

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Walking Club 8:20 AM Bagels and Coffee on the Patio 9:30 – 10:30 AM 1	Kayaking - 9 AM Pool Exercise - 10 AM Mah Jong - 1 PM Social Gathering - 5 PM Wine and Wings	Resident Off-site Breakfast - 9 AM Canasta - 1 PM Resident Off-site Golf - 12 PM 3	Pool Exercise 11 AM 4
Yoga Class 9 AM 5	Muffin Monday 9:30 AM Chair Strength Class - 11 AM Canasta - 1 PM Food truck - 4-6 PM 6	Mah Jong - 1 PM LA Medical L&L Lecture and Lunch 7	Walking Club 8:20 AM Bagels and Coffee on the Patio 9:30 – 10:30 AM 8	Kayaking 9 AM Pool Exercise - 10 AM Mah Jong - 1 PM 9	Resident Off-site Breakfast - 9 AM Canasta - 1 PM Resident Off-site Golf - 12 PM National Vanilla Cupcake Day Stop by & grab a cupcake 10	Pool Exercise 11 AM 11
Yoga Class 9 AM 12	Muffin Monday 9:30 AM Chair Strength Class - 11 AM Canasta - 1 PM 13	Mah Jong - 1 PM 14	Walking Club 8:20 AM Bagels and Coffee on the Patio 9:30 – 10:30 AM 15	Kayaking 9 AM Pool Exercise - 10 AM Mah Jong - 1 PM Social Gathering - 5PM LIVE MUSIC Greg Conlin	Resident Off-site Breakfast - 9 AM Canasta - 1 PM Resident Off-site Golf - 12 PM 17	Pool Exercise 11 AM 18
TBD 19	Muffin Monday 9:30 AM Chair Strength Class - 11 AM Canasta - 1 PM 20	Mah Jong - 1 PM 21	Walking Club 8:20 AM Bagels and Coffee on the Patio 9:30 – 10:30 AM 22	HAPPY THANKSGIVING 	Resident Off-site Breakfast - 9 AM Canasta - 1 PM Resident Off-site Golf - 12 PM 24	Pool Exercise 11 AM 25
TBD 26	Muffin Monday 9:30 AM Chair Strength Class - 11 AM Canasta - 1 PM 27	Mah Jong - 1 PM Sr. Helpers Comedy Hour - 1 PM 28	Walking Club 8:20 AM Bagels and Coffee on the Patio 9:30 – 10:30 AM 29	Kayaking 9 AM Pool Exercise - 10 AM Mah Jong - 1 PM Social Gathering - 5PM Nov/Dec Birthday Celebration Baked Ziti		