

November 2019 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DIMENSIONS OF WELLNESS  Physical  Spiritual  Vocational  Intellectual  Nutritional  Emotional  Environmental  Social  Health Services  Purposeful	MEETING PLACES <i>MP</i> - Multipurpose Room <i>BI</i> - Bistro <i>CO</i> - Conservatory <i>LR</i> - Living Room <i>LI</i> - Library <i>DR</i> - Dining Room <i>GR</i> - Game Room <i>CR</i> - Craft Room Note – all activities subject to change				1  9:30am Chair Yoga with Linda, <i>MP</i>  3:00pm Friday Happy Hour In the Bistro!, <i>BI</i>  7:15pm Movie; Alone In Berlin, <i>MP</i>	2  10:00am Musical Saturday Morning; Oklahoma!, <i>MP</i>  3:00pm Wine and Cheese Social, <i>CO</i>  7:15pm Movie; The Last Picture Show, <i>MP</i>
3  11:00am Puzzle Time, <i>CO</i>  1:00pm Afternoon Movie, <i>MP</i>  3:00pm Punch and Tea Sandwich Social, <i>CO</i>  7:15pm Movie, <i>MP</i>	4  9:30am Weekly Sneak Peek, <i>MP</i>  10:00am Strength & Circuit Training with Stephanie, <i>MP</i>  11:00am Lecture; An Informative Photography Exhibit with Cindy Slay, <i>MP</i>  1:00pm Berlin Philharmonic; A Beethoven concert with Daniel Barenboim, Itzhak Pearlman and Yo-Yo Ma, <i>MP</i>  3:00pm Wine and Cheese Social, <i>CO</i>  7:00pm Musical Evening, <i>LR</i>	5  9:30am Chair Yoga with Linda, <i>MP</i>  10:00am Shopping Shuttle, <i>LR</i>  1:00pm Computer & Cell Phone Lab with Dorothy, <i>LI</i>  1:30pm Lecture; Know Your Options; Knee Pain Relief Without Surgery, Even Bone on Bone with Angela Laskowski; NuLife, <i>MP</i>  3:00pm Golden Tones Rehearsal, <i>MP</i>  3:00pm Tea Time Social, <i>CO</i>  7:15pm Movie, <i>MP</i>	6  9:30am Brains and Balance Class with Carol, <i>MP</i>  11:00am Current Events Forum with Linda, <i>MP</i>  1:00pm Outing; The Homes of Detroit with Suzanne Bilek, <i>LR</i>  2:00pm Chef Demo, <i>DR</i>  3:00pm Smoothie Social, <i>CO</i>  7:15pm Movie, <i>MP</i>	7  10:00am Super Fitness Class with Stephanie, <i>MP</i>  11:00am Lecture; Medicare Informational Meetings with Stephen George; Medicare Specialist, <i>MP</i>  1:00pm Canasta Lesson with Carol, <i>GR</i>  1:00pm Crafts with Dorothy, <i>CR</i>  3:00pm Book Club with Lauren, <i>LI</i>  3:00pm Cider and Donut Social, <i>CO</i>  7:00pm Musical Evening, <i>LR</i>	8  9:30am Outing; Tchaikovsky's First Concerto at the DSO, <i>LR</i>  9:30am Chair Yoga with Linda, <i>MP</i>  3:00pm Friday Happy Hour In the Bistro!, <i>BI</i>  7:15pm Movie, <i>MP</i>	9  10:00am Musical Saturday Morning, <i>MP</i>  3:00pm Wine and Cheese Social, <i>CO</i>  7:15pm Movie, <i>MP</i>
10  11:00am Puzzle Time, <i>CO</i>  1:00pm Afternoon Movie, <i>MP</i>  3:00pm Punch and Tea Sandwich Social, <i>CO</i>  7:15pm Movie, <i>MP</i>	11  9:30am Weekly Sneak Peek, <i>MP</i>  10:00am Strength & Circuit Training with Stephanie, <i>MP</i>  1:30pm Basic French Language Class with Shari, <i>MP</i>  3:00pm Wine and Cheese Social, <i>CO</i>  7:00pm Musical Evening, <i>LR</i>	12  9:30am Chair Yoga with Linda, <i>MP</i>  10:00am Shopping Shuttle, <i>LR</i>  1:00pm Computer & Cell Phone Lab with Dorothy, <i>LI</i>  1:30pm Lecture; Update Detroit: Influential Architects and How They Shaped The City with Arnold Collens, <i>MP</i>  3:00pm Golden Tones Rehearsal, <i>MP</i>  3:00pm Tea Time Social, <i>CO</i>  7:15pm Movie, <i>MP</i>	13  9:30am Brains and Balance Class with Carol, <i>MP</i>  11:00am Current Events Forum with Linda, <i>MP</i>  3:00pm Smoothie Social, <i>CO</i>  7:00pm Musical Evening with Vocalist Kathleen Sabino, <i>LR</i>	14  9:30am Outing; Michigan Opera Theatre's Sweeney Todd, <i>LR</i>  10:00am Super Fitness Class with Stephanie, <i>MP</i>  1:00pm Canasta Lesson with Carol, <i>GR</i>  1:00pm Crafts with Dorothy, <i>CR</i>  3:00pm Cider and Donut Social, <i>CO</i>  4:30pm Signature Dining Event; Viva La France!, <i>DR</i>  7:15pm Movie, <i>MP</i>	15  9:30am Chair Yoga with Linda, <i>MP</i>  3:00pm Friday Happy Hour In the Bistro!, <i>BI</i>  7:15pm Movie, <i>MP</i>	16  10:00am Musical Saturday Morning, <i>MP</i>  3:00pm Wine and Cheese Social, <i>CO</i>  7:00pm Outing; Chamber Music Society of Detroit; Polonsky-Shifrin-Wiley Trio, <i>LR</i>  7:15pm Movie, <i>MP</i>
17  11:00am Puzzle Time, <i>CO</i>  1:00pm Afternoon Movie, <i>MP</i>  3:00pm Punch and Tea Sandwich Social, <i>CO</i>  7:15pm Movie, <i>MP</i>	18  9:30am Weekly Sneak Peek, <i>MP</i>  10:00am Strength & Circuit Training with Stephanie, <i>MP</i>  11:00am Lecture; Joseph & Potipher's Wife with Julie Chamberlain, <i>MP</i>  1:00pm Berlin Philharmonic; Daniel Barenboim, Ivan Fischer and Sir Simon Rattle conduct Mozart, Prokofiev and Beethoven, <i>MP</i>  3:00pm Wine and Cheese Social, <i>CO</i>  7:00pm Musical Evening, <i>LR</i>	19  9:30am Chair Yoga with Linda, <i>MP</i>  10:00am Shopping Shuttle, <i>LR</i>  11:00am Lecture; Sharp Thinking Through Fun with Paula Dirkes, <i>MP</i>  1:00pm Computer & Cell Phone Lab with Dorothy, <i>LI</i>  3:00pm Golden Tones Rehearsal, <i>MP</i>  3:00pm Tea Time Social, <i>CO</i>  7:15pm Movie, <i>MP</i>	20  9:30am Brains and Balance Class with Carol, <i>MP</i>  11:00am Current Events Forum with Linda, <i>MP</i>  1:00pm Outing; Pewabic Factory, Museum, & Gift Shop, <i>LR</i>  3:00pm Smoothie Social, <i>CO</i>  7:15pm Movie, <i>MP</i>	21  10:00am Super Fitness Class with Stephanie, <i>MP</i>  11:00am Lecture; Detroit, An Illustrated Timeline with Author & Speaker Paul Vachon, <i>MP</i>  1:00pm Canasta Lesson with Carol, <i>GR</i>  1:00pm Crafts with Dorothy, <i>CR</i>  3:00pm Signature Event; Argentine Tango, <i>LR</i>  4:00pm Signature Event Reception, <i>BI</i>  7:00pm Musical Evening, <i>LR</i>	22  9:30am Chair Yoga with Linda, <i>MP</i>  3:00pm Friday Happy Hour In the Bistro!, <i>BI</i>  7:15pm Movie, <i>MP</i>	23  10:00am Musical Saturday Morning, <i>MP</i>  3:00pm Wine and Cheese Social, <i>CO</i>  7:15pm Movie, <i>MP</i>
24  11:00am Puzzle Time, <i>CO</i>  1:00pm Afternoon Movie, <i>MP</i>  3:00pm Punch and Tea Sandwich Social, <i>CO</i>  7:15pm Movie, <i>MP</i>	25  9:30am Weekly Sneak Peek, <i>MP</i>  10:00am Strength & Circuit Training with Stephanie, <i>MP</i>  3:00pm Wine and Cheese Social, <i>CO</i>  7:00pm Musical Evening, <i>LR</i>	26  9:30am Chair Yoga with Linda, <i>MP</i>  10:00am Shopping Shuttle, <i>LR</i>  11:00am Caremerge Information Update, <i>MP</i>  1:00pm Computer & Cell Phone Lab with Dorothy, <i>LI</i>  3:00pm Golden Tones Rehearsal, <i>MP</i>  3:00pm Tea Time Social, <i>CO</i>  7:15pm Movie, <i>MP</i>	27  9:30am Brains and Balance Class with Carol, <i>MP</i>  11:00am Current Events Forum with Linda, <i>MP</i>  3:00pm Smoothie Social, <i>CO</i>  7:15pm Movie, <i>MP</i>	28  10:00am Super Fitness Class with Stephanie, <i>MP</i>  3:00pm Cider and Donut Social, <i>CO</i> 	29  9:30am Chair Yoga with Linda, <i>MP</i>  3:00pm Friday Happy Hour In the Bistro!, <i>BI</i>  7:15pm Movie, <i>MP</i>	30  10:00am Musical Saturday Morning, <i>MP</i>  3:00pm Wine and Cheese Social, <i>CO</i>  7:15pm Movie, <i>MP</i>

