November 2019 In The Moment - Me Sunday		Tuesday	Wednesday	Thursday	Friday	created SCICE U
THE MERIDIAN — AT BOCA RATON—	21865 Ponderosa Dr Boca Raton, FL 33428 561-288-5985	AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	Healthy Snacks & Hydration offered throughout each day!		10:00 Strength and Balance 11:00 SS Catholic Communion 11:30 Sing-along 1:45 CE Documentary at the Theater: The Story of Diana (Netflix) 4:00 Finish the Line 6:30 Small Groups	10:00 Discussing and Reminiscing 11:00 Sit & Be Fit 11:30 Bowling 1:30 Everyday Life Trivia 3:00 LL Bingo 6:00 Puzzles and Games
Daylight Saving Time Begins 10:00 Discussion and Reminiscing 11:00 PE Sit & Be Fit 11:30 Name that Tune 1:30 Brain Fitness 3:00 AE Painting 6:00 Movie Night	10:00 Discussion Group 11:00 PE Exercise with weights 11:30 Music & Dancing 1:30 Movie at the Theater: Hello, Dolly! (DVD) 4:00 Word Teaser 6:00 Puzzles and Games	Election Day 10:00 PE Fitness Fun 10:30 Brain Stimulation 11:00 Bowling 11:00 Lunch Outing 1:30 Hangman 3:00 Bingo 6:00 Movie	10:00 Discussion and Reminiscing 11:00 Simple Stretches 11:15 CC Pet Visit 1:30 PE First Choice Exercise Class 3:00 LL Happy Hour with Gary Samms 6:00 Movie Night	10:00 Exercise 7 11:00 SS Wisdom Circle with Rabbi Moshe 1:30 Movie in the Theater: Pride & Prejudice (Netflix) 4:00 Musical Bingo 6:00 Puzzles and Games	10:00 Strength and Balance 11:00 SS Catholic Communion 11:30 Sing-along 1:45 CE Documentary at the Theater: Elizabeth at 90 (Netflix) 4:00 Mind Joggers 6:30 Small Groups	10:00 Discussing and Reminiscing 11:00 Sit & Be Fit 11:30 Bowling 1:30 Trivia 3:00 LL Bingo 6:00 Puzzles and Games
10:00 Discussion and Reminiscing 11:00 PE Sit & Be Fit 11:30 Name that Tune 1:30 Brain Fitness 3:00 LL Singing and Dancing with Mario the Entertainer 6:00 Movie Night		10:00 PE Fitness Fun 10:30 Brain Stimulation 11:00 Bowling 1:30 Unscramble words 3:00 Bingo 6:00 Movie	10:00 Discussion and Reminiscing 11:00 Simple Stretches 1:30 PE First Choice Exercise Class 3:00 LL Birthday Party of the Month with Bernie 6:00 Movie Night	11:00 AE Card Making with Sharon 1:30 Movie in the	10:00 Strength and Balance 11:00 SS Catholic Communion 11:30 Sing-along 1:45 Documentary at the Theater: JFK: The Making of a President (Netflix) 4:00 Finish the lyric 6:30 Small Groups	10:00 Discussing and Reminiscing 11:00 Sit & Be Fit 11:30 Bowling 1:30 Trivia 3:00 LL Bingo 6:00 Puzzles and Games
10:00 Discussion and Reminiscing 11:00 PE Sit & Be Fit 11:30 Name that Tune 1:30 Brain Fitness 3:00 Live Music with Terri Weiss 6:00 Movie Night	10:00 Discussion Group 11:00 PE Exercise with weights 11:30 Music & Dancing 1:30 Movie at the Theater: Fried Green Tomatoes (Netflix) 4:00 Word Teaser 6:00 Puzzles and Games	10:00 PE Fitness Fun 10:30 Brain Stimulation 11:00 Bowling 12:00 LL Outing: Lady Atlantic Cruise Tour 1:30 AE Harvest Craft 3:00 Bingo 6:00 Movie	10:00 Discussion and Reminiscing 11:00 Simple Stretches 11:15 © Pet Visit 1:30 PE First Choice Exercise Class 2:30 LL Harvest Family Celebration 6:00 Movie Night	10:00 Exercise 11:00 SS Wisdom Circle with Rabbi Moshe 1:30 Movie in the Theater: Dirty Dancing 4:00 Musical Bingo 6:00 Puzzles and Games	10:00 Strength and Balance 22 11:00 SS Catholic Communion 11:30 Sing-along 1:45 CE Documentary at the Theater: Our Planet (Netflix) 4:00 Finish the Phrase 6:30 Small Groups	10:00 Discussing and Reminiscing 11:00 Sit & Be Fit 11:30 Bowling 1:30 Trivia 3:00 LL Bingo 6:00 Puzzles and Games
10:00 Discussion and Reminiscing 11:00 PE Sit & Be Fit 11:30 Name that Tune 1:30 Brain Fitness 3:00 Singing and Dancing with Peter DeJesse 6:00 Movie Night	10:00 Discussion Group 11:00 PE Exercise with weights 11:30 Music & Dancing 1:30 Movie at the Theater: The Bucket List (Netflix) 4:00 Word Teaser 6:00 Puzzles and Games	10:00 PE Fitness Fun 26 10:30 Brain Stimulation 11:00 Bowling 1:30 Unscramble the Word 3:00 Bingo 6:00 Movie	10:00 Discussion and Reminiscing 11:00 Simple Stretches 1:30 PE First Choice Exercise Class 3:00 AE Creative Art 6:00 Movie Night	Macy's Thanksgiving Parade 9am-12 on TV Thanksgiving Day 10:00 Discussion Group: Thanksgiving memories 11:00 Exercise 1:30 All about Thanksgiving Trivia 3:00 Happy Hour with Terri Weiss 6:00 Puzzles and Games	10:00 Strength and Balance 29 11:00 SS Catholic Communion 11:30 Sing-along 1:45 Documentary at the Theater: Jackie a Tale of Two Sisters 4:00 This and That Trivia 6:30 Small Groups	10:00 Discussing and Reminiscing 11:00 Sit & Be Fit 11:30 Bowling 1:30 Trivia 3:00 LL Bingo 6:00 Puzzles and Games