

November 2021 MC Monthly



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 The new standard in excellence.	9:45 PE Morning Stretch [MC] 1 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 3:00 AE Snacks & Crafts [A] 6:30 LL Movie & Popcorn	9:45 PE Morning Stretch [MC] 2 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 11:30 LL One to One Room Visits 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:30 LL UNO [MC] 3:00 LL Bingo! [A]	9:45 PE Morning Stretch [MC] 3 10:00 LL Thanksgiving Craft [B] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Mid-Week Matinee [MC] 6:00 LL Spa Night [MC]	9:45 PE Morning Stretch [MC] 4 10:00 LL Coffee Club [B] 11:30 CE Sweet Life Cooking Club [DK] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:30 LL UNO [MC] 3:00 LL Tea & Talk [B]	9:45 PE Morning Stretch [MC] 5 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 3:00 LL TGIF Social W/Wendy and Ric [B] 6:30 LL Games & Puzzles	9:45 PE Saturday Stretch [MC] 6 10:00 LL Coffee Club [B] 10:30 CC Fur Friends Pet Visit [P] 11:00 LL Table Games [MC] 11:30 LL Cranium Crunches [B] 1:30 PE Stretch & Meditation [A] 2:30 LL UNO [MC] 3:00 LL Bingo! [A] 4:00 LL Afternoon Movie [MC]
Daylight Saving Time Begins 7 9:45 PE Morning Stretch [MC] 10:00 LL Coffee Club [B] 10:30 SS Gospel Sing-A-Long [MC] 11:00 LL Bingo! [A] 1:30 CE Documentary Club [MC] 2:30 LL MIM Music [MC] 3:00 LL Ice Cream Social [B] 6:00 LL Movie & Popcorn [MC]	9:45 PE Morning Stretch [MC] 8 10:00 LL Coffee Club [B] 10:00 LL Coffee Club [B] 11:00 LL Sing-A-Long W/Judy Kjos [LR] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 3:00 AE Snacks & Crafts [A] 6:30 LL Movie & Popcorn	9:45 PE Morning Stretch [MC] 9 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 11:30 LL One to One Room Visits 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:30 LL UNO [MC] 3:00 LL Bingo! [A]	9:45 PE Morning Stretch [MC] 10 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Mid-Week Matinee [MC] 6:00 LL Spa Night [MC]	Veterans Day 11 9:45 PE Morning Stretch [MC] 10:00 LL Veterans Day Observance [B] 11:30 CE Sweet Life Cooking Club [DK] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:30 LL UNO [MC] 3:00 LL Tea & Talk [B]	9:45 PE Morning Stretch [MC] 12 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 3:00 LL TGIF Social [B] 6:30 LL Games & Puzzles	9:45 PE Saturday Stretch [MC] 13 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 11:30 LL Cranium Crunches [B] 1:30 PE Stretch & Meditation [A] 2:30 LL UNO [MC] 3:00 LL Bingo! [A] 4:00 LL Afternoon Movie [MC]
9:45 PE Morning Stretch [MC] 14 10:00 LL Coffee Club [B] 10:30 SS Gospel Sing-A-Long [MC] 11:00 LL Bingo! [A] 1:30 CE Documentary Club [MC] 2:30 LL MIM Music [MC] 3:00 LL Ice Cream Social [B] 6:00 LL Movie & Popcorn [MC]	9:45 PE Morning Stretch [MC] 15 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 3:00 AE Snacks & Crafts [A] 6:30 LL Movie & Popcorn	9:45 PE Morning Stretch [MC] 16 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 11:30 LL One to One Room Visits 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:30 LL UNO [MC] 3:00 LL Bingo! [A]	9:45 PE Morning Stretch [MC] 17 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Mid-Week Matinee [MC] 6:00 LL Spa Night [MC]	9:45 PE Morning Stretch [MC] 18 10:00 LL Lifestyle & Leisure & Food Service Resident Meeting [B] 11:30 CE Sweet Life Cooking Club [DK] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:30 LL UNO [MC] 3:00 LL Tea & Talk [B]	9:45 PE Morning Stretch [MC] 19 10:00 LL Coffee Club [B] 11:00 AE Card Crafting [A] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 3:00 LL TGIF Social w/Stan Ayerson [B] 6:30 LL Games & Puzzles	9:45 PE Saturday Stretch [MC] 20 10:00 LL Coffee Club [B] 10:30 SS Fur Friends [P] 11:00 LL Table Games [MC] 11:30 LL Cranium Crunches [B] 1:30 PE Stretch & Meditation [A] 2:30 LL UNO [MC] 3:00 LL Bingo! [A] 4:00 LL Afternoon Movie [MC]
9:45 PE Morning Stretch [MC] 21 10:00 LL Coffee Club [B] 10:30 SS Gospel Sing-A-Long [MC] 11:00 LL Bingo! [A] 1:30 CE Documentary Club [MC] 2:30 LL UNO [MC] 3:00 LL Ice Cream Social [B] 6:00 LL Movie & Popcorn [MC]	9:45 PE Morning Stretch [MC] 22 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 3:00 AE Snacks & Crafts [A] 6:30 LL Movie & Popcorn	9:45 PE Morning Stretch [MC] 23 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 11:30 LL One to One Room Visits 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:30 LL UNO [MC] 3:00 LL Bingo! [A]	9:45 PE Morning Stretch [MC] 24 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Mid-Week Matinee [MC] 6:00 LL Spa Night [MC]	Thanksgiving 25 9:00 LL Macy's Thanksgiving Day Parade [MC] 10:00 LL Coffee Club [B] 11:30 CE Sharing Grateful Moments [DK] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:30 LL Connect Four [MC] 3:00 LL Hot Chocolate & Holiday Share [B]	9:45 PE Morning Stretch [MC] 26 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 3:00 LL TGIF Social [B] 6:30 LL Games & Puzzles	9:45 PE Saturday Stretch [MC] 27 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 11:30 LL Cranium Crunches [B] 1:30 PE Stretch & Meditation [A] 2:30 LL UNO [MC] 3:00 LL Bingo! [A] 4:00 LL Afternoon Movie [MC]
Hannukah Begins at Sundown 28 9:45 PE Morning Stretch [MC] 10:00 LL Coffee Club [B] 10:30 SS Gospel Sing-A-Long [MC] 11:00 LL Bingo! [A] 1:30 CE Documentary Club [MC] 2:30 LL UNO [MC] 3:00 LL Ice Cream Social [B] 4:30 SS Come Light the Menorah 6:00 LL Movie & Popcorn [MC]	9:45 PE Morning Stretch [MC] 29 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 3:00 AE Snacks & Crafts [A] 6:30 LL Movie & Popcorn	9:45 PE Morning Stretch [MC] 30 10:00 LL Coffee Club [B] 11:00 LL Table Games [MC] 11:30 LL One to One Room Visits 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:30 LL UNO [MC] 3:00 LL Bingo! [A]	525 W Elk Ave. Glendale, CA 91204 (818) 245-6378			Location Keys Activities Room, 1st Floor A Bistro, 1st Floor B Demo Kitchen, 5th Floor DK Fitness Center, 3rd Floor FC Living Room, 1st Floor LR Memory Care, 2nd Floor MC Patio, 1st Floor P

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

Healthy Snacks & Hydration offered throughout each day!