

# November 2019 Independent Living Lifestyle & Leisure



1111 32nd St.  
Anacortes, WA 98221  
360-293-8088

- AE Artistic Expression
- CC Community Connections
- CE Continuing Education
- LL Lifestyle & Leisure
- PE Physical Engagement
- SS Spiritual Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00 <span style="background-color: #e67e22; padding: 2px;">CC</span> Fritter Friday <b>1</b> 11:00 <span style="background-color: #e67e22; padding: 2px;">PE</span> Music in motion 1:30 <span style="background-color: #e67e22; padding: 2px;">PE</span> Mindfulness & Movement 3:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> Happy Hour 3:30 <span style="background-color: #34495e; padding: 2px;">LL</span> Scott Thomson On Guitar 6:00 <span style="background-color: #e67e22; padding: 2px;">CE</span> Alaska Places to see	9:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> 9:30 Breakfast Club <b>2</b>
<b>Daylight Saving Time Ends</b> <b>3</b> 1:05 <span style="background-color: #e67e22; padding: 2px;">CC</span> Seahawks vs Tampa Bay 2:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Movie Matinee	9:00 <span style="background-color: #e67e22; padding: 2px;">CC</span> Community Coffee <b>4</b> 1:30 <span style="background-color: #e67e22; padding: 2px;">PE</span> Mindfulness & Movement 3:15 <span style="background-color: #e67e22; padding: 2px;">CE</span> I Never Did That 6:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Ice Cream Social w/ Caramel & Apples 6:00 <span style="background-color: #e67e22; padding: 2px;">CE</span> South Africa Places to See	<b>Election Day</b> <b>5</b> 10:30 <span style="background-color: #34495e; padding: 2px;">LL</span> Bingo Bango! 1:30 <span style="background-color: #34495e; padding: 2px;">LL</span> Safeway Shopping 3:00 <span style="background-color: #e67e22; padding: 2px;">CC</span> Nephropathy Talk With PNW 4:00 <span style="background-color: #e67e22; padding: 2px;">PE</span> Crafty Hands 6:00 <span style="background-color: #e67e22; padding: 2px;">CC</span> Origins of music	<b>Mary Alice Salon</b> <b>6</b> 9:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> Cap Sante Cafe 1:15 <span style="background-color: #e67e22; padding: 2px;">PE</span> Mindfulness & Movement 2:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> Oak Harbor Dollar Store Trip 6:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Night Cap	10:30 <span style="background-color: #e67e22; padding: 2px;">CE</span> Trivia & Mind Madness <b>7</b> 1:30 <span style="background-color: #34495e; padding: 2px;">LL</span> Bingo Bango! 2:35 <span style="background-color: #e67e22; padding: 2px;">CE</span> TED TALKS on health 3:00 <span style="background-color: #e67e22; padding: 2px;">CE</span> Round table Talk 3:00 <span style="background-color: #34495e; padding: 2px;">SS</span> The Parable of the Seed 6:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Pink Panther the Movie & Popcorn	11:00 <span style="background-color: #e67e22; padding: 2px;">PE</span> Bowling for gold <b>8</b> 1:30 <span style="background-color: #e67e22; padding: 2px;">PE</span> Mindfulness & Movement 3:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> Happy Hour 3:30 Steve Ellis Guitar 6:00 <span style="background-color: #e67e22; padding: 2px;">CE</span> Italy Places to See	9:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> 9:30 Breakfast Club <b>9</b> 3:00 <span style="background-color: #e67e22; padding: 2px;">CC</span> Card Games
2:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Movie Matinee <b>10</b>	<b>Veterans Day</b> <b>11</b> 10:00 <span style="background-color: #e67e22; padding: 2px;">CE</span> Health Talk 1:30 <span style="background-color: #e67e22; padding: 2px;">PE</span> Mindfulness & Movement 3:15 <span style="background-color: #e67e22; padding: 2px;">AE</span> John Gaffney Guitar 5:15 <span style="background-color: #e67e22; padding: 2px;">CC</span> Seahawks vs San Francisco 6:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Ice pumpkin sandwiches 6:00 <span style="background-color: #e67e22; padding: 2px;">CE</span> Nepal Places to See	9:30 <span style="background-color: #e67e22; padding: 2px;">CE</span> Blood Pressure Check <b>12</b> 10:30 <span style="background-color: #34495e; padding: 2px;">LL</span> Bingo Bango! 1:30 <span style="background-color: #34495e; padding: 2px;">LL</span> Safeway Shopping 3:00 Savi Bank Tour 4:00 Lets Bake It 6:00 <span style="background-color: #e67e22; padding: 2px;">CC</span> History of Jazz	<b>Mary Alice Salon</b> <b>13</b> 9:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> Cap Sante Cafe 1:15 <span style="background-color: #e67e22; padding: 2px;">PE</span> Mindfulness & Movement 2:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> Fred Meyers Trip 6:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Night Cap	10:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> The Nutcracker Holiday Gift Show <b>14</b> 1:30 <span style="background-color: #34495e; padding: 2px;">LL</span> Bingo Bango! 2:35 <span style="background-color: #e67e22; padding: 2px;">CC</span> I Doubt It 3:00 <span style="background-color: #e67e22; padding: 2px;">CE</span> All About Hearing 3:00 <span style="background-color: #34495e; padding: 2px;">SS</span> The Parable of the Seed 6:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Clue!? the movie & Popcorn	10:00 <span style="background-color: #e67e22; padding: 2px;">CC</span> Fritter Friday <b>15</b> 11:00 <span style="background-color: #e67e22; padding: 2px;">PE</span> Music in motion 1:30 <span style="background-color: #e67e22; padding: 2px;">PE</span> Mindfulness & Movement 3:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> Happy Hour 3:30 <span style="background-color: #e67e22; padding: 2px;">AE</span> Ward McCary piano 6:00 <span style="background-color: #e67e22; padding: 2px;">CE</span> Cambodia Places to See	9:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> 9:30 Breakfast Club <b>16</b> 3:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> David Attenborough Desert Seas
2:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Movie Matinee <b>17</b>	1:30 <span style="background-color: #e67e22; padding: 2px;">PE</span> Mindfulness & Movement <b>18</b> 3:15 <span style="background-color: #e67e22; padding: 2px;">CE</span> Music Trivia 6:00 <span style="background-color: #e67e22; padding: 2px;">CE</span> Australia Places to See 6:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Ice Cream Buffet Social	10:30 <span style="background-color: #34495e; padding: 2px;">LL</span> Bingo Bango! <b>19</b> 1:30 <span style="background-color: #34495e; padding: 2px;">LL</span> Safeway Shopping 2:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> Mo's Eclectic Gifts & Apparel 4:00 Crafty hands 6:00 <span style="background-color: #e67e22; padding: 2px;">CC</span> History of blues	<b>Mary Alice Salon</b> <b>20</b> 9:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> Cap Sante Cafe 1:15 <span style="background-color: #e67e22; padding: 2px;">PE</span> Mindfulness & Movement 2:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> Walmart Trip 6:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Night Cap	<b>Foot Care with Susan Robinson</b> <b>21</b> 10:30 <span style="background-color: #e67e22; padding: 2px;">CE</span> Trivia & Mind Madness 1:30 <span style="background-color: #34495e; padding: 2px;">LL</span> Bingo Bango! 2:30 <span style="background-color: #e67e22; padding: 2px;">CE</span> Library Dramatic Reading 3:00 <span style="background-color: #34495e; padding: 2px;">SS</span> The Parable of the Seed 6:00 <span style="background-color: #34495e; padding: 2px;">LL</span> The Longest Yard Feat; Burt Reynolds & Popcorn	11:00 <span style="background-color: #e67e22; padding: 2px;">PE</span> Bowling For Gold <b>22</b> 1:30 <span style="background-color: #e67e22; padding: 2px;">PE</span> Mindfulness & Movement 3:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> Happy Hour 3:30 Rooted Soul Wine Tasting 6:00 <span style="background-color: #e67e22; padding: 2px;">CE</span> Alaska Places to See	9:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> 9:30 Breakfast Club <b>23</b> 3:00 <span style="background-color: #e67e22; padding: 2px;">CC</span> Card Games
2:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Movie Matinee <b>24</b> 5:20 <span style="background-color: #e67e22; padding: 2px;">CC</span> Seahawks vs Philadelphia	1:30 <span style="background-color: #e67e22; padding: 2px;">PE</span> Mindfulness & Movement <b>25</b> 3:15 <span style="background-color: #e67e22; padding: 2px;">CE</span> Kristen Corneau 6:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Ice Cream w/ Apple Crisp 6:00 <span style="background-color: #e67e22; padding: 2px;">CE</span> Snow leopard Doc	<b>National Cake Day</b> <b>26</b> 10:30 <span style="background-color: #34495e; padding: 2px;">LL</span> Bingo Bango! 1:30 <span style="background-color: #34495e; padding: 2px;">LL</span> Safeway Shopping 4:00 <span style="background-color: #e67e22; padding: 2px;">AE</span> Lets Bake it! 6:00 <span style="background-color: #e67e22; padding: 2px;">CC</span> Nailed it! Cooking show	<b>Mary Alice Salon</b> <b>27</b> 9:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> Cap Sante Cafe 1:15 <span style="background-color: #e67e22; padding: 2px;">PE</span> Mindfulness & Movement 2:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> Trip 6:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Night Cap	<b>Thanksgiving</b> <b>28</b> 1:30 <span style="background-color: #34495e; padding: 2px;">LL</span> Bingo Bango! 2:35 <span style="background-color: #e67e22; padding: 2px;">CC</span> I Doubt It 3:00 <span style="background-color: #34495e; padding: 2px;">SS</span> The Parable of the Seed 6:00 <span style="background-color: #34495e; padding: 2px;">LL</span> Charlie Chaplin & Popcorn	10:00 <span style="background-color: #e67e22; padding: 2px;">CC</span> Fritter Friday <b>29</b> 11:00 <span style="background-color: #e67e22; padding: 2px;">PE</span> Music in motion 1:30 <span style="background-color: #e67e22; padding: 2px;">PE</span> Mindfulness & Movement 3:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> Happy Hour 3:30 <span style="background-color: #34495e; padding: 2px;">LL</span> Jim Smith Piano 6:00 <span style="background-color: #e67e22; padding: 2px;">CE</span> Our Origins	9:30 <span style="background-color: #e67e22; padding: 2px;">CC</span> 9:30 Breakfast Club <b>30</b>