









# NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:00 Stretch & Relax (HWC) 9:30 All Saints Bingo (AR) 10:30 Seated Stretch (AR) 1:30 Yahtzee (AR) 1:30 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie & Popcorn (HI) 2:30 Bible Trivia/Games (CH) 6:00 Bridge/Cards (AR)	<b>2</b> 9:00 Dance Fitness (HWC) 9:30 Men's Coffee (AR) 9:30 Women's Coffee & Manicures (HI) 10:30 Craft W/ Linda (AR) 11:00 Rosary (CH) 11:00 IC Potluck Bingo (LB) 11:30 Strength on own (FC) 2:00 Knit & Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	<b>3</b> 9:00 Ex. on own (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (MR) 10:30 Seated Strength (AR) 2:30 Strength&Balance HWC 3:00 Bunco Party (AR) 5:00 Dinner Special (MR) 6:30 Games (HI)	<b>4</b> 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie(AR) 6:00 Cards (AR)  <b>SATURDAY MATINEE</b>
<b>5</b> 11:00 Chapel Service (CH)  6:00 Games (AR)	<b>6</b> 9:00 Ex. on own (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Crossword (AR) 1:30 Bible Trivia/Games (HI) 2:30 Seated Exercise(HWC) 2:30 Memoir Writing (AR) 2:30 Parables Study (CH) 3:30 Cards (AR) 6:00 Dominoes/Cards (HI)	<b>7</b> 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Converse(AR) 10:45 Catholic Mass (CH) 11:30 Strength on own (FC) 11:30 Drumming (AR) 2:30 Leaf Bowl Craft (HI) 2:30 Scripture Study (CH) 3:00 Bldg & Grnd Mtg (MR) 6:00 Euchre/Pinochle (AR)  	<b>8</b> <b>Waffle Wed 8:30-10:30 am Veteran's Celebration</b> 9:00 Stretch & Relax (HWC) 9:30 Popcorn Bingo (AR) 10:30 Seated Stretch (AR) 1:30 Yahtzee (AR) 1:30 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 1:30 Welcoming Comm.(MR) 2:30 Movie & Popcorn (HI) 2:30 Bible Trivia/Games (CH) 3:00 Culinary Comm (MR) 6:00 Bridge/Cards (AR)	<b>9</b> <b>Drug Take Back 9-12pm</b> 9:00 Dance Fitness (HWC) 9:30 Men's Coffee (AR) 9:30 Women's Coffee & Manicures (HI) 11:00 Rosary (CH) 11:30 Strength on own (FC) 2:00 Bingo w/ Interim (HI) 2:00 Knit/Crochet (HI) 6:00 Euchre/Pinochle (HI) 6:00 Parkinson's Support Group (CM)	<b>HOLIDAY BAZAAR</b>  <b>FRIDAY, NOVEMBER 10 9 AM - 4 PM</b> <b>SATURDAY, NOVEMBER 11 9 AM - 3 PM</b>	
<b>12</b> 11:00 Chapel Service (CH)  6:00 Games (AR)	<b>13</b> 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Word Games (AR) 1:30 Bible Trivia/Games (HI) 2:30 Seated Exercise(HWC) 2:30 Show & Tell AR) 2:30 Parables Study (CH) 3:30 Cards (AR) 6:00 Dominoes/Cards (HI)  	<b>14</b> 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Converse(AR) 10:45 Catholic Mass (CH) 11:30 Strength on own (FC) 11:30 Drumming (AR) 1:30 Resident Assoc (MR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (AR)  	<b>15</b> <b>Camo Day</b> <b>Wear your favorite Camo</b> 9:00 Stretch & Relax (HWC) 9:30 Camo Bingo (AR) 10:30 Seated Stretch (AR) 11:00 Shoreliner (LB) 1:30 Hand & Foot (AR) 1:30 Yahtzee (AR) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie & Popcorn (HI) 2:30 Bible Trivia/Games (CH) 3:30 Book Group (AR) 6:00 Bridge/Cards (AR)	<b>16</b> 9:00 Dance Fitness(HWC) 9:30 Men's Coffee (AR) 9:30 Women's Coffee & Manicures (HI) 11:00 Rosary (CH) 12:00 Birthday Dinner (MR) 1:30 Bday Entertain (CH) 2:00 Knit & Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	<b>17</b> 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (MR) 10:30 Seated Strength (AR) 2:30 Strength&Balance(HWC) 4:00 Riverbank Theater(LB) 5:00 Dinner Special (MR) 6:30 Games (HI)  	<b>18</b> 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie(AR) 6:30 Game Night (AR)  <b>SATURDAY MATINEE</b>

Note changes This day only



# NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> 11:00 Chapel Service (CH) 4:30 Resident Pot Luck (RT)  6:00 Games (AR)	<b>20</b> 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 1:30 Words in Words (AR) 1:30 Bible Trivia/Games (HI) 2:30 Seated Exercise (HWC) 2:30 Memoir Writing (AR) 2:30 Parables Study (CH) 3:30 Cards (AR) 6:00 Dominoes/Cards (HI)	<b>21</b> 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee & Converse (AR) 10:45 Catholic Service (CH) 11:30 Strength on own (FC) 11:30 Drumming (AR) 12:00 North Shore (LB) 1:30 Bingo (AR) 2:30 Art Class (HI) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (AR) 	<b>22</b> 9:00 Stretch & Relax (HWC) 9:30 Thanksgiving Bingo (AR) 10:30 Seated Stretch (AR) 11:30 Women's Mani's (AR) 1:30 Hand & Foot (RT) 1:30 Yahtzee (AR) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie & Popcorn (HI) 2:30 Bible Trivia/Games (CH) 3:30 Alzheimer's Support (CH) 6:00 Bridge/Cards (AR)	<b>23</b> 	<b>24</b> <b>Black Friday</b> 9:00 Strength Ex. On own 10:00 Bridge Class (MR) 10:30 Seated Strength (AR) 1:30 Cards (AR) 6:30 Games (HI)	<b>25</b> 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie (AR) 6:00 Cards (AR) 
<b>26</b> 11:00 Chapel Service (CH) 6:00 Games (AR)	<b>27</b> 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 1:30 Crossword (AR) 1:30 Bible Trivia/Games (HI) 2:30 Seated Exercise (HWC) 2:30 Show & Tell (AR) 2:30 Parables Study (CH) 3:30 Cards (AR) 6:00 Quarter Bingo (AR) 	<b>28</b> 9:00 Meijer (LB) 9:00 Balance Ex. (HWC) 10:45 Catholic Service (CH) 11:30 Strength on own (FC) 11:30 Drumming (AR) 11:30 Men's Lunch (LB) 1:30 Bingo (AR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (AR)	<b>29</b> 9:00 Stretch & Relax (HWC) 9:30 Donut Bingo (AR) 10:30 Seated Stretch (AR) 11:30 Women's Lunch (AR) 1:30 Hand & Foot (RT) 1:30 Yahtzee (AR) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie & Popcorn (HI) 2:30 Bible Trivia/Games (CH) 6:00 Bridge/Cards (AR) 	<b>30</b> 9:00 Dance Fitness (HWC) 9:30 Men's Coffee (AR) 9:30 Women's Coffee & Manicures (HI) 10:30 Painting w/ Linda (AR) 11:00 Rosary (CH) 11:30 Strength on own (FC) 1:30 We Care Project (AR) 2:00 Knit/Crochet (HI) 2:15 Bobby G (AR) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)		
					<b>KEY</b> AR-Activity Room CH-Chapel CM-Capman FC-Fitness Center HI-Harbor Inn Midrise Community Room HWC-Health & Wellness Center LB-Lobby MR-Marguerite's Restaurant	
						<b>ALL ACTIVITIES ARE SUBJECT TO CHANGE</b>