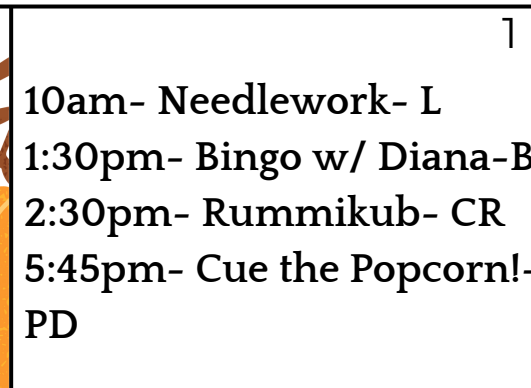


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 DAYLIGHT SAVINGS TIME ENDS 2pm- Needlework-L 5:45pm- Cue the Popcorn!-PD	3 10am- Trivia- CR 10:30am- Rosary Prayer w/ Michael- PD 1pm- Line Dancing Class- BT 1:30pm- Bingo w/ Alexa- B 2:45pm- Bean Bag Baseball- B 5:45pm- Cue the Popcorn!- PD	4 10am- Chair Yoga- PD 10:30am-Trader Joe's Trip-BT 1pm- Pinochle/ Bridge-CR 1:30pm- Smiths Trip- BT 1:30pm- The Store by Residents Open- Front Lobby 3pm- Happy Hour & Music w/ John Palmore- DR 5:45pm- Cue the Popcorn!- PD	5 9:30am- Resident Donut Party- B 10am- Thanksgiving Craft Galore-B 1:30pm- Bingo w/ Alexa- B 2pm- Walmart Trip-BT 2:45pm- Bean Bag Baseball- B 5:45pm- Cue the Popcorn!-PD	6 10am- Chair Yoga- PD 11am- Communion w/ Michael-PD 1pm- Bible Study- PD 1pm- Art w/ Michele- B 1:30pm- Know Your Options: A Talk on Medicare and Medicare Advantage w/ Comprehensive Home Health Solutions- DR 3pm- Happy Hour & Music w/ Phil Prunier- DR 5:45pm- Cue the Popcorn!- PD	7 10am- Trivia- CR 10am- Body & Balance w/ Vicki-PD 10:30am- Savers Trip- BT 11am- Ease into Technology w/ Alexa- B 1pm- Pinochle/ Bridge-CR 1:30pm- Michael's Craft Store Trip- BT 2pm- The Store by Residents Open- Front Lobby 5:45pm- Cue the Popcorn!- PD	8 10am- Needlework- L 1:30pm- Bingo w/ Diana-B 2:30pm- Rummikub- CR 5:45pm- Cue the Popcorn!- PD
9 2pm- Needlework- L 5:45pm- Cue the Popcorn!-PD	10 10am- Trivia- CR 10:30am- Rosary Prayer w/ Michael- PD 1pm- Line Dancing Class- BT 1:30pm- Bingo w/ Alexa- B 2:45pm- Bean Bag Baseball- B 5:45pm- Cue the Popcorn!- PD	11 10am- A Tribute to Veterans- Flagpole 10:30am- Smiths Trip- BT 1pm- Pinochle/ Bridge-CR 1:30pm- Marshalls Trip-BT 1:30pm- Better Sleep, Better Days: Understanding Sleep as We Age w/ Geriatric Speciality Care- B 3pm- Happy Hour & Music w/ Ira Shore- DR 5:45pm- Cue the Popcorn!- PD	12 10am- Spanish Language Corner w/ Alexa- B 11:30am- Lunch Action Station w/ Chef Joe- DR 1:30pm- Bingo w/ Alexa- B 2pm- Walmart Trip-BT 2:45pm- Bean Bag Baseball- B 5:45pm- Cue the Popcorn!-PD	13 10am- Flu-Proof Your Community: Awareness and Action w/ Choice Home Health- B 10am- Chair Yoga- PD 11am- Communion w/ Michael-PD 1pm- Bible Study- PD 1pm- Build Your Own Fall Bouquet- B 2-4pm- Music w/ Jacques, Vince & Bobby-DR 3pm- Happy Hour- DR 5:45pm- Cue the Popcorn!- PD	14 10am- Trivia- CR 10am- Body & Balance w/ Vicki-PD 10:30am- Ross Trip- BT 11am- Soup Cook-Off- PD 1pm- Pinochle/ Bridge-CR 1:30pm- Washoe County Senior Ride, Regional Transportation Commission of Washoe County (Drop Off Applications)- BT 1:30pm- Build a Board: Charcuterie Edition (Sign-Up Required)-B 5:45pm- Cue the Popcorn!- PD	15 10am- Needlework- L 1:30pm- Bingo w/ Diana-B 2:30pm- Rummikub- CR 5:45pm- Cue the Popcorn!- PD
16 11am- Sunday Brunch- DR 2pm- Needlework- L 5:45pm- Cue the Popcorn!-PD	17 10am- Trivia- CR 10:30am- Rosary Prayer w/ Michael- PD 1pm- Line Dancing Class- BT 1:30pm- Bingo w/ Alexa- B 2:45pm- Bean Bag Baseball- B 5:45pm- Cue the Popcorn!- PD	18 10am- Exercise w/ Betty- B 10:30am- Dollar Tree/ Hobby Lobby Trip-BT 1pm- Pinochle/ Bridge-CR 1:30pm- Target Trip- BT 1:30pm- Let's Talk About Your Wishes: Advanced Directives w/ Comprehensive Home Health Solutions- DR 1:30pm- The Store by Residents Open- Front Lobby 3pm- Happy Hour & Music w/ SanDee- DR 5:45pm- Cue the Popcorn!- PD	19 10am- Spanish Language Corner w/ Alexa- B 10am- Mindful Movement & Meditation w/ Erin Kelsey- PD 1:30pm- Bingo w/ Alexa- B 2pm- Walmart Trip-BT 2:30pm- Monthly Dining Meeting w/ Residents- DR 3pm- Bean Bag Baseball- B 5:45pm- Cue the Popcorn!-PD	20 10am- Exercise w/ Betty- B 11am- Communion w/ Michael-PD 1pm- Bible Study- PD 1pm- Art w/ Michele- B 3pm- Happy Hour & Music w/ John Rand- DR 5:45pm- Cue the Popcorn!- PD	21 10am- Trivia- CR 10am- Body & Balance w/ Vicki-PD 10:30am- Smiths Trip-BT 11am- Ease into Technology w/ Alexa- B 1pm- Pinochle/ Bridge-CR 2pm- Happy Hour at Flowing Tide -BT 2pm- A Slice of Autumn: Pumpkin Pie Edition- Patio (Weather Permits) 2pm- The Store by Residents Open- Front Lobby 5:45pm- Cue the Popcorn!- PD	22 10am- Needlework- L 1:30pm- Bingo w/ Diana-B 2:30pm- Rummikub- CR 5:45pm- Cue the Popcorn!- PD
23 2pm- Needlework- L 5:45pm- Cue the Popcorn!-PD 2pm- Needlework-L 5:45pm- Cue the Popcorn!-PD	24 10am- Trivia- CR 10:30am- Rosary Prayer w/ Michael- PD 1pm- Line Dancing Class- BT 1:30pm- Bingo w/ Alexa- B 2:45pm- Bean Bag Baseball- B 5:45pm- Cue the Popcorn!- PD	25 10am- Exercise w/ Betty-B 10:30am- TJ Maxx & Home Goods Trip-BT 1pm- Pinochle/ Bridge-CR 1:30pm- Smiths Trip- BT 2-4pm- Music w/ Jacques, Vince & Bobby-DR 3pm- Happy Hour 5:45pm- Cue the Popcorn!- PD	26 10am- Spanish Language Corner w/ Alexa- B 1:30pm- Bingo w/ Alexa- B 2pm- Walmart Trip-BT 2:45pm- Bean Bag Baseball- B 5:45pm- Cue the Popcorn!- PD	27 HAPPY THANKS GIVING	28 10am- Trivia- CR 10am- Body & Balance w/ Vicki-PD 10:30am- Shayden Summit Mall Trip- BT 1pm- Pinochle/ Bridge-CR 1:30pm- Barnes & Noble Trip-BT 2pm- Sweet Sips & Good Company: Hot Apple Cider- Patio (Weather Permits) 5:45pm- Cue the Popcorn!- PD	29 10am- Needlework- L 1:30pm- Bingo w/ Diana-B 2:30pm- Rummikub- CR 5:45pm- Cue the Popcorn!- PD

November Happenings

- 11/5 at 9:30am- Resident Donut Party- B
- 11/5 at 10am- Thanksgiving Craft Galore- B
- 11/6 at 1:30pm- Know Your Options: A Talk on Medicare and Medicare Advantage w/ Comprehensive Home Health Solutions-DR
- 11/11 at 10am- A Tribute to Veterans-DR
- 11/11 at 1:30pm- Better Sleep, Better Days: Understanding Sleep as We Age w/ Geriatric Speciality Care- B
- 11/12 at 11:30am- Lunch Action Station w/ Chef Joe- DR
- 11/13 at 10am- Flu-Proof Your Community: Awareness and Action w/ Choice Home Health- B
- 11/13 at 1pm- Build Your Own Fall Bouquet- B
- 11/14 at 11am- Soup Cook-Off-PD
- 11/14 at 1:30pm- Build a Board: Charcuterie Edition (Sign-Up Required)-B
- 11/18 at 1:30pm- Let’s Talk About Your Wishes: Advanced Directives w/ Comprehensive Home Health Solutions- DR
- 11/19 at 10am- Mindful Movements & Meditation w/ Erin Kelsey- PD
- 11/19 at 2:30pm- Monthly Dining Meeting w/ Residents- DR
- 11/21 at 2pm- A Slice of Autumn: Pumpkin Pie Edition- Patio (Weather Permits)
- 11/27- HAPPY THANKSGIVING
- 11/28 at 2pm- Sweet Sips & Good Company: Hot Apple Cider- Patio (Weather Permits)

November Birthdays

11/1- Laurel P. | 11/2- Ann B. | 11/2- JT R. | 11/5- Irene J. | 11/9- Angie H. | 11/14- Bobbie M. | 11/15- Lynn M. | 11/15- Ted Z. | 11/15- Carol T.| 11/16- Grace F. | 11/22- Bonnie W. | 11/23- Janene S. | 11/23- Genia W. | 11/24- Joannie M. | 11/28- Kimiko C. |

Mountain Lakes Estates Managers

Executive Director- Lauren Turbett | Business Director- Donna Monroy |
Marketing Director- Heather Wolf | Activities Director- Alexa Gross |
Maintenance Director- Josh Burnah | Dining Director- Joe Leberski

