

2024	November					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01 10:00 AM Chair Aerobics with Improved Health 10:30 AM Mix and Match Trivia 11:00 AM Around the World Reminiscing 1:15 PM Memory Lane Trivia 2:30 PM Happy Hour and Entertainment 3:45 PM Velcro Darts 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie NATIONAL JERSEY DAY!! WEAR YOUR FAVORITE TEAM JERSEY!!	02 10:00 AM Drum Beat Cardio 10:30 AM Sing– A-Long Dance Party 10:45 AM Rhyming Riddles 1:15 PM Jewelry Making Class 2:00 PM Sunshine and Snacks (Patio) 2:30 PM Creative Coloring 3:00 PM Balloon Tennis and Hydration 3:45 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie
03 10:00 AM Coffee and Conversations 10:15 AM Latin Cardio with Paul Eugene 10:45 AM Refresh and Rehydrate 11:00 AM Brain Fitness Trivia 1:15 PM Disco Beach Volleyball 2:00 PM Sunshine and Snacks in the Courtyard (1st Floor) 2:30 PM Live Entertainment: 3:45 PM Balloon Tennis 4:15 PM Sunset Meditation 6:00 PM Resident Choice Movie	04 10:00 AM Coffee and Conversation 10:15 AM Walking Club (Courtyard) 11:00 AM Charades Trivia 1:00 PM Manicures and Massages 2:00 PM Sunshine and Snacks in the Courtyard (1st Floor) 2:30 PM Live Entertainment: 3:45 PM Beach Ball Reminiscing 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie HAPPY BIRTHDAY MARGO S. !!! (APT 208)	05 10:15 AM Coffee and Conversation 10:45 AM Sing-A-Long Dance Party 11:00 AM Yoga with Heather 1:15 PM Famous Faces Trivia 2:15 PM Sunshine and Snacks (Patio) 3:00 PM Cornhole and Ring Toss 3:30 PM Rhyming Riddles 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	06 10:15 AM Coffee and Conversation 10:30 AM Music and Movement 11:00 AM Parachute Parade 1:15 PM Matinee Musical (Movie Theater) 2:15 PM Sunshine and Snacks in the Courtyard (1st Floor) 2:30 PM Live Entertainment: 3:45 PM Balloon Tennis (3rd Floor) 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	07 10:15 AM Coffee and Conversation 10:30 AM Silver Sneakers Motown Hits with Metro PT 11:00 AM Name that Tune Trivia 1:15 PM Ink Art Project 2:30 PM Cooking with Carlinz (1st Floor) 3:30 PM Travelogue History 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	08 10:00 AM Chair Aerobics with Improved Health 10:30 AM Mix and Match Trivia 11:00 AM Around the World Reminiscing 1:15 PM Flower Arranging 2:30 PM Happy Hour and Entertainment 3:45 PM Velcro Darts 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	09 10:00 AM Drum Beat Cardio 10:30 AM Sing– A-Long Dance Party 10:45 AM Rhyming Riddles 1:15 PM Jewelry Making Class 2:00 PM Sunshine and Snacks (Patio) 2:30 PM Creative Coloring 3:00 PM Balloon Tennis and Hydration 3:45 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie
10 10:00 AM Coffee and Conversations 10:15 AM Latin Cardio with Paul Eugene 10:45 AM Refresh and Rehydrate 11:00 AM Brain Fitness Trivia 1:15 PM Disco Beach Volleyball 2:00 PM Sunshine and Snacks in the Courtyard (1st Floor) 2:30 PM Live Entertainment: 3:45 PM Balloon Tennis 4:15 PM Sunset Meditation 6:00 PM Resident Choice Movie	11 10:00 AM Coffee and Conversation 10:15 AM Walking Club (Courtyard) 11:00 AM Charades Trivia 11:30 AM Veteran’s Day Lunch 1:00 PM Manicures and Massages 2:00 PM Sunshine and Snacks in the Courtyard (1st Floor) 2:30 PM Live Entertainment: 3:45 PM Beach Ball Reminiscing 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	12 10:15 AM Coffee and Conversation 10:45 AM Sing-A-Long Dance Party 11:00 AM Yoga with Heather 11:30 AM National Pizza Day Party 1:15 PM Famous Faces Trivia 2:15 PM Sunshine and Snacks (Patio) 3:00 PM Cornhole and Ring Toss 3:30 PM Rhyming Riddles 4:00 PM “Wine and Cheese Tasting” 6:00 PM Resident Choice Movie	13 10:15 AM Coffee and Conversation 10:30 AM Music and Movement 11:00 AM Parachute Parade 11:30 AM Brews, Blues and BBQ 1:15 PM Matinee Musical (Movie Theater) 2:15 PM Sunshine and Snacks in the Courtyard (1st Floor) 2:30 PM Name that Tune (Courtyard) 3:45 PM Balloon Tennis (3rd Floor) 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	14 10:15 AM Coffee and Conversation 10:30 AM Silver Sneakers Motown Hits with Metro PT 11:00 AM Name that Tune Trivia 1:15 PM Fall Bookmarks Craft 2:30 PM Ice Cream Social (Bistro) 3:00 PM Balloon Tennis and Hydration 3:30 PM Travelogue History 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	15 10:00 AM Chair Aerobics with Improved Health 10:30 AM Visit with Jemimah the Comfort Dog 11:00 AM Around the World Reminiscing 1:15 PM Memory Lane Trivia 2:30 PM Family Caregiver Event: Seth Rogen Documentary “Taking Care” (AR) 2:30 PM Happy Hour and Entertainment 3:45 PM Velcro Darts 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie HAPPY BIRTHDAY DAVID H.!!! (APT. 304)	16 10:00 AM Drum Beat Cardio 10:30 AM Sing– A-Long Dance Party 10:45 AM Rhyming Riddles 1:15 PM Jewelry Making Class 2:00 PM Sunshine and Snacks (Patio) 2:30 PM Creative Coloring 3:00 PM Balloon Tennis and Hydration 3:45 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie
17 10:00 AM Coffee and Conversations 10:15 AM Latin Cardio with Paul Eugene 10:45 AM Refresh and Rehydrate 11:00 AM Brain Fitness Trivia 1:15 PM Disco Beach Volleyball 2:00 PM Sunshine and Snacks in the Courtyard (1st Floor) 2:30 PM Live Entertainment: 3:45 PM Balloon Tennis 4:15 PM Sunset Meditation 6:00 PM Resident Choice Movie	18 10:00 AM Coffee and Conversation 10:15 AM Walking Club (Courtyard) 11:00 AM Charades Trivia 1:00 PM Manicures and Massages 2:00 PM Sunshine and Snacks in the Courtyard (1st Floor) 2:30 PM Live Entertainment: 3:45 PM Beach Ball Reminiscing 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie HAPPY BIRTHDAY RICHARD K. !!! (APT.417)	19 10:15 AM Coffee and Conversation 10:45 AM Sing-A-Long Dance Party 11:00 AM Yoga with Heather 11:30 AM Outing: “The Girls Delay” 1:15 PM Famous Faces Trivia 2:15 PM Sunshine and Snacks (Patio) 3:00 PM Cornhole and Ring Toss 3:30 PM Rhyming Riddles 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	20 10:15 AM Coffee and Conversation 10:30 AM Music and Movement 11:00 AM Fall Fashion Show 1:15 PM Matinee Musical (Movie Theater) 2:15 PM Sunshine and Snacks in the Courtyard (1st Floor) 2:30 PM Live Entertainment: 3:45 PM Balloon Tennis (3rd Floor) 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie HAPPY BIRTHDAY JEANNIE L. !!! (APT. 509)	21 10:15 AM Coffee and Conversation 10:30 AM Silver Sneakers Motown Hits with Metro PT 11:00 AM Name that Tune Trivia 1:15 PM Hydration and Refresh Sing A Long 2:30 PM Cooking with Carlinz (1st Floor) 3:00 PM Balloon Tennis and Hydration 3:30 PM Travelogue History 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	22 10:00 AM Chair Aerobics with Improved Health 10:30 AM Mix and Match Trivia 11:00 AM Around the World Reminiscing 1:15 PM Flower Arranging 2:30 PM Happy Hour and Entertainment 3:45 PM Velcro Darts 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	23 10:00 AM Drum Beat Cardio 10:30 AM Sing– A-Long Dance Party 10:45 AM Rhyming Riddles 1:15 PM Jewelry Making Class 2:00 PM Sunshine and Snacks (Patio) 2:30 PM Creative Coloring 3:00 PM Balloon Tennis and Hydration 3:45 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie
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