 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Beanbag (AR) 1:30 Hand & Foot (AR) 1:30 Cards (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 2:00 Culinary Comm (RT) 6:00 Bridge/Cards (AR)	3 9:00 Move&Groove (AR) 9:30 Men's Coffee (AR) 10:00 Vaccine Clinic (CH) 11:00 Hoop Shoot (AR) 11:00 Rosary (CH) 11:30 Balloon VB (AR) 1:30 Turkey Craft (AR) 1:30 Strength Ex. (HWC) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	4 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 Happy Hour (AR) 1:30 Balloon Volleyball (AR)	5 9:30 Bingo (AR) 1:30 Movie & Popcorn (AR) 
6 11:00 Chapel Service (CH)	7 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 10:30 ParadeCo&Lunch(LB) 1:30 CrosswordPuzzle (AR) 2:30 Memoir Writing (RT) 2:30 Inspirational Reading (CH) 6:00 Cards (AR)  	8 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring(AR) 10:00 Coffee Hour (HI) 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 1:30 Resident Assoc. (AR) 3:00 Bible Study (CH) 6:30 Cards (HI)	9 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (AR) 1:30 Cards (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR) 	10 9:00 Veterans Buffet (RT) 9:00 Move&Groove (AR) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:30 Cards (AR) 1:30 Strength Ex. (HWC) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	11 HOLIDAY BAZAAR MIDRISE FRIDAY, NOVEMBER 11 9 AM - 4 PM SATURDAY, NOVEMBER 12 9 AM - 3 PM ★ THANK YOU ★ <i>veterans</i> NOVEMBER 11TH 	
13 11:00 Chapel Service (CH) 4:30 Resident Potluck (RT) 	14 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:00 TJ Maxx (LB) 10:30 Seated Exercise (AR) 1:30 CrosswordPuzzle (AR) 2:30 Memoir Writing (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR)	15 Wear Camo 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring(AR) 10:00 Coffee Hour (HI) 10:45 Catholic Mass (CH) 11:30 Strength Circuit (FC) 1:30 Bingo (AR) 1:30 Cardio Ex. (HWC) 2:30 Wii Bowling (AR) 2:30 Bible Study (CH) 4:00 Hamilton & Dinner(LB) 6:30 Cards (HI)	16 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 11:00 Shoreliner Lunch (LB) 1:30 Hand & Foot (AR) 1:30 Cards (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 3:00 Book Group (RT) 6:00 Bridge/Cards (AR)	17 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 12:00 Birthday Dinner (RT) 1:30 Entertainment (CH) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 	18 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 Happy Hour (AR) 1:30 Balloon Volleyball (AR)	19 9:30 Bingo (AR) 1:30 Cards (AR) 2:00 Brownies & BUNCO (HI) 



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 11:00 Chapel Service (CH)	21 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 CrosswordPuzzle (AR) 2:30 Memoir Writing (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR)	22 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring (AR) 10:00 Coffee Hour (HI) 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 1:00 Macy's (LB) 1:30 Bingo (AR) 1:30 Strength Ex. (HWC) 1:30 Spiritual Program (HI) 2:30 Karaoke (AR) 2:30 Bible Study (CH) 6:30 Cards (HI) 	23 Coffee Day 9:00 Stretch & Relax (HWC) 9:30 Donut Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (AR) 1:30 Cards (AR) 1:30 Manicures (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR) 	24 	25 9:00 Exercise on Own 9:30 Women's Coffee (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 Happy Hour (AR)	26 9:30 Bingo (AR) 1:30 Cards (AR) 6:30 GameNight(HI) 
27 11:00 Chapel Service (CH)	28 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:00 Kohl's (LB) 10:30 Seated Exercise (AR) 1:30 CrosswordPuzzle (AR) 2:30 Memoir Writing (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR)	29 9:00 ALDI (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring(AR) 10:00 Coffee Hour (HI) 10:45 Catholic Service (CH) 11:30 Men's Lunch (LB) 11:30 Strength Circuit (FC) 1:30 Bingo (AR) 1:30 Strength Ex. (HWC) 2:30 Wii Bowling (AR) 2:30 Bible Study (CH) 6:30 Cards (HI) 	30 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 11:30 Women's Lunch (LB) 1:30 Hand & Foot (AR) 1:30 Cards (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR)			
				KEY AR-Activity Room CH-Chapel FC-Fitness Center HI-Harbor Inn HWC-Health & Wellness Center LB-Lobby RT-Restaurant ALL ACTIVITIES ARE SUBJECT TO CHANGE		