

SUN	MON	TUE	WED	THUR	FRI	SAT	
<b>LOCATION KEY</b> LIB - 2nd Floor Library T2LR - 2nd Floor Terrace Living Room A - Atrium A123 - Atrium all floors	<b>CR - Community Room</b> <b>DA - Depart Atrium</b> <b>LIB - Library</b> <b>PO - Post Office</b> <b>Pub - Pub</b> <b>A2T - Theater 2nd floor</b>	9:00 Boyer's Grocery Store (DA) 10:00 Seated Exercise (CR) 1:00 Bingo (Pub) <b>2:00 Sing Along with Robin and Sharon (A123)</b> 2:30 Therapy Dog Chester Visit (A) <b>6:00 Manicures with Casi (LIB)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Tuesday Evening Movie (A2T) 9:00 Meditation Series on 901 (901)	<b>1</b> 10:00 Blood Pressure Checks by Accent Care (LIB) <b>10:00 Town Hall Meeting (A123)</b> 2:00 Resident Run Pinochle (3rd Floor Game Room) <b>3:00 Men's Group with George (LIB)</b> 6:00 Seated Exercise Channel 901 (Channel 901) <b>6:15 The New Craft Corner (3rd Floor Kitchen IL)</b> 9:00 Meditation Series on 901 (901)	<b>2</b> <b>10:00 Seated Dancing (CR)</b> <b>12:15 Cornhole Practice (CR)</b> 1:30 Chime Choir Practice (CR) <b>3:00 Drink of the Fuzzy Navel's (A123)</b> <b>3:00 Happy Hour with Glenn Faul (A123)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 9:00 Meditation Series on 901 (901)	<b>3</b> <b>Happy Birthday Joan Becker!</b> <b>10:00 Fun Friday Exercise (CR)</b> <b>1:00 Drama Club PERFORMANCE (3rd Floor Kitchen IL)</b> <b>2:00 Devotional Group (A2T)</b> 2:00 Resident Run Pinochle (3rd Floor Game Room) 2:30 UNO with Sylvia (3rd Floor Game Room) 6:00 Seated Exercise Channel 901 (Channel 901) <b>6:30 Brain Teasers with Babs and Joan (Pub)</b> 9:00 Meditation Series on 901 (901)	<b>4</b> <b>10:00 Coffee Conversation (Pub)</b> <b>10:30 Tom on Piano (A123)</b> 11:30 KVAF Store (PO) <b>2:30 Resident Run Card and Board Games (3rd Floor Game Room)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Saturday Evening Movie (A2T) 9:00 Meditation Series on 901 (901)	
<b>Daylight Savings Time Ends</b> 10:00 Hymn Sing (T2LR) 11:30 KVAF Store (PO) 1:00 Bingo (Pub) <b>2:00 Phil Mu Alpha Music Fraternity Kutztown University (A123)</b> <b>3:00 Sunday Service with Kissinger's Church (CR)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Sunday Movie Night (A2T) 9:00 Meditation Series on 901 (901)	<b>6</b> 10:00 Exercise Class with Fox (CR) 12:15 Cornhole Practice (CR) <b>1:30 Word Games (LIB)</b> <b>2:30 Independent Living Scenic Country Drive (DA)</b> 6:00 Seated Exercise Channel 901 (Channel 901) <b>6:30 As the Page Turns with Joan Becker (A2T)</b> 9:00 Meditation Series on 901 (901)	<b>7</b> <b>Happy Birthday Doris Moyer!</b> 9:00 Boyer's Grocery Store-PICK UP ONLY (DA) 10:00 Seated Exercise (CR) <b>10:00 Voting at the Polls in Maidencreek (DA)</b> 1:00 Bingo (Pub) <b>2:00 Bocce Ball with Fox Rehabilitation (CR)</b> 3:00 Sing Along with Pam (A) <b>6:00 Manicures with Casi (LIB)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Tuesday Evening Movie (A2T) 9:00 Meditation Series on 901 (901)	<b>8</b> <b>Happy Birthday Doris Moyer!</b> 9:00 Boyer's Grocery Store-PICK UP ONLY (DA) 10:00 Seated Exercise (CR) <b>10:00 Voting at the Polls in Maidencreek (DA)</b> 1:00 Bingo (Pub) <b>2:00 Bocce Ball with Fox Rehabilitation (CR)</b> 3:00 Sing Along with Pam (A) <b>6:00 Manicures with Casi (LIB)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Tuesday Evening Movie (A2T) 9:00 Meditation Series on 901 (901)	<b>9</b> <b>10:00 Blood Pressure Checks and Healthy Talks by Accent Care (LIB)</b> <b>10:00 Christmas Vocal Group (CR)</b> <b>11:00 Lunch Trip to Saville's Restaurant (DA)</b> 2:00 Resident Run Pinochle (3rd Floor Game Room) <b>2:30 Trivia with Asera Care (Pub)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 9:00 Meditation Series on 901 (901)	<b>10</b> 10:00 Seated Exercise (CR) 11:00 Manicures with Donna (Pub) 12:15 Cornhole Practice (CR) 1:00 Care for Your Hearing (T2LR) 1:30 Chime Choir Practice (CR) <b>3:00 Drink of the Week: Rum and Cokes (A123)</b> <b>3:00 Happy Hour with Karl Housman on Piano (A123)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 9:00 Meditation Series on 901 (901)	<b>11</b> <b>Veterans Day</b> <b>Happy Birthday Erna Fortescue!</b> <b>Happy Birthday Ezio DeSantis!</b> <b>8:30 Veterans Breakfast (IL Dining Room)</b> <b>10:00 Fun Friday Exercise (CR)</b> 1:15 Reminisce (LIB) <b>1:30 Dollar Tree Trip (DA)</b> <b>2:00 Devotional Group (A2T)</b> 2:00 Resident Run Pinochle (3rd Floor Game Room) 2:30 UNO with Sylvia (3rd Floor Game Room) <b>3:00 Maggie Gerard : Veterans Day Performance (A123)</b> <b>6:30 Brain Teasers with Babs and Joan (Pub)</b>	<b>12</b> <b>11:00 WWII, Korean and Vietnam War Displays (A)</b> 11:30 KVAF Store (PO) <b>2:30 Resident Run Card and Board Games (3rd Floor Game Room)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Saturday Evening Movie (A2T) 9:00 Meditation Series on 901 (901)
<b>8:15 Second Sunday to Church (DA)</b> 10:00 Hymn Sing (T2LR) 11:30 KVAF Store (PO) 1:00 Bingo (Pub) <b>2:00 Toad Creek Tom on Guitar (A)</b> <b>3:00 Sunday Service with Pastor Tom Lang from St. Paul's Lutheran (CR)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Sunday Movie Night (A2T) 9:00 Meditation Series on 901 (901)	<b>13</b> <b>Happy Birthday Terry Weidner!</b> 10:00 Exercise Class with Fox (CR) 12:15 Cornhole Practice (CR) <b>1:30 Taste with Tosha (Pub)</b> 3:30 Therapy Dog Buttercup Visit (A) 6:00 Seated Exercise Channel 901 (Channel 901) <b>6:30 As the Page Turns with Joan Becker (A2T)</b> 9:00 Meditation Series on 901 (901)	<b>14</b> <b>Happy Birthday Terry Weidner!</b> 10:00 Exercise Class with Fox (CR) 12:15 Cornhole Practice (CR) <b>1:30 Taste with Tosha (Pub)</b> 3:30 Therapy Dog Buttercup Visit (A) 6:00 Seated Exercise Channel 901 (Channel 901) <b>6:30 As the Page Turns with Joan Becker (A2T)</b> 9:00 Meditation Series on 901 (901)	<b>15</b> 9:00 Boyer's Grocery Store (DA) 10:00 Seated Exercise (CR) 1:00 Bingo (Pub) <b>2:00 Activities and Dining Meeting (Pub)</b> 3:00 Sing Along with Pam (A) <b>6:00 Manicures with Casi (LIB)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Tuesday Evening Movie (A2T) 9:00 Meditation Series on 901 (901)	<b>16</b> <b>10:00 Blood Pressure Checks by Accent Care (LIB)</b> <b>10:00 Christmas Vocal Group (CR)</b> <b>1:15 Walk and Talk with Nurse (DA)</b> <b>2:00 Catholic Mass and Rosary (CR)</b> 2:00 Resident Run Pinochle (3rd Floor Game Room) <b>3:00 Men's Group with George (LIB)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 9:00 Meditation Series on 901 (901)	<b>17</b> <b>10:00 Seated Dancing (CR)</b> <b>12:15 Cornhole Practice (CR)</b> 1:30 Chime Choir Practice (CR) <b>3:00 Drink of the Week: ScrewDriver (A123)</b> <b>3:00 Happy Hour with Merrill Schaffer on piano (A123)</b> <b>4:00 Dinner Trip to Esposito's Restaurant (DA)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 9:00 Meditation Series on 901 (901)	<b>18</b> <b>10:00 Fun Friday Exercise (CR)</b> 1:00 Drama Club (3rd Floor Kitchen IL) <b>2:00 Devotional Group (A2T)</b> 2:00 Resident Run Pinochle (3rd Floor Game Room) 2:30 UNO with Sylvia (3rd Floor Game Room) 6:00 Seated Exercise Channel 901 (Channel 901) <b>6:30 Brain Teasers with Babs and Joan (Pub)</b> 9:00 Meditation Series on 901 (901)	<b>19</b> <b>10:00 Coffee Conversation (Pub)</b> <b>10:30 Tom on Piano (A123)</b> 11:30 KVAF Store (PO) <b>2:30 Pretzel City Chorus (A123)</b> 2:30 Resident Run Card and Board Games (3rd Floor Game Room) 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Saturday Evening Movie (A2T) 9:00 Meditation Series on 901 (901)
<b>Happy Birthday Mal Homan!</b> 10:00 Hymn Sing (T2LR) 11:30 KVAF Store (PO) 1:00 Bingo (Pub) <b>3:00 Celebration of Life Service (CR)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Sunday Movie Night (A2T) 9:00 Meditation Series on 901 (901)	<b>20</b> <b>Happy Birthday Ruth Cramer!</b> 10:00 Exercise Class with Fox (CR) 12:15 Cornhole Practice (CR) <b>2:00 Jazz Duo (A)</b> 6:00 Seated Exercise Channel 901 (Channel 901) <b>6:30 As the Page Turns with Joan Becker (A2T)</b> 9:00 Meditation Series on 901 (901)	<b>21</b> <b>Happy Birthday Ruth Cramer!</b> 10:00 Exercise Class with Fox (CR) 12:15 Cornhole Practice (CR) <b>2:00 Jazz Duo (A)</b> 6:00 Seated Exercise Channel 901 (Channel 901) <b>6:30 As the Page Turns with Joan Becker (A2T)</b> 9:00 Meditation Series on 901 (901)	<b>22</b> 9:00 Boyer's Grocery Store (DA) 10:00 Seated Exercise (CR) 1:00 Bingo (Pub) <b>2:00 Arts and Crafts with Marta- Air Dried Clay (3rd Floor Kitchen IL)</b> 3:00 Sing Along with Pam (A) <b>6:00 Manicures with Casi (LIB)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Tuesday Evening Movie (A2T) 9:00 Meditation Series on 901 (901)	<b>23</b> <b>10:00 Blood Pressure Checks by Accent Care (LIB)</b> <b>10:00 Christmas Vocal Group (CR)</b> 2:00 Resident Run Pinochle (3rd Floor Game Room) <b>3:00 Drink of the Week 7 &amp; 7 (A123)</b> <b>3:00 Happy Hour with Sandy Heisey on piano (A123)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 9:00 Meditation Series on 901 (901)	<b>24</b> <b>Thanksgiving</b> <b>Happy Birthday Nancy Martucci</b> 10:00 Seated Exercise (CR) <b>11:00 Manicures with Donna HOLIDAY HOURS (Pub)</b> 12:15 Cornhole Practice (CR) <b>1:15 Holiday Reminisce with Donna (LIB)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 9:00 Meditation Series on 901 (901)	<b>25</b> <b>10:00 Fun Friday Exercise (CR)</b> 1:15 Reminisce (LIB) <b>2:00 Devotional Group (A2T)</b> 2:00 Resident Run Pinochle (3rd Floor Game Room) 2:30 UNO with Sylvia (3rd Floor Game Room) 6:00 Seated Exercise Channel 901 (Channel 901) <b>6:30 Brain Teasers with Babs and Joan (Pub)</b> 9:00 Meditation Series on 901 (901)	<b>26</b> <b>10:00 Coffee Conversation (Pub)</b> 11:30 KVAF Store (PO) <b>2:30 Resident Run Card and Board Games (3rd Floor Game Room)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Saturday Evening Movie (A2T) 9:00 Meditation Series on 901 (901)
<b>Happy Birthday Dorothy Moyer!</b> 10:00 Hymn Sing (T2LR) 11:30 KVAF Store (PO) 1:00 Bingo (Pub) <b>3:00 Sunday Church Service with Becky Wright (CR)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Sunday Movie Night (A2T) 9:00 Meditation Series on 901 (901)	<b>27</b> <b>Happy Birthday Dorothy Moyer!</b> 10:00 Hymn Sing (T2LR) 11:30 KVAF Store (PO) 1:00 Bingo (Pub) <b>3:00 Sunday Church Service with Becky Wright (CR)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Sunday Movie Night (A2T) 9:00 Meditation Series on 901 (901)	<b>28</b> 10:00 Exercise Class with Fox (CR) 12:15 Cornhole Practice (CR) <b>1:30 Word Games (LIB)</b> 3:30 Therapy Dog Buttercup Visit (A) 6:00 Seated Exercise Channel 901 (Channel 901) <b>6:30 As the Page Turns with Joan Becker (A2T)</b> 9:00 Meditation Series on 901 (901)	<b>29</b> <b>Happy Birthday Joanne Enztiminger!</b> 9:00 Boyer's Grocery Store (DA) 10:00 Seated Exercise (CR) 11:30 Birthday's of the Month (IL Dining Room) 1:00 Bingo (Pub) 1:30 Arts and Crafts with Marta-Completion Class (3rd Floor Kitchen IL) <b>2:00 Veterans Club with Asera Care (Pub)</b> 3:00 Sing Along with Pam (A) <b>6:00 Manicures with Casi (LIB)</b> 6:00 Seated Exercise Channel 901 (Channel 901) 6:15 Tuesday Evening Movie (A2T) 9:00 Meditation Series on 901 (901)	<b>30</b> <b>10:00 Blood Pressure Checks by Accent Care (LIB)</b> <b>10:00 Christmas Vocal Group (CR)</b> 2:00 Resident Run Pinochle (3rd Floor Game Room) 6:00 Seated Exercise Channel 901 (Channel 901) 9:00 Meditation Series on 901 (901)	<div style="background-color: #e0e0ff; padding: 10px; text-align: center;"> <p><b>Check out our Resident Room TV Channel Tune into channel 901 to see everything happening here at KVAF</b></p> <p><b>Both the daily calendar and the days menu are listed along with updates and announcements.</b></p> </div>		

# November 2022

Independent Living

Activities Department Director Kristen Kotsch extension: 8357



A DISTINCTIVE RETIREMENT COMMUNITY