

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

You must sign up for all activities with "Sign Up" written in red.

<p>9:30 - Christ Church Service 5 10:30 - Kings in the Corner 1:00 - Dominoes 1:30 - Bridge</p>	<p>9:30 - Shopping Day - Dierbergs 6 10:00 - Coffee Chat & Cranium Crunches 11:00 - Walk & Talk w/ Powerback 12:30 - Fall Photo Booth 1:30 - Dime Bingo 2:00 - Chair Yoga 3:00 - Speaker Dave Gillingham - C.L.I.O Society Club 6:30 - Movie</p>	<p>9:30 - Chair Exercise 7 10:00 - Mass/Rosary 10:30 - Wii Bowling 11:00 - Seminar with Powerback 12:30 - Bridge 1:30 - Blackjack 3:30 - Tippy Tuesday</p>	<p>8:30 - Coffee & Donuts with our Veterans 8 10:30 - Bible Study 1:00 - Men's Pool (9 Ball) 2:00 - Women's Afternoon Tea 4:00 - Worship Service 6:00 - Looking Glass Playhouse 6:30 - Movie</p>	<p>10:00 - Coffee Chat & Cranium Crunches - 9 11:00 - Exercise w/ Powerback 1:00 - Mahjong 1:00 - Sing Along w/ Brittany 1:30 - Speaker fr Encompass - Exercising and Aging 3:30 - Thirsty Thursday - Music by Elizabeth Lakemp</p>	<p>9:30 - Men's Coffee 10 9:30 - Ball Exercise 11:00 - Keystone Golden Oldies Chorus Practice 2:00 - Music by Lynn Wellman 3:00 - Canasta 6:30 - Movie</p>	<p>9:30 - Coffee Chat & Crossword 11 11:00 - Mystery Game</p>
<p>9:30 - Christ Church Service 12 10:30 - Kings in the Corner 1:00 - Dominoes 1:30 - Bridge</p> <p>Diwali (Hindi)</p>	<p>9:30 - Shopping - Aldi 13 10:00 - Coffee Chat & Cranium Crunches 11:00 - Walk & Talk 1:30 - Dime Bingo 2:00 - Chair Yoga 3:00 - Pinochle 6:30 - Movie</p>	<p>9:30 - Chair Exercise 14 10:30 - Rosary 10:30 - Wii Bowling 11:00 - Blood Pressure Checks w/ Powerback 12:30 - Bridge 1:30 - Cooking Demo w/Nathan 2:00 - Hymns with Kim 3:30 - Tippy Tuesday - Music by Tommy Tunes</p>	<p>9:30 - Sit & Stretch 15 9:30 - Soldier's Memorial - Sign Up 10:30 - Bible Study 1:00 - Men's Pool (9 Ball) 1:30 - Name that Tune 3:00 - Cardio Drumming 6:30 - Movie</p>	<p>10:00 - Coffee Chat & Cranium Crunches 16 11:00 - Exercise w/ Powerback Rehab 1:00 - Mahjong 1:00 - Sing Along with Mary 3:30 - Thirsty Thursday - Kainoa Girls</p>	<p>9:30 - Ball Exercise 17 10:00 - Creative Hearts 11:00 - Keystone Golden Oldies Chorus Practice 1:30 - Dime Bingo 3:00 - Canasta 6:30 - Movie</p>	<p>9:30 - Coffee Chat & Cranium Crunches 18 11:00 - Mystery Game</p>
<p>9:30 - Christ Church Service 19 10:30 - Kings in the Corner 1:00 - Dominoes 1:30 - Bridge</p>	<p>9:30 - Shopping Day - Walmart 20 10:00 - Coffee Chat & Cranium Crunches 11:00 - Walk & Talk 1:30 - Dime Bingo 2:00 - Chair Yoga 3:00 - Speaker Dave Gillingham - C.L.I.O. Society Club 6:30 - Movie</p>	<p>9:30 - Bingo at the P.S.O. 21 Sign Up 9:30 - Chair Exercise 10:30 - Rosary 10:30 - Wii Bowling 12:30 - Bridge 1:30 - Caregiver Support Group 2:00 - R.S.V.P. Chorus 3:30 - Tippy Tuesday 6:30 - Music by Kathy Hahn</p>	<p>9:30 - Sit & Stretch 22 10:30 - Bible Study 1:00 - Men's Pool (9 Ball) 1:30 - Christmas Card Making with Leesa - Sign Up 3:00 - Cardio Drumming 4:00 - Worship Service 6:30 - Movie</p>	<p>10:00 - Coffee Chat & Cranium Crunches - 23 Turkey Day Trivia</p> <p>Happy Thanksgiving</p> <p>Thanksgiving Day (US)</p>	<p>9:30 - Ball Exercise 24 11:00 - Keystone Golden Oldies Chorus Practice 1:30 - Prize Bingo 2:00 - Book of the Month Meeting 3:00 - Canasta 6:30 - Movie</p>	<p>9:30 - Coffee Chat & Cranium Crunches 25 11:00 -Mystery Game</p>
<p>9:30 - Christ Church Service 26 10:30 - Kings in the Corner 1:00 - Dominoes 1:30 - Bridge</p>	<p>9:30 - Shopping Day - Target 27 10:00 - Coffee Chat & Cranium Crunches 11:00 - Walk & Talk w/ Powerback 1:30 - Dime Bingo 2:00 - Chair Yoga 3:00 - Pinochle 6:00 - Inspire Band</p>	<p>9:30 - Chair Exercise 28 10:30 - Rosary 10:30 - Wii Bowling 11:00 - Around the World with Powerback - Prague 12:30 - Bridge 1:30 - Blackjack 3:30 - Tippy Tuesday - Music by Anita</p>	<p>9:30 - Sit & Stretch 29 10:30 - Bible Study 1:00 - Men's Pool (9 Ball) 1:30 - Christmas Canvas Painting - 4:00 - Worship Service 5:00 - Out to Dinner - Peel - Sign Up 6:30 - Movie</p>	<p>10:00 - Coffee Chat & Cranium Crunches 30 11:00 - Exercise w/ Powerback Rehab 1:00 - Sing Along with Brittany 1:00 - Mahjong 3:30 - Thirsty Thursday 6:00 - Family Night - Bryan Foggs</p>	<p>AL/IL Activity Calendar</p> <p>***Word Searches, Crossword Puzzles and Magazines are available in the AL Activity Room***</p>	