

NOVEMBER 2017

Parkrose Estates Retirement Community: 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>Room Key: A: Activity Room (2nd Floor) B: Back Patio C: Coffee Cafe (2nd Floor) D: Dining Room (1st Floor) E: Exercise Room (1st Floor) F: Front Patio L: Lobby (1st Floor) T: Theater (3rd Floor)</p>	<p>Medical Appointments: Monday through Thursday 8am-12pm. See Concierge for sign up. Appointments must be made at least 24 hours in advance.</p>		<p>1 9:30 Community/Activity/Food Meeting A 10:15 Hearing Aid Service C 10:30 HUGS Meeting (members only) A 1:15 Shopping: Wegmans/Bank 1:30 SpectraMysteries: "The Glenn Miller Story" T 3:00 Smarter than a 5th Grader A 6:30 SpectraFun: C Dominoes</p>	<p>2 9:00 Welcome Breakfast (by invitation only) C 9:30 Walking Club L 11:15 Optical Adjustments C 1:00 Trip: Meals on Wheels- Cookie Decorating 1:30 SpectraFit: Yoga w/Joslyn A 3:00 Marvelous Minds: Wheel of Fortune A 6:30 North Syracuse Community Singers: "Broadway Hits" A</p>	<p>3 9:30 SpectraFit: Exercise A 10:00 Marvelous Minds C 11:05 Rosary T 1:00 SpectraFun: Quarter Bingo (10 quarters) C 3:00 Happy Hour w/Bare Bones A 6:30 Movie Night: "Hollywood Hotel" T</p>	<p>4 9:30 SpectraFit: Walking Club L 10:30 Marvelous Minds: Outburst A 1:00 SpectraFun: November Bingo A 2:30 Marvelous Minds: Rummykub A 6:30 SpectraFun: C Dominoes</p>
<p>5 Daylight Savings Ends 9:15 Church Shuttle 9:30 Prayer Circle T 12:00 Marvelous Minds: Table Top Trivia D 1:30 SpectraFun: Bingo A 3:00 Norm Caffrey on the Guitar A 6:30 Movie Night: "The Color Purple" T</p>	<p>6 9:30 SpectraMoments C 10:15 "Parkrose Gazette" Newspaper Meeting C 1:15 Shopping: Aldi's/Real Deals 1:30 Dining Room Purple Centerpiece Making A 3:00 Marvelous Minds: Name that Croon A 6:00 Men at Play: Poker C</p>	<p>7 Election Day 6:00 Election Day-Voting (6am-9pm) A 9:30 SpectraFit: Exercise C 10:15 Marvelous Minds: Scattergories C 1:15 Ecumenical Service T 1:45 Rosary T 3:00 Baking: Bake Sale Prep. C 6:00 SpectraFun: Pitch C</p>	<p>8 9:30 SpectraFit: Dance with Megan A 10:15 Coffee Connections/What's News? C 1:15 Shopping: Wegmans/Bank 1:30 SpectraAdventures: "Arlington:Field of Honor" T 3:00 Baking: Jam Filled Sandwich Cookies A 6:30 SpectraFun: C Dominoes</p>	<p>9 9:30 SpectraFit: Walking Club L 10:15 Crafts: Veteran Pin Making w/BOCES A 1:30 Protestant Communion Service T 3:00 J.U.L.I.E.T. Ladies in Lavender Tea A 4:30 Dinner in Purple w/Dick Ford (4:30-6pm) *wear purple D 6:15 SpectraFun: Quarter Bingo (10 quarters) A</p>	<p>10 9:30 SpectraFit: Exercise A 10:00 Marvelous Minds - Veterans Day C 11:05 Rosary T 11:15 Lunch Trip: Cracker Barrel \$ 1:30 Veteran Appreciation Event w/Liverpool Library T 3:00 Veterans Day Celebration w/The Vince Irossi Trio A 6:30 Movie Night: "Memphis Belle" T</p>	<p>11 Veterans Day 8:30 Veterans Day Breakfast (by invitation only) A 9:30 Walking Club L 10:30 Rhythms of Spectrum: Chorus Practice A 12:30 Veterans Day: Patriotic Sing Along D 1:30 SpectraFun: Bingo C 2:30 Afternoon @ the Cinema: "We Were Soldiers" T 6:30 SpectraFun: C Dominoes</p>
<p>12 9:15 Church Shuttle 11:00 Holiday Market & Bake Sale (11-3pm) L 12:00 Marvelous Minds: Table Top Trivia D 1:30 SpectraFun: Bingo A 3:00 Marvelous Minds: Scrabble A 6:30 Movie Night: "Best Foot Forward" T</p>	<p>13 9:30 SpectraMoments C 10:15 Wii Bowling League: Alley Oops vs. Triple Threat T 1:15 Shopping: Walmart/Target 1:30 SpectraFun: T BocceBall 3:00 Crafts: Shimmering Leaves Door Decor. A 6:00 Men at Play: Poker C</p>	<p>14 9:30 Needle Work Club C 10:30 Marvelous Minds: Buzzword A 1:15 Ecumenical Service T 1:45 Rosary T 3:00 Entertainment: BJ Hughes on the Piano A 6:30 Kitchen Band Pre-Dress Rehearsal A</p>	<p>15 9:00 Quality Living: Blood Pressure C 10:15 Coffee Connections/What's News? C 1:15 Shopping: Wegmans/Bank 1:30 Rhythms of Spectrum: "Count Basie @ Carnegie Hall" T 3:00 Marvelous Minds: Clever Endeavor C 6:30 Kitchen Band Dress Rehearsal A</p>	<p>16 9:30 SpectraFit: Walking Club L 10:15 Capture the Turkey Bandit w/CHILDTIME C 1:30 Crafts: Robbie Ribbon Turkey Pin C 3:30 Parkrose Kitchenettes Show: "Broadway Musicals" A 6:30 Parkrose Kitchenettes Show: "Broadway Musicals" A</p>	<p>17 9:30 SpectraFit: Exercise A 10:00 Marvelous Minds C 11:05 Rosary T 1:00 SpectraFun: Quarter Bingo (10 quarters) C 3:00 Birthday/Anniversary Party w/John Vona A 6:30 Old time Radio with Rich (library)</p>	<p>18 9:30 SpectraFit: Walking Club L 10:30 Just for Laughs with Cindy A 1:00 SpectraFun: Bingo A 2:30 Read It Share It Book Club A 6:30 Movie Night: T "What's Eating Gilbert Grape"</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 9:15 Church Shuttle 9:30 Prayer Circle T 11:45 R.O.M.E.O. (Men Only) Lunch Trip: Just 1 Bite Too \$ 2:30 SpectraFun: Bingo A 6:30 Movie Night: "Swing Time" T	20 9:30 SpectraMoments C 10:15 Wii Bowling League: Triple Threat vs. Trouble T 1:15 Shopping: Christmas Tree Shop 1:30 Pampered Nails C 3:00 Crafts: Plastic Straw Weaving A 6:00 Men at Play: Poker C	21 9:30 SpectraFit: Exercise A 10:15 Marvelous Minds: Family Feud A 1:15 Ecumenical Service T 1:45 Rosary T 3:00 Marvelous Minds: Jeopardy A 6:00 SpectraFun: Pitch C	22 9:30 SpectraFit: Dance w/Megan A 10:15 Just for Laughs with Ruth C 1:15 Shopping: Wegmans/Bank 1:30 Great Moments: "Big Band: Artie Shaw & Duke Ellington" T 3:00 Marvelous Minds: Thanksgiving Price is Right Game A 6:30 SpectraFun: C Dominoes	23 Thanksgiving 9:00 Macy's Thanksgiving Day Parade T 10:00 Activity Packets are available @ the Front Desk all day 2:00 Afternoon @ the Cinema: "Nature: My Life as a Turkey" T 6:30 Movie Night: "An Old Fashioned Thanksgiving" T	24 9:30 SpectraFit: Exercise A 10:00 Marvelous Minds C 11:05 Rosary T 1:00 SpectraFun: Quarter Bingo (10 quarters) C 3:00 Happy Hour w/Blair Frodelius A 6:30 Movie Night: "Just Around the Corner" T	25 9:30 SpectraFit: Walking Club L 10:30 Rhythms of Spectrum: Chorus Practice A 1:00 SpectraFun: Bingo A 2:30 Adult Coloring A 6:30 SpectraFun: C Dominoes
26 9:15 Church Shuttle 12:00 Marvelous Minds: Table Top Trivia D 1:30 SpectraFun: Bingo A 3:00 Sunday Social with Cindy A 6:30 Movie Night: "New York, New York" T	27 9:30 SpectraMoments C 10:00 Wii Bowling League: T Alley Oops vs. Trouble 11:15 Trip: Lunch @ Gambling @ Turning Stone Casino \$ 1:30 Liverpool Library Book Delivery (Library) 3:00 Afternoon @ the Cinema: "A Chorus Line" T 6:00 Men at Play: Poker C	28 9:30 SpectraFit: Exercise A 10:15 SpectraFun: Pokeno A 1:15 Ecumenical Service T 1:45 Rosary T 3:00 SpectraFun: Auction A 6:00 SpectraFun: Pitch C	29 10:00 Coffee Connections/ What's News? C 1:15 Shopping: Wegmans/Bank 1:30 Reflections of a Life Well Lived: T "The Benny Goodman Story" 3:00 Marvelous Minds: Password A 6:30 SpectraFun: C Dominoes	30 9:15 Trip: Lunch & Shopping @ Destiny Mall \$ 9:30 SpectraFit: Walking Club L 1:30 Protestant Service T 3:00 SpectraFun: Parkrose Downs Purple People Eater Races A 4:30 Dinner Club Trip: Longhorn Steakhouse \$	Room Key: A: Activity Room (2nd Floor) B: Back Patio C: Coffee Cafe (2nd Floor) D: Dining Room (1st Floor) E: Exercise Room (1st Floor) F: Front Patio L: Lobby (1st Floor) T: Theater (3rd Floor)	