

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
 T1LR - 1st Floor Terrace Living Room
 LIB - 2nd Floor Library
 T2LR - 2nd Floor Terrace Living Room
 3FLGMR - 3rd Floor Game Room
 Rooster - 3rd Floor Rooster Room

A - Atrium
 A123 - Atrium all floors
 CR - Community Room
 DA - Depart Atrium
 PO - Post Office
 Pub - Pub
 A2T - Theater 2nd floor

1
 Happy Birthday Joan Becker!
 10:00 Blood Pressure Checks by Accent Care (LIB)
 10:00 Town Hall Meeting (A123)
 11:00 Dice Games (T1LR)
 1:00 Celebration of Life Service with Pastor Jerry Bush (CR)
 3:00 Men's Group with George (A2T)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:00 Wednesday Evening Movie (A2T)
 9:00 Meditation Series on 901 (901)

2
 10:00 Seated Exercise (CR)
 11:00 Manicures With Donna (T1LR)
 12:15 Cornhole Practice (CR)
 3:00 Drink of the Week Fuzzy Navel's (A123)
 3:00 Happy Hour with Merrill Schaffer on piano (A123)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:15 PC Evening Bingo (Rooster)
 9:00 Meditation Series on 901 (901)

3
 10:00 Fun Friday with Fox (CR)
 11:00 Farkle Dice Game (T1LR)
 1:00 Drama Club PERFORMANCE (A)
 2:00 Resident Run Pinochle (3FLGMR)
 2:30 Resident Run UNO (3FLGMR)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:30 Brain Teasers with Babs and Joan (Pub)
 9:00 Meditation Series on 901 (901)

4
 10:00 Stronger Seniors Stretch (CR)
 10:30 Tom on Piano (A123)
 11:30 KVAF Store (PO)
 1:00 PC BINGO (Rooster)
 2:00 Resident Run Card and Board Games (3FLGMR)
 6:00 Saturday Evening Movie (A2T)
 6:00 Seated Exercise Channel 901 (Channel 901)
 9:00 Meditation Series on 901 (901)

5
 Daylight Savings Time Ends
 10:00 Hymn Sing (T2LR)
 11:30 KVAF Store (PO)
 3:00 Sunday Service with Kissinger's Church (CR)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:00 Sunday Movie Night (A2T)
 9:00 Meditation Series on 901 (901)

6
 Happy Birthday Peg Huffert!
 10:00 Monday Movement Exercise (CR)
 12:15 Cornhole Practice (CR)
 1:00 Book Club Meeting (Library)
 2:00 GriefShare Group (T2LR)
 3:00 Knit and Crochet Group (Library)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:30 As the Page Turns with Joan Becker (Library)
 9:00 Meditation Series on 901 (901)

7
 Election Day!
 8:00 Voting (CR)
 9:00 Boyer's Grocery Store (DA)
 10:00 Stronger Seniors Stretch-ROOM CHANGE (A)
 11:00 Farkle Party and Games (T1LR)
 11:00 Lunch Trip to Crossroads Diner (DA)
 2:00 Activities and Dining Meeting (Pub)
 6:00 Chips and Trivia with Jayda (Pub)
 6:00 Seated Exercise Channel 901 (Channel 901)
 9:00 Meditation Series on 901 (901)

8
 Happy Birthday Doris Moyer!
 10:00 Blood Pressure Checks and Healthy Talks by Accent Care (Library)
 10:00 Stretch and Aerobics (CR)
 11:00 Dice Games (T1LR)
 1:15 PC BINGO (Rooster)
 2:00 Resident Run Pinochle (3FLGMR)
 2:30 Trivia with Asera Care (Pub)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:00 Wednesday Evening Movie (A2T)
 9:00 Meditation Series on 901 (901)

9
 10:00 Seated Exercise (CR)
 12:15 Cornhole Practice (CR)
 1:00 Care for Your Hearing (T2LR)
 1:30 Chime Choir Practice (3rd Floor Kitchen IL)
 3:00 Drink of the Week: Rum and Cokes (A123)
 3:00 Happy Hour with Oley Rollers (A123)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:15 PC Evening Bingo (Rooster)
 9:00 Meditation Series on 901 (901)

10
 8:15 Veterans Day Breakfast (IL Dining Room)
 10:00 Fun Friday with Fox (CR)
 11:00 Farkle Dice Game (T1LR)
 2:00 Reminisce with I LOVE LUCY SHOW (A2T)
 2:00 Dollar Tree Trip (DA)
 2:00 Resident Run Pinochle (3FLGMR)
 2:00 Wii Bowling (T1LR)
 2:30 Resident Run UNO (3FLGMR)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:30 Brain Teasers with Babs and Joan (Pub)
 9:00 Meditation Series on 901 (901)

11
 Veterans Day Happy Birthday Erna Fortascue!
 10:00 Stronger Seniors Stretch (CR)
 11:00 Korean and Vietnam War Displays (Atrium and Pub)
 11:00 Miniature Military Vehicles (Front Porch)
 11:30 KVAF Store (PO)
 1:00 PC BINGO (Rooster)
 2:00 Resident Run Card and Board Games (3FLGMR)
 2:30 Musical Performance by Craig Johnson (A123)
 6:00 Saturday Evening Movie (A2T)
 6:00 Seated Exercise Channel 901 (Channel 901)
 9:00 Meditation Series on 901 (901)

12
 Diwali
 10:00 Hymn Sing (T2LR)
 11:30 KVAF Store (PO)
 3:00 Sunday Service with Pastor Tom Lang from St. Paul's Lutheran (CR)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:00 Sunday Movie Night (A2T)
 9:00 Meditation Series on 901 (901)

13
 9:30 7th & 8th Grade Fleetwood Music Students (Pub/Community Room)
 12:15 Cornhole Practice (CR)
 1:00 Word Games (Library)
 2:00 Taste with Tosha (Pub)
 3:00 Knit and Crochet Group (Library)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:30 As the Page Turns with Joan Becker (Library)
 9:00 Meditation Series on 901 (901)

14
 Happy Birthday Hilda Palmer!
 Happy Birthday Terry Weidner!
 9:00 Boyer's Grocery Store (DA)
 10:00 Stronger Seniors Stretch (CR)
 11:00 Farkle Party and Games (T1LR)
 2:00 Bocce Ball with Fox Rehabilitation (CR)
 2:00 Personal Care Scenic Country Drive (DA)
 6:00 Chips and Trivia with Jayda (Pub)
 6:00 Seated Exercise Channel 901 (Channel 901)
 7:00 Fleetwood Mennonite Youth Group Singers (A123)
 9:00 Meditation Series on 901 (901)

15
 10:00 Blood Pressure Checks by Accent Care (LIB)
 10:00 Stretch and Aerobics (CR)
 11:00 Dice Games (T1LR)
 1:15 PC BINGO (Rooster)
 1:15 Walk and Talk with Nurse (DA)
 2:00 Catholic Mass and Rosary (CR)
 2:00 Resident Run Pinochle (3FLGMR)
 3:00 Men's Group with George (A2T)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:00 Wednesday Evening Movie (A2T)
 9:00 Meditation Series on 901 (901)

16
 10:00 Seated Exercise (CR)
 10:00 Shopping Trip to Boscov's - Sign-Up in Post Office (DA)
 11:00 Manicures With Donna (T1LR)
 12:15 Cornhole Practice (CR)
 1:30 Chime Choir Practice (3rd Floor Kitchen IL)
 3:00 Drink of the Week: ScrewDriver (A123)
 3:00 Happy Hour with Rob Ballonoff (A123)
 4:00 Kutztown High School Dinner and Play "HELLO DOLLY" (DA)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:15 PC Evening Bingo (Rooster)
 9:00 Meditation Series on 901 (901)

17
 10:00 Fun Friday with Fox (CR)
 11:00 Farkle Dice Game (T1LR)
 1:00 Word Games with Donna (Library)
 2:00 Devotional Group (A2T)
 2:00 Resident Run Pinochle (3FLGMR)
 2:30 Resident Run UNO (3FLGMR)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:30 Brain Teasers with Babs and Joan (Pub)
 9:00 Meditation Series on 901 (901)

18
 10:00 Stronger Seniors Stretch (CR)
 10:30 Tom on Piano (A123)
 11:30 KVAF Store (PO)
 1:00 PC BINGO (Rooster)
 2:00 Resident Run Card and Board Games (3FLGMR)
 6:00 Saturday Evening Movie (A2T)
 6:00 Seated Exercise Channel 901 (Channel 901)
 9:00 Meditation Series on 901 (901)

19
 10:00 Hymn Sing (T2LR)
 11:30 KVAF Store (PO)
 3:00 Sunday Church Service with Pastor Bush Trinity Bible Church (CR)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:00 Sunday Movie Night (A2T)
 9:00 Meditation Series on 901 (901)

20
 10:00 Monday Movement Exercise (CR)
 12:15 Cornhole Practice (CR)
 1:00 Word Games (Library)
 2:00 Arts and Crafts with Marta (3rd Floor Kitchen IL)
 3:00 Knit and Crochet Group (Library)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:30 As the Page Turns with Joan Becker (Library)
 9:00 Meditation Series on 901 (901)

21
 Happy Birthday Ruth Cramer!
 9:00 Boyer's Grocery Store (DA)
 10:00 Stronger Seniors Stretch (CR)
 11:00 Farkle Party and Games (T1LR)
 2:30 Painting with Tammy (Pub/Community Room)
 6:00 Chips and Trivia with Jayda (Pub)
 6:00 Seated Exercise Channel 901 (Channel 901)
 9:00 Meditation Series on 901 (901)

22
 10:00 Blood Pressure Checks by Accent Care (LIB)
 10:00 Drum Circle (CR)
 11:00 Dice Games (T1LR)
 1:15 PC BINGO (Rooster)
 2:00 Resident Run Pinochle (3FLGMR)
 2:30 Veterans Club with Asera Care (Library)
 3:00 Drink of the Week: The Dirty Shirley (A123)
 3:00 Happy Hour with Sandy Heisey (A123)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:00 Wednesday Evening Movie (A2T)
 9:00 Meditation Series on 901 (901)

23
 Thanksgiving
 10:00 Seated Exercise (CR)
 11:00 Manicures with Donna HOLIDAY HOURS (T1LR)
 12:15 Cornhole Practice (CR)
 1:30 Holiday Sing Along with Donna (A)
 6:00 Holiday Movie (A2T)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:15 PC THANK GOODNESS FOR BINGO! (Rooster)
 9:00 Meditation Series on 901 (901)

24
 10:00 Fun Friday with Fox (CR)
 11:00 Farkle Dice Game (T1LR)
 1:00 Reminisce with I LOVE LUCY SHOW (A2T)
 2:00 Resident Run Pinochle (3FLGMR)
 2:00 Wii Bowling (T1LR)
 2:30 Resident Run UNO (3FLGMR)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:30 Brain Teasers with Babs and Joan (Pub)
 9:00 Meditation Series on 901 (901)

25
 Happy Birthday Dorothy Donatelli!
 10:00 Stronger Seniors Stretch (CR)
 11:30 KVAF Store (PO)
 1:00 PC BINGO (Rooster)
 2:00 Resident Run Card and Board Games (3FLGMR)
 6:00 Saturday Evening Movie (A2T)
 6:00 Seated Exercise Channel 901 (Channel 901)
 9:00 Meditation Series on 901 (901)

26
 10:00 Hymn Sing (T2LR)
 11:30 KVAF Store (PO)
 3:00 Sunday Church Service with Becky Wright (CR)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:00 Sunday Movie Night (A2T)
 9:00 Meditation Series on 901 (901)

27
 Happy Birthday Dorothy Moyer!
 10:00 Monday Movement Exercise (CR)
 12:15 Cornhole Practice (CR)
 1:00 Word Games (Library)
 3:00 Knit and Crochet Group (Library)
 3:00 Pennsylvania Dutch Club (CR)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:30 As the Page Turns with Joan Becker (Library)
 9:00 Meditation Series on 901 (901)

28
 9:00 Boyer's Grocery Store (DA)
 10:00 Stronger Seniors Stretch (CR)
 11:00 Farkle Party and Games (T1LR)
 12:00 Birthday's of the Month (PC Dining Room)
 2:00 Prison Ships Presentation (CR)
 6:00 Chips and Trivia with Jayda (Pub)
 6:00 Seated Exercise Channel 901 (Channel 901)
 9:00 Meditation Series on 901 (901)

29
 10:00 Blood Pressure Checks by Accent Care (LIB)
 10:00 Stretch and Aerobics (CR)
 11:00 Dice Games (T1LR)
 1:15 PC BINGO (Rooster)
 2:00 Resident Run Pinochle (3FLGMR)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:00 Wednesday Evening Movie (A2T)
 9:00 Meditation Series on 901 (901)

30
 10:00 Seated Exercise (CR)
 11:00 Manicures With Donna (T1LR)
 12:15 Cornhole Practice (CR)
 1:30 Chime Choir Practice (3rd Floor Kitchen IL)
 3:00 Drink of the Week: Bartenders Choice (A123)
 3:00 Happy Hour with Glenn Miller (A123)
 4:00 Dinner Trip to Kyma Signup in Post Office (DA)
 6:00 Seated Exercise Channel 901 (Channel 901)
 6:15 PC Evening Bingo (Rooster)
 9:00 Meditation Series on 901 (901)

Check out our Resident Room TV Channel Tune into channel 901 to see everything happening here at KVAF Both the daily calendar and the days menu are listed along with updates and announcements.

9:00 Meditation Series on 901 (901)

November 2023

Personal Care

Activities Department Director Kristen Kotsch extension: 8357



A DISTINCTIVE RETIREMENT COMMUNITY