


# November 2021 Cap Sante Court Activities Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	<p>8:00 <b>LL</b> Breakfast 10:00 <b>PE</b> Walk the halls! 10:30 <b>SS</b> Meditation (10 minutes) 10:45 <b>LL</b> Bellingham Shopping 12:00 <b>LL</b> Lunch 6:00 <b>LL</b> Movie: Judy (2019 on HULU)</p>	<p><b>Election Day</b> <b>Transportation 10AM- 3PM</b> 8:00 <b>LL</b> Breakfast 10:30 <b>SS</b> Meditation (10 minutes) 10:40 <b>AE</b> Craft event with Lori 12:00 <b>LL</b> Lunch 1:00 <b>CE</b> Ted Talk: The battle between your present and future self.</p>	<p>8:00 <b>LL</b> Breakfast 10:00 <b>PE</b> Walk the halls! 10:30 <b>SS</b> Meditation (10 minutes) 11:30 <b>LL</b> Mystery Drive 12:00 <b>LL</b> Lunch 2:00 <b>CE</b> Virtual travel to Croatia and Serbia **Universal Yums** 6:00 <b>LL</b> Movie: October Sky (1999 on Peacock)</p>	<p><b>Transportation 10AM- 3:00PM</b> 8:00 <b>LL</b> Breakfast 10:30 <b>SS</b> Meditation (10 minutes) 10:45 <b>PE</b> Chair Zumba 11:00 <b>CE</b> Library visit 12:00 <b>LL</b> Lunch 1:30 <b>AE</b> Skagit Acres Christmas Open House</p>	<p>8:00 <b>LL</b> Breakfast 12:00 <b>LL</b> Lunch 6:00 <b>LL</b> Movie: The Cider House Rules (1999 on HBO Max)</p>	<p>8:00 <b>LL</b> Breakfast 10:00 <b>AE</b> Art therapy 10:30 <b>PE</b> Chair Yoga 12:00 <b>LL</b> Lunch 2:00 <b>AE</b> BINGO 2:30 <b>LL</b> Movie: The Forgotten Battle (2021 on Netflix)</p>		
<p><b>Daylight Saving Time Begins</b> 8:00 <b>LL</b> Breakfast 10:30 <b>SS</b> Bible Study 10:30 <b>SS</b> Chair Yoga 12:00 <b>LL</b> Lunch 2:30 <b>LL</b> Movie: What Dreams May Come True (1998 on Netflix)</p>	<p>8:00 <b>LL</b> Breakfast 12:00 <b>LL</b> Lunch 6:00 <b>LL</b> Movie: After the Thin Man (1936 on HBO Max)</p>	<p><b>Transportation 10AM- 3PM</b> 8:00 <b>LL</b> Breakfast 10:30 <b>SS</b> Meditation (10 minutes) 10:40 <b>AE</b> Craft event with Lori 11:00 <b>CE</b> Ted Talk: How to live to be 100+ 12:00 <b>LL</b> Lunch 1:40 <b>PE</b> Senior Center Yoga (@2)</p>	<p>8:00 <b>LL</b> Breakfast 10:00 <b>PE</b> Walk the halls! 10:30 <b>CE</b> Admiralty Head Lighthouse Visit 10:30 <b>SS</b> Meditation (10 minutes) 12:00 <b>LL</b> Lunch 6:00 <b>LL</b> Movie: The Great Gatsby (1974 on HBO Max)</p>	<p><b>Transportation 10AM- 3PM</b> <b>Veterans Day</b> 8:00 <b>LL</b> Breakfast 9:00 <b>CC</b> Donuts &amp; Coffee with Veterans 12:00 <b>LL</b> Lunch 2:00 <b>AE</b> Happy Hour/ Danny Ward / Saxophone</p>	<p><b>Footcare by Susan Robison</b> 8:00 <b>LL</b> Breakfast 10:30 <b>SS</b> Meditation (10 minutes) 10:45 <b>PE</b> Chair Zumba 11:00 <b>CE</b> Library visit 12:00 <b>LL</b> Lunch 2:00 <b>LL</b> Holiday Gift Show 6:00 <b>LL</b> Movie: *Batteries not included (1987 on HBO Max)</p>	<p>8:00 <b>LL</b> Breakfast 10:00 <b>AE</b> Art therapy 10:30 <b>PE</b> Chair Yoga 12:00 <b>LL</b> Lunch 2:00 <b>AE</b> BINGO 2:30 <b>LL</b> Movie: The Bodyguard (1992 on HBO Max)</p>		
<p>8:00 <b>LL</b> Breakfast 10:30 <b>SS</b> Bible Study 10:30 <b>SS</b> Chair Yoga 12:00 <b>LL</b> Lunch 1:25 <b>LL</b> Seahawks vs. Packers 2:30 <b>LL</b> Movie: Casablanca (1942 on HBO Max)</p>	<p>8:00 <b>LL</b> Breakfast 10:00 <b>PE</b> Walk the halls! 10:30 <b>SS</b> Meditation (10 minutes) 10:45 <b>SS</b> A trip down memory lane 12:00 <b>LL</b> Lunch 1:30 <b>PE</b> Afternoon Stroll 3:00 <b>AE</b> Steve Ellis Performance 6:00 <b>LL</b> Movie: Contact (1997 on HBO Max)</p>	<p><b>Transportation 10AM- 3PM</b> 8:00 <b>LL</b> Breakfast 10:30 <b>CE</b> Balance Screening @ Island Hospital 10:30 <b>SS</b> Meditation (10 minutes) 11:00 <b>CE</b> Ted Talk: How to live passionately, no matter what age. 12:00 <b>LL</b> Lunch 1:40 <b>PE</b> Senior Center Yoga (@2)</p>	<p>8:00 <b>LL</b> Breakfast 10:00 <b>PE</b> Walk the halls! 10:30 <b>SS</b> Meditation (10 minutes) 11:30 <b>LL</b> Mystery Drive 12:00 <b>LL</b> Lunch 1:00 <b>CE</b> Padilla Bay Interpretative Center 6:00 <b>LL</b> Movie: Cool Hand Luke (1967 on HBO Max)</p>	<p><b>Transportation 10AM- 3PM</b> 8:00 <b>LL</b> Breakfast 10:30 <b>SS</b> Meditation (10 minutes) 10:45 <b>PE</b> Chair Zumba 12:00 <b>LL</b> Lunch 2:00 <b>AE</b> Happy Hour: Jim Weaver on the Piano</p>	<p>8:00 <b>LL</b> Breakfast 10:00 <b>PE</b> Walk the halls! 10:30 <b>SS</b> Meditation (10 minutes) 10:45 <b>PE</b> Chair Zumba 12:00 <b>LL</b> Lunch 6:00 <b>LL</b> Movie: A Streetcar Named Desire (1951 on HBO Max)</p>	<p>8:00 <b>LL</b> Breakfast 10:00 <b>AE</b> Art therapy 10:30 <b>PE</b> Chair Yoga 12:00 <b>LL</b> Lunch 2:00 <b>AE</b> BINGO 2:30 <b>LL</b> Movie: Singing in the Rain (1952 on HBO Max)</p>		
<p>8:00 <b>LL</b> Breakfast 10:30 <b>SS</b> Bible Study 10:30 <b>SS</b> Chair Yoga 12:00 <b>LL</b> Lunch 1:25 <b>LL</b> Seahawks vs. Cardinals 2:30 <b>LL</b> Movie: Dirty Rotten Scoundrels (1988 on HBO Max)</p>	<p>8:00 <b>LL</b> Breakfast 10:00 <b>PE</b> Walk the halls! 10:30 <b>SS</b> Meditation (10 minutes) 12:00 <b>LL</b> Lunch 11:00 <b>LL</b> Shopping trip Costco/ Burlington 3:00 <b>LL</b> Movie: Cast Away (2000 on Peacock)</p>	<p><b>Transportation 10AM- 3PM</b> 8:00 <b>LL</b> Breakfast 10:30 <b>SS</b> Meditation (10 minutes) 11:00 <b>CE</b> Ted Talk: The secret to living longer may be your social life. 12:00 <b>LL</b> Lunch 1:40 <b>PE</b> Senior Center Yoga (@2)</p>	<p><b>Transportation 10AM- 3PM</b> 8:00 <b>LL</b> Breakfast 10:00 <b>PE</b> Walk the halls! 10:30 <b>SS</b> Meditation (10 minutes) 11:30 <b>LL</b> Mystery Drive 12:00 <b>LL</b> Lunch 6:00 <b>LL</b> Movie: Gunfight at the O.K. Corral (1957 on HULU)</p>	<p><b>Thanksgiving</b> 8:00 <b>LL</b> Breakfast 12:00 <b>LL</b> Lunch</p>	<p>8:00 <b>LL</b> Breakfast 10:30 <b>SS</b> Meditation (10 minutes) 10:45 <b>PE</b> Chair Zumba 11:00 <b>CE</b> Library visit 12:00 <b>LL</b> Lunch 3:00 <b>LL</b> Movie: And So It Goes (2014 on HULU)</p>	<p>8:00 <b>LL</b> Breakfast 10:00 <b>AE</b> Art therapy 10:30 <b>PE</b> Chair Yoga 12:00 <b>LL</b> An Elvis Family Christmas (Snohomish Casino) 12:00 <b>LL</b> Lunch 2:00 <b>AE</b> BINGO 2:30 <b>LL</b> Movie: 12 year a Slave (2013 on HULU)</p>		
<p>8:00 <b>LL</b> Breakfast 10:30 <b>SS</b> Bible Study 10:30 <b>SS</b> Chair Yoga 12:00 <b>LL</b> Lunch 2:30 <b>LL</b> Movie: The Da Vinci Code (2006 on HULU)</p>	<p>5:15 <b>LL</b> Seahawks vs. Washington 8:00 <b>LL</b> Breakfast 10:00 <b>PE</b> Walk the halls! 10:30 <b>SS</b> Meditation (10 minutes) 12:00 <b>LL</b> Lunch 6:00 <b>LL</b> Movie: First Knight (1995 on HULU)</p>	<p><b>Transportation 10AM- 3PM</b> 8:00 <b>LL</b> Breakfast 10:30 <b>SS</b> Meditation (10 minutes) 11:00 <b>CE</b> Ted Talk: Choice, Happiness &amp; Spaghetti Sauce 12:00 <b>LL</b> Lunch 1:40 <b>PE</b> Senior Center Yoga (@2)</p>	<p>1111 32nd St. Anacortes, WA 98221 360-293-8088</p>			<p><b>AE</b> Artistic Expression <b>CC</b> Community Connections <b>CE</b> Continuing Education <b>LL</b> Lifestyle &amp; Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support</p>		<p>Please sign up for events in the activities binder at the front desk.</p>