

NOVEMBER 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Motor Skills
- Virtual
- Social
- Cognitive
- Health Services
- Nutritional
- Entertainment

Meeting Places

- MP IL Multipurpose Room
- AS Art Studio
- FR Fitness Room
- GLR Grand Living Room
- ID IL Dining Room
- IB IL Bistro
- IE IL Entrance lobby
- IPT Physical Therapy Room
- LIB Library
- OC Outside Courtyard

01	02	03	04	05	06	07	
08:30-09:00a  Weekend Walk: Bring your Water! 11:00-12:00p  Freestyle Funk and Flow 03:00-04:00p  Sunday Documentary: Sunday Night Movie: Resident Choice	09:00-10:00a  Sign up & Talk: Massage for Stress Relief 10:00-11:00a  Qigong Movement 02:00-03:00p  Stained Glass Series: Lecture and Workshop 03:00-04:00p  Picture Day: Caremerge Upload 05:00-08:00p  Sports Stream Meet Up	09:00-12:00p  Complimentary Massage 02:00-03:00p  Crochet & Crafts w/ Maggie 02:00-03:00p  Personal Trainer Consult 03:00-04:00p  Live Music: Ms. Hardy on Violin 03:00-04:00p  Social Hour: Tea & Cookies	10:00-11:00a  Meditation with Bridget 01:00-02:00p  Technology Workshop-Caremerge 02:00-03:00p  Historical Society Presentation 03:00-04:00p  Memoir Writing 04:00-05:00p  Berlin Series	10:00-11:00a  Strength and Flow 11:00-12:00p  Bayada Health Talk 02:00-03:00p  Creative Arts with Zalman 03:00-04:00p  Live Music: Sly on Piano 03:00-04:00p  Social Hour: Tea & Cookies	08:30-10:30a  Physical Therapy Meet & Greet 10:00-11:00a  Qigong Movement 02:00-03:00p  Resident Birthday Celebration 03:00-04:00p  Weekly Sneak Peek	08:30-09:00a  Weekend Walk: Bring your Water! 02:00-04:00p  Saturday Matinee: Seabiscuit 03:00-04:00p  Short Story and Poetry Club 06:00-08:00p  Movie: Seabiscuit	
08	09	10	Veterans Day 11		12	13	14
08:30-09:00a  Weekend Walk: Bring your Water! 11:00-12:00p  Freestyle Funk and Flow 03:00-04:00p  Sunday Documentary: Sunday Night Movie: Resident Choice	10:00-11:00a  Qigong Movement 02:00-03:00p  Stained Glass Series: Lecture and Workshop 03:00-04:00p  Current Event Forum 05:00-08:00p  Sports Stream Meet Up	01:00-02:00p  Hands-On Art with Diana 02:00-03:00p  Personal Trainer Consult 03:00-04:00p  Social Hour: Tea & Cookies 03:00-04:00p  Live Music: McCann Sisters	10:00-11:00a  Meditation with Bridget 01:00-02:00p  Technology Workshop-Caremerge 03:00-04:00p  Inspirational Writing 04:00-05:00p  Berlin Series		10:00-11:00a  Strength and Flow 02:00-03:00p  Creative Arts 03:00-04:00p  Social Hour: Tea & Cookies 03:00-04:00p  Signature Event: Alex and Anna Tentser	08:30-10:30a  Physical Therapy Meet & Greet 10:00-11:00a  Qigong Movement 11:00-12:30p  Smartphone Photography Workshop 03:00-04:00p  Weekly Sneak Peek	08:30-09:00a  Weekend Walk: Bring your Water! 02:00-04:00p  Pride and Prejudice: Saturday Matinee 06:00-08:00p  Movie: Pride and Prejudice
15	16	17	18	19	20	21	
08:30-09:00a  Weekend Walk: Bring your Water! 11:00-12:00p  Freestyle Funk and Flow 03:00-04:00p  Sunday Documentary: Sunday Night Movie: Resident Choice	09:00-10:00a  Sign up & Talk: Massage for Stress Relief 10:00-11:00a  Qigong Movement 02:00-03:00p  Stained Glass Series: Lecture and Workshop 03:00-04:00p  Picture Day: Caremerge Upload 05:00-08:00p  Sports Stream Meet Up	09:00-12:00p  Complimentary Massage 02:00-03:00p  Crochet & Crafts w/ Maggie 02:00-03:00p  Personal Trainer Consult 03:00-04:00p  Live Music: Harpist Christine Vivona & Piano 03:00-04:00p  Social Hour: Tea & Cookies	10:00-11:00a  Meditation with Bridget 01:00-02:00p  Technology Workshop-Caremerge 02:00-03:00p  Historical Society Presentation 03:00-04:00p  Book Club 04:00-05:00p  Berlin Series	10:00-11:00a  Strength and Flow 02:00-03:00p  Creative Arts 03:00-04:00p  Live Music: Wes John Cichosz & Shea Marshall 03:00-04:00p  Social Hour: Tea & Cookies 04:00-07:00p  Signature Dinner - Russia	10:00-11:00a  Qigong Movement 11:00-12:30p  Smartphone Photography Workshop 03:00-04:00p  Weekly Sneak Peek	08:30-09:00a  Weekend Walk: Bring your Water! 02:00-04:00p  Saturday Matinee: The Queen 03:00-04:00p  Short Story and Poetry Club 06:00-08:00p  Movie: The Queen	
22	23	24	25	Thanksgiving Day 26		27	28
08:30-09:00a  Weekend Walk: Bring your Water! 11:00-12:00p  Freestyle Funk and Flow 02:00-03:00p  Travel Log with Alexander 03:30-04:30p  Sunday Documentary: Sunday Night Movie: Resident Choice	10:00-11:00a  Qigong Movement 01:00-02:00p  Executive Director Townhall 03:00-04:00p  Current Event Forum 05:00-08:00p  Sports Stream Meet Up	01:00-02:00p  Hands-On Art with Diana 02:00-03:00p  Personal Trainer Consult 03:00-04:00p  Live Music: Cello and Guitar 03:00-04:00p  Social Hour: Tea & Cookies	10:00-11:00a  Meditation with Bridget 01:00-02:00p  Technology Workshop-Caremerge 03:00-04:00p  Beads of Courage Bags 04:00-05:00p  Berlin Series	All Day  Happy Thanksgiving 01:00-04:00p  Thanksgiving Dinner 03:30-04:30p  Sports Stream Football Meet Up		10:00-11:00a  Qigong Movement 02:00-03:00p  Q & A Session: All Seasons Maintenance and Housekeeping 03:00-04:00p  Weekly Sneak Peek	08:30-09:00a  Weekend Walk: Bring your Water! 02:00-04:00p  Saturday Matinee: How the Grinch Stole Christmas 06:00-08:00p  Movie: How the Grinch Stole Christmas
29	30						
08:30-09:00a  Weekend Walk: Bring your Water! 11:00-12:00p  Freestyle Funk and Flow 03:00-04:00p  Sunday Documentary: Sunday Night Movie: Resident Choice	10:00-11:00a  Qigong Movement 02:00-03:00p  New Resident Welcome Reception 03:00-04:00p  Current Event Forum 05:00-08:00p  Sports Stream Meet Up						