Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Nove	ember	·2023	Carol's Foot Care19:30 Strength & Balance FitnessClass/2nd Floor10:00 Exercise w/ Muriel/2ndFloor10:00 Nails with Lan2:00 Bingo3:00 Happy Hour w/Ken Brewer6:30 Skip -Bo	9:30 Strength & Balance Fitness Class/2 <sup>nd</sup> Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 10:30 Blood Pressure Clinic/Library 10:45 Bible Study/Theatre 11:00 Thirsty Thursday Smoothies 1:30 Safeway 2:00 Bingo 2:00 Bridge Game/3 <sup>rd</sup> Floor 4:00 Dancing Armchair Yoga/Theatre 6:30 Mexican Train	Fitness Class/2 <sup>nd</sup> Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor	9:00 Donuts w/Al/Bistro 9:30 Strength & Balance Fitness Class/2 <sup>nd</sup> Floor 1:30 Pokeno 2:00 Bridge Game	4
7:00 Worship Service	9:30 Strength & Balance Fitness Class/2 <sup>nd</sup> Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 10:00 SmartStep Hearing/Theatre 1:00 Village Voices practice/2 <sup>nd</sup> Floor 2:00 Woodcarving Club 6:30 Pinochle	Class/2nd Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 10:30 Bi Mart 1:30 Root Beer Floats & Name that Tune/Bistro 2:00 Bridge game/3 <sup>rd</sup> Floor 3:00 Watercolor Class/Craft Room 4:00 "Titans of Jazz" Presentation/Theatre 2:00 Bingo 6:30 Skip -Bo	9:30 Strength & Balance Fitness 8 Class/2nd Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 10:00 Nails with Lan 10:30 Oregon's Traveling Historian" Oregon Carousels/Theatre 2:00 Bingo 3:00 Happy Hour w/Gary Moon 6:30 Skip -Bo	Class/2 <sup>nd</sup> Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 10:45 Bible Study/Theatre 11:00 Thirsty Thursday Smoothies 1:30 Safeway 2:00 Bingo 2:00 Bridge Game/3 <sup>rd</sup> Floor 4:00 Dancing Armchair Yoga/Theatre 6:30 Mexican Train	Fitness Class/2 <sup>nd</sup> Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 10:00 Communion/2 <sup>nd</sup> Floor 1:00 Village Voices practice 2:30 Walmart Shopping 3:00 Knit Happens/Craft Room	8am-10am Veteran's Day Honor Breakfast 10:30 Larry Wilder Patriotic Performance/Dining Room 9:00 Donuts w/Al/Bistro 9:30 Strength & Balance Fitness Class/2 <sup>nd</sup> Floor 1:30 Pokeno 2:00 Bridge Game Veterans Day Remembrance Day (Canada)	11
Performance/2 <sup>nd</sup> Floor 2:00 Scrabble 7:00 Worship Service	Chair massage w/Stephan 13 9:30 Strength & Balance Fitness Class/2 <sup>nd</sup> Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 1:00 Village Voices practice/2 <sup>nd</sup> Floor 2:00 Woodcarving Club 6:30 Pinochle	Floor 10:30 Bi Mart 1:30 Root Beer Floats & Name that Tune/Bistro 2:00 Bridge game/3 <sup>rd</sup> Floor	Floor 10:00 Nails with Lan	Class/2 <sup>nd</sup> Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 10:45 Bible Study/Theatre 11:00 Thirsty Thursday Smoothies 1:30 Safeway 2:00 Bingo 2:00 Bridge Game/3 <sup>rd</sup> Floor 4:00 Dancing Armchair Yoga/Theatre	Anderson/Dining Room 9:30 Strength & Balance Fitness	9:30 Strength & Balance Fitness Class/2 <sup>nd</sup> Floor	18
10:30-1pm Thanksgiving19Brunch2:00 Scrabble7:00 Worship Service	9:30 Strength & Balance Fitnes <b>2C</b> Class/2 <sup>nd</sup> Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 1:00 Village Voices practice/2 <sup>nd</sup> Floor 2:00 Woodcarving Club 2:30 Trader Joes 6:30 Pinochle	10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 10:30 Bi Mart 1:30 Root Beer Floats & Name that Tune/Bistro 2:00 Bridge game/3 <sup>rd</sup> Floor 3:00 Watercolor Class/Craft Room	9:30 Strength & Balance Fitness Class/2 <sup>nd</sup> Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 10:00 Nails with Lan 2:00 Bingo 1:30 Activity Committee Meeting 2:00 Chef's Corner Meeting 3:00 Humpday Happy Hour w/Joe Szabo 6:30 Skip-Bo	9:30 Strength & Balance Fitness Class/2 <sup>nd</sup> Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 10:45 Bible Study/Theatre 11:00 Thirsty Thursday Smoothies 2:00 Bingo 2:00 Bridge Game/3 <sup>rd</sup> Floor 6:30 Mexican Train	Fitness Class/2 <sup>nd</sup> Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor	9:00 Donuts w/Al/Bistro 9:30 Strength & Balance Fitness Class/2 <sup>nd</sup> Floor 1:30 Pokeno 2:00 Bridge Game	25
w/Jenness & Deana/Craft Room 2:00 Scrabble	9:30 Strength & Balance Fitnes <b>27</b> Class/2 <sup>nd</sup> Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 1:00 Village Voices practice/2 <sup>nd</sup> Floor 2:00 Woodcarving Club 6:30 Pinochle	9:30 Strength & Balance Fitness Class/2nd Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 10:30 Bi Mart 1:30 Root Beer Floats & Name that Tune/Bistro	9:30 Strength & Balance Fitness Class/2 <sup>nd</sup> Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 10:00 Nails with Lan 2:00 Bingo 3:00 Humpday Happy Hour w/Stan Lasley 6:30 Skip-Bo	9:30 Strength & Balance Fitness <b>30</b> Class/2 <sup>nd</sup> Floor 10:00 Exercise w/ Muriel/2 <sup>nd</sup> Floor 10:45 Bible Study/Theatre 11:00 Thirsty Thursday Smoothies 1:30 Safeway 2:00 Bingo 2:00 Bridge Game/3 <sup>rd</sup> Floor 4:00 Dancing Armchair Yoga/Theatre 6:30 Mexican Train			

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