

NOVEMBER 2017

Palos Verdes Senior Living: **Independent Living**

Color your life with... **Big Band Music**

Did you know?

A "big band" typically consists of approximately 12-25 musicians and contains saxophones, trumpets, trombones, and a rhythm section.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|---|
| <p>* - Sign up in the Activity Book, located across from the activities office, is required.</p> <p>^ - There is a fee for this activity.</p> <p>ALL ACTIVITIES ARE SUBJECT TO CHANGE</p> | <p>Medical Appointments are from 8 AM to 3 PM Please see Concierge to sing up. Appointments must be made at least 24 hours in advance</p> | <p>LB - LIBRARY MPR - MULTI PURPOSE ROOM NB - NORTH BISTRO NDR - NORTH DINNING ROOM PDR - PRIVATE DINING ROOM RC - RESIDENCE CLUB SL- SKY LOUNGE SB - SOUTH BISTRO SDR - SOUTH DINNING ROOM TH - THEATER WC - WELLNESS CENTER</p> | <p>1</p> <p>9:30 Spectra Fit MPR 10:00 Card Games MPR 10:00 Fry's, Walgreens, CVS* 10:00 Coffee Connection NB 10:10 Daily Chronical NB 1:00 Balance Class WC 1:00 Wii Games NB 2:00 Left, Right, Center MPR 6:00 Evening News TH 6:30 Movie Night TH 6:30 Meet & Play Cards NB 7:00 Bible Study MPR</p> | <p>2</p> <p>9:00 Catholic Communion TH 9:30 Strength Training MPR 10:00 Hugs Committee PDR 10:00 Coffee Connection NB 10:00 Card Games MPR 10:10 Daily Chronical NB 10:30 Bell Choir TH 11:00 Lunch Out*^ 11:00 Qi Gong w/ Mary MPR 2:00 Bingo SDR 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH</p> | <p>3</p> <p>8:00 Casino Trip* 9:30 Spectra Fit MPR 10:00 Walmart/ 99 Cent Store* 10:00 Coffee Connection NB 10:00 Card Games MPR 10:10 Daily Chronical NB 10:30 Poker SL 1:00 Wii Games NB 2:30 Happy Hour w/ Bill Andrusco NDR 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH</p> | <p>4</p> <p>9:30 Spectra Fit MPR 9:30 Strength Training MPR 10:00 Coffee Connection NB 10:00 Card Games MPR 10:10 Daily Chronical NB 10:30 Card Making Class w/ Laura MPR 1:30 Movie Matinee TH 2:00 Left, Right, Center NB 3:00 Hot Cocoa Social NB 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH</p> |
| <p>5 Daylight Savings Ends</p> <p>8:00 Church Shuttles (schedule at front desk) 9:30 Bible Group MPR 10:00 Daily Chronical NB 10:00 Coffee Connection NB 10:00 Card Games MPR 10:30 Meet & Play Cards NB 10:30 Kings Church Service MPR 1:00 Game Day NB 1:30 Movie Matinee TH 2:00 Card Games MPR 6:00 Evening News TH</p> | <p>6</p> <p>9:30 Spectra Fit MPR 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 10:15 Stitch and Chat PDR 10:30 Poker SL 1:00 Wii Games NB 2:00 Bingo SDR 3:30 Bridge MPR 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH</p> | <p>7 Election Day</p> <p>9:00 Bank Trips* 9:30 Strength Training MPR 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 1:00 Praise & Worship TH 2:00 Card Bingo MPR 6:00 Rosary SL 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH</p> | <p>8</p> <p>9:30 Spectra Fit MPR 10:00 Fry's, Walgreens, CVS* 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 11:30 Birthday Lunch MPR 1:00 Balance Class WC 1:00 Wii Games NB 2:00 Left,Right,Center MPR 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH 7:00 Bible Study MPR</p> | <p>9</p> <p>9:00 Catholic Communion TH 9:30 Strength Training MPR 10:00 Trip Out: Trader Joe's 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 10:30 Caregiver Support Group LB 10:30 Bell Choir TH 11:00 Qi Gong w/ Mary MPR 2:00 Bingo SDR 6:00 Evening News TH 6:30 Meet & Play Cards NB</p> | <p>10</p> <p>9:30 Spectra Fit MPR 10:00 Walmart/ Dollar Store* 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 10:30 Poker SL 1:00 Wii Games NB 2:30 Happy Hour w/ Johs Stefanski NDR 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH</p> | <p>11 Veterans Day</p> <p>9:30 Spectra Fit MPR 9:30 Strength Training MPR 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 10:30 Crafts/with Joe MPR 1:30 Movie Matinee TH 2:00 Left, Right, Center MPR 3:00 Hot Cocoa Social NB 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH</p> |
| <p>12</p> <p>8:00 Church Shuttles (schedule at front desk) 9:30 Bible Group MPR 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 10:30 Meet & Play Cards NB 10:30 Kings Church Service MPR 1:00 Game Day NB 1:30 Movie Matinee TH 2:00 Card Games MPR 6:00 Evening News TH</p> | <p>13</p> <p>9:30 Spectra Fit MPR 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 10:15 Stitch and Chat PDR 10:30 Poker SL 1:00 Wii Games NB 2:00 Bingo SDR 3:30 Bridge MPR 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH</p> | <p>14</p> <p>9:00 Bank Trips* 9:30 Strength Training MPR 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 11:30 Romeo Luncheon NDR 1:00 Praise & Worship TH 2:00 Poetry Club PDR 2:00 Card Bingo MPR 6:00 Rosary SL 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH</p> | <p>15</p> <p>9:30 Spectra Fit MPR 10:00 Fry's, Walgreens, CVS* 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 1:00 Balance Class WC 1:00 Wii Games NB 2:00 What's Cookin' Food council Meeting MP 2:00 Left, Right, Center MPR 3:30 Casino Night Out* 6:00 Evening News TH 6:30 Meet & Play Cards NB</p> | <p>16</p> <p>9:00 Catholic Communion TH 9:30 Strength Training MPR 10:00 Trip Out:Target/Jo-Ann's 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 11:00 Qi Gong w/ Mary MPR 2:00 Bingo SDR 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH</p> | <p>17</p> <p>9:30 Spectra Fit MPR 10:00 Walmart/ 99 Cent Store* 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 10:30 Poker SL 1:00 Wii Games NB 4:00 Casino Night 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH</p> | <p>18</p> <p>9:30 Spectra Fit MPR 9:30 Strength Training MPR 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 1:30 Movie Matinee TH 2:00 Left, Right, Center MPR 3:00 Couple's Social Hour MPR 3:00 Hot Cocoa Social NB 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH</p> |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|--|
| 19 8:00 Church Shuttles (schedule at front desk) 9:30 Bible Group MPR 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 10:30 Meet & Play Cards NB 10:30 Kings Church Service MPR 1:00 Game Day NB 1:30 Movie Matinee TH 2:00 Card Games MPR 6:00 Evening News TH | 20 9:30 Spectra Fit MPR 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 10:15 Stitch and Chat PDR 10:30 Poker SL 1:00 Wii Games NB 2:00 Bingo SDR 3:30 Bridge MPR 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH | 21 9:00 Bank Trips* 9:30 Strength Training MPR 10:00 Lemongrass Spa IB 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 11:30 Juliet Lunchoen NDR 1:00 Praise & Worship TH 2:00 Wine & Cheese Social NDR 2:00 Card Bingo MPR 6:00 Rosary SL 6:00 Evening News TH 6:30 Meet & Play Cards NB | 22 9:30 Spectra Fit MPR 10:00 Fry's, Walgreens, CVS* 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 1:00 Balance Class WC 1:00 Wii Games NB 2:00 Left, Right, Center MPR 4:00 Bingo Night Out* 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH 7:00 Bible Study MPR | 23 Thanksgiving 9:00 Catholic Communion TH 9:30 Strength Training MPR 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 11:00 Qi Gong w/ Mary MPR 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH | 24 9:30 Spectra Fit MPR 10:00 Walmart/ Dollar Store* 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 10:30 Poker SL 1:00 Wii Games NB 2:30 Horse Races NDR 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH | 25 9:30 Spectra Fit MPR 9:30 Strength Training MPR 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 10:30 Painting w/ Mary MPR 1:30 Movie Matinee TH 2:00 Left, Right, Center MPR 3:00 Hot Cocoa Social NB 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH |
| 26 8:00 Church Shuttles (schedule at front desk) 9:30 Bible Group MPR 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 10:30 Kings Church Service MPR 10:30 Meet & Play Cards NB 1:00 Game Day NB 1:30 Movie Matinee TH 2:00 Card Games MPR 6:00 Evening News TH | 27 9:30 Spectra Fit MPR 10:00 Alzheimer's Walk 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 10:15 Stitch and Chat PDR 10:30 Poker SL 1:00 Wii Games NB 2:00 Bingo SDR 3:30 Bridge MPR 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH | 28 9:00 Bank Trips* 9:30 Strength Training MPR 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 10:15 Town Hall Meeting MPR 1:00 Praise & Worship TH 2:00 Poetry Club PDR 2:00 Card Bingo MPR 3:00 Movie Outing* ^ 6:00 Rosary SL 6:00 Evening News TH 6:30 Meet & Play Cards NB | 29 9:30 Spectra Fit MPR 10:00 Fry's, Walgreens, CVS* 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 1:00 Balance Class WC 1:00 Wii Games NB 2:00 Left, Right, Center MPR 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH 7:00 Bible Study MPR | 30 9:00 Catholic Communion TH 9:30 Strength Training MPR 10:00 Coffee Connection NB 10:00 Daily Chronical NB 10:00 Card Games MPR 11:00 Qi Gong w/ Mary MPR 2:00 Bingo SDR 3:00 Purple Dinner NDR 6:00 Evening News TH 6:30 Meet & Play Cards NB 6:30 Movie Night TH | HAPPY BIRTHDAY 1 Donna R 2 Ann M 3 Elynore 3 Bernita M 15 Filomena C 17 Dorthy A 20 William K 22 Karleen L 23 Jewell S 25 Phyllis V 27 Helen M 27 Dorothy O 28 Jennie M | |