

NOVEMBER 2023

IL/AL

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

9:15-BALANCE & RESISTANCE (ALD)
10:00-OUTING: WAAM MUSEUM
10:30-SITTERCISE (L)
12:00-AMBASSADOR MEETING (L)
2:00-SCRABBLE FOR ROOKIES (CR)
3:00-CROSSWORD MANIA (AR)

2

DOCTOR APPOINTMENT DAY
10:00-FOOD FORUM (CR)
11:00-STRIKES & GIGGLES (TV)
12:30-THE WALKIE TALKIES
1:00-CHICK FLICK THURSDAY (TV)
3:00-CRAFT CLASS (AR)

3 BEVERLY H BIRTHDAY

9:30-SHOPPING DAY
10:30-SITTERCISE (L)
12:30-THE WALKIE TALKIES
1:00-NICKELS & FLOW BINGO (AR)
2:00-CORNHOLE (BA)
3:00-HAPPY HOUR W/ ARAM

4

10:00-COFFEE & CHIT CHAT (L)
11:00-STRIKES & GIGGLES (TV)
2:00-MONOPOLY (CR)
3:00-RING TOSS (BA)
6:00-NIGHTLY MOVIE (TV)

5 DAYLIGHT SAVINGS
TIME ENDS

9:00-SUNDAY BRUNCH
9:30-NEWS & BREWS (TV)
10:45-CHURCH SERVICE (TV)
1:00-CHERRY PICKERS BOWLING (TV)
2:00-PAINTING/CLAY W/ TONY (ALD)
1:30-SUNDAY FUNDAY GAMES (L)
6:00-NIGHTLY MOVIE (TV)

6

9:15-BALANCE & RESISTANCE (ALD)
9:30-SHOPPING DAY
10:00-BIBLE STUDY (CR)
11:00-THE TREBLE MAKERS (FP)
1:00-NICKELS & FLOW BINGO (AR)
3:00-MISSION IMPOSSIBLE 1(TV)

7

DOCTOR APPOINTMENT DAY
10:00-COFFEE & DONUTS (L)
10:30-CHAIR YOGA (ALD)
11:00-STRIKES & GIGGLES (TV)
12:30-THE WALKIE TALKIES
1:00-MEXICAN TRAIN (AR)
2:00-CHERRY PARK BOOK CLUB (CR)

8

9:15-BALANCE & RESISTANCE (ALD)
10:00-SCENIC DRIVE: HOGAN BUTTE
10:30-SITTERCISE (L)
2:00-SCRABBLE FOR ROOKIES (CR)
3:00-CROSSWORD MANIA (AR)

9

DOCTOR APPOINTMENT DAY
11:00-STRIKES & GIGGLES (TV)
12:30-THE WALKIE TALKIES
1:00-CHICK FLICK THURSDAY
1:00-MENS GROUP W/SEAN (L)
3:00-CRAFT CLASS (AR)
3:00-HISTORY CLASS W/ TOM (TV)

10

9:30-SHOPPING DAY
10:30-SITTERCISE (L)
12:30-THE WALKIE TALKIES
1:00-NICKELS & FLOW BINGO (AR)
2:00-CORNHOLE (BA)
3:00-HAPPY HOUR W/ CHUCK P

11 VETERANS DAY
BILL G BIRTHDAY

10:00-COFFEE & CHIT CHAT (L)
11:00-STRIKES & GIGGLES (TV)
2:00-MONOPOLY (CR)
3:00-RING TOSS (BA)
6:00-NIGHTLY MOVIE (TV)

12

9:30-NEWS & BREWS (TV)
10:45-CHURCH SERVICE (TV)
1:00-CHERRY PICKERS BOWLING (TV)
1:30-SUNDAY FUNDAY GAMES (L)
6:00-NIGHTLY MOVIE (TV)

13 DORIS W BIRTHDAY

9:15-BALANCE & RESISTANCE (ALD)
9:30-SHOPPING DAY
10:00-BIBLE STUDY (CR)
11:00-THE TREBLE MAKERS (FP)
1:00-NICKELS & FLOW BINGO (AR)
3:00-MISSION IMPOSSIBLE 2(TV)

14

DOCTOR APPOINTMENT DAY
10:00-COFFEE & DONUTS (L)
10:30-CHAIR YOGA (ALD)
11:00-STRIKES & GIGGLES (TV)
12:30-THE WALKIE TALKIES
1:00-MEXICAN TRAIN (AR)
2:00-CHERRY PARK BOOK CLUB (CR)

15 ELEANOR'S 100TH
BIRTHDAY!

8:00-MENS BREAKFAST
9:15-BALANCE & RESISTANCE (ALD)
10:00-OUTING: LUNCH AT FOOD CARTS
10:30-SITTERCISE (L)
2:00-SCRABBLE FOR ROOKIES (CR)
3:00-CROSSWORD MANIA (AR)

16

DOCTOR APPOINTMENT DAY
11:00-STRIKES & GIGGLES (TV)
12:30-THE WALKIE TALKIES
3:00-HAPPY HOUR W/ DON SMITH
4:00-CANDLELIGHT:
THANKSGIVING DINNER

17

9:30-SHOPPING DAY
10:30-SITTERCISE (L)
12:00-MANICURE DAY (CR)
1:00-NICKELS & FLOW BINGO (AR)
2:00-CORNHOLE (BA)
3:00-HAPPY HOUR W/ MICHAEL

18

10:00-COFFEE & CHIT CHAT (L)
11:00-STRIKES & GIGGLES (TV)
2:00-MONOPOLY (CR)
3:00-RING TOSS (BA)
6:00-NIGHTLY MOVIE (TV)

19 SHARON M BIRTHDAY

9:30-NEWS & BREWS (TV)
10:45-CHURCH SERVICE (TV)
1:00-CHERRY PICKERS BOWLING (TV)
2:00-PAINTING/CLASS W/ TONY (ALD)
1:30-SUNDAY FUNDAY GAMES (L)
6:00-NIGHTLY MOVIE (TV)

20

9:15-BALANCE & RESISTANCE (ALD)
9:30-SHOPPING DAY
10:00-BIBLE STUDY (CR)
11:00-THE TREBLE MAKERS (FP)
1:00-NICKELS & FLOW BINGO (AR)
3:00-MISSION IMPOSSIBLE 3(TV)

21

DOCTOR APPOINTMENT DAY
10:00-COFFEE & DONUTS (L)
10:30-CHAIR YOGA (ALD)
11:00-STRIKES & GIGGLES (TV)
12:30-THE WALKIE TALKIES
1:00-MEXICAN TRAIN (AR)
2:00-CHERRY PARK BOOK CLUB (CR)
2:00-DR. TORLEY PRESENTATION(TV)

22

9:15-BALANCE & RESISTANCE (ALD)
10:00-SCENIC DRIVE: COLUMBIA GORGE
10:30-SITTERCISE (L)
2:00-SCRABBLE FOR ROOKIES (CR)
3:00-CROSSWORD MANIA (AR)

23 THANKSGIVING

DOCTOR APPOINTMENT DAY
11:00-STRIKES & GIGGLES (TV)
12:30-THE WALKIE TALKIES
1:00-CHICK FLICK
3:00-CRAFT CLASS (AR)

24

9:30-SHOPPING DAY
10:30-SITTERCISE (L)
12:30-THE WALKIE TALKIES
1:00-NICKELS & FLOW BINGO (AR)
2:00-CORNHOLE (BA)
2:00-MUSIC HISTORY (TV)
3:00-HAPPY HOUR W/ KAREN

25

10:00-COFFEE & CHIT CHAT (L)
11:00-STRIKES & GIGGLES (TV)
2:00-MONOPOLY (CR)
3:00-RING TOSS (BA)
6:00-NIGHTLY MOVIE (TV)

26

9:30-NEWS & BREWS (TV)
10:45-CHURCH SERVICE (TV)
1:00-CHERRY PICKERS BOWLING (TV)
1:30-SUNDAY FUNDAY GAMES (L)
6:00-NIGHTLY MOVIE (TV)

27

9:15-BALANCE & RESISTANCE (ALD)
9:30-SHOPPING DAY
10:00-BIBLE STUDY (CR)
11:00-THE TREBLE MAKERS (FP)
1:00-NICKELS & FLOW BINGO (AR)
3:00-MISSION IMPOSSIBLE 4(TV)

28

DOCTOR APPOINTMENT DAY
10:00-COFFEE & DONUTS (L)
10:30-CHAIR YOGA (ALD)
11:00-STRIKES & GIGGLES (TV)
12:30-THE WALKIE TALKIES
1:00-MEXICAN TRAIN (AR)
2:00-CHERRY PARK BOOK CLUB (CR)
3:00-CRAFT WITH DENISE (AR)

29

9:15-BALANCE & RESISTANCE (ALD)
10:00-OUTING: SANDY MUSEUM
10:30-SITTERCISE (L)
2:00-NEW RESIDENT PIE SOCIAL (L)
3:00-CROSSWORD MANIA (AR)

30

DOCTOR APPOINTMENT DAY
11:00-STRIKES & GIGGLES (TV)
12:30-THE WALKIE TALKIES
1:00-CHICK FLICK
3:00-TOWN HALL (DR)

EMOTIONAL 
PURPOSEFUL 
INTELLECTUAL 
PHYSICAL 
SOCIAL 
SPIRITUAL 