

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please note that all activities can be subject to change; any updates will be communicated in advance.	55+ SENIOR RESOURCES EXPO FRIDAY NOVEMBER 7TH 11AM-2PM 	Legend/Key RL: Resident Lounge, 1st Floor P: Pavilion, 1st Floor AR: Art Room, 3rd Floor HC: Harbour Cafe, 2nd Floor YS: Yoga Studio, 3rd Floor MT: Movie Theater, 3rd Floor ML: Main Lobby, 2nd Floor L: Library, 2nd Floor *:Resident-Led Activities	Thank You FOR YOUR SERVICE	To our Veterans, With heartfelt gratitude, we thank you for your courage, sacrifice, and service. Your dedication inspires us all. —The Lake Forest at Swift Creek Team	HAPPY Thanks Giving	
2	3	4	5	6	7	8
	10:00  New Era Vaccine Clinic (RL) 10:00  Tai Chi (YS) 11:00  *Rummikub (HC) 4:00  Social Hour (RL) 6:00  Sunset Cinema (MT)	10:00  Educational Continental Breakfast w/ New Horizon Counseling (HC) 10:00  Gentle Strength Training w/ Coach Malik (YS) 1:00  *Mahjong (L) 1:30  Bingo (RL) 3:00  *Texas Hold 'EM (RL)	Food Truck: Monster Taco Truck 9:00  Hot Breakfast Social (RL) 10:00  Line Dancing Class w/ Eleanor (YS) 1:00  *Yarn Group (L) 1:00  Yoga w/ Petra (YS) 2:00  *Bridge (L) 2:15  Hand & Foot (RL) 4:00  Social Hour (RL)	10:00  Gentle Strength Training w/ Coach Malik (YS) 1:30  Arts w/ Richelle (AR) 3:00  *Poker (RL) 6:00  Doc Dingley Concert Series: Mark Knopfler & Emmylou Harris (MT)	11:00  55+ Senior Resources Expo 1:00  *Mahjong (L) 1:00  Yoga w/ Petra (YS) 2:15  Hand & Foot (RL) 4:00  Social Hour (RL)	1:00  *Pennies From Heaven (L)
9	10	11	12	13	14	15
2:00  *Bunco (RL)	10:00  Tai Chi (YS) 11:00  *Rummikub (HC) 4:00  Social Hour w/ Ty & Nat (RL)🎵 6:00  Sunset Cinema (MT)	Veterans Day 10:00  Gentle Strength Training w/ Coach Malik (YS) 1:00  *Mahjong (L) 2:00  Veterans Day Celebration (RL) 3:00  *Texas Hold 'EM (RL)	1:00  *Yarn Group (L) 1:00  Yoga w/ Petra (YS) 2:00  *Bridge (L) 2:00  Civil War Museum: Socialite, Secessionist, Spy (RL) 2:15  Hand & Foot (RL) 4:00  Social Hour (RL)	10:00  Gentle Strength Training w/ Coach Malik (YS) 2:00  Pet Social (HC) 3:00  *Poker (RL) 5:30  Guys Night In (RL)	1:00  *Mahjong (L) 1:00  Yoga w/ Petra (YS) 2:00  Art Therapy with the Color Outside the Lines Academy (AR) 2:15  Hand & Foot (RL) 4:00  Social Hour (RL)	1:00  *Pennies From Heaven (L)
16	17	18	19	20	21	22
	10:00  Intro Technology Class for Seniors w/ Thinking Cap Technology (HC) 10:00  Tai Chi (YS) 11:00  *Rummikub (HC) 4:00  Social Hour (RL) 6:00  Sunset Cinema (MT)	10:00  Breakfast & Bingo w/ Devoted Health Plans (HC) 10:00  Gentle Strength Training w/ Coach Malik (YS) 1:00  *Mahjong (L) 3:00  *Texas Hold 'EM (RL) 3:00  New Resident Orientation (MT)	10:00  Line Dancing Class w/ Eleanor (YS) 11:00  Loft Loyalty Program Seminar (RL) 1:00  *Yarn Group (L) 1:00  Yoga w/ Petra (YS) 2:00  *Bridge (L) 2:15  Hand & Foot (RL) 4:00  Maglios Pizza Making Dinner \$ 4:00  Social Hour (RL)	10:00  Gentle Strength Training w/ Coach Malik (YS) 1:30  Joyful Keepsake W/ Kelly (RL) 3:00  *Poker (RL) 4:00  Friendsgiving Potluck/Social Hour (RL)	Office Closed- Company Meeting 1:00  *Mahjong (L) 1:00  Yoga w/ Petra (YS) 2:15  Hand & Foot (RL) 3:00  River City Farmers Market	1:00  *Pennies From Heaven (L)
23	24	25	26	27	28	29
2:00  *Bunco (RL)	10:00  Tai Chi (YS) 10:30  Hot Breakfast Social (RL) 11:00  *Rummikub (HC) 4:00  Social Hour (RL) 6:00  Doc Dingley Concert Series: The Eagles Farewell I Tour (AR)	10:00  Gentle Strength Training w/ Coach Malik (YS) 1:00  *Mahjong (L) 1:30  Bingo (RL) 3:00  *Texas Hold 'EM (RL) 5:30  Ladies' Night In (RL)	1:00  *Yarn Group (L) 1:00  Yoga w/ Petra (YS) 1:30  Arts w/ Richelle (AR) 2:00  *Bridge (L) 2:15  Hand & Foot (RL) 4:00  Social Hour/November Birthday Social (RL)	Thanksgiving/ Office Closed 3:00  *Poker (RL)	Office Closed 1:00  *Mahjong (L) 2:15  Hand & Foot (RL)	1:00  *Pennies From Heaven (L)
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