

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

			<p>9:00 Poker Walks(CT) 1 10:00 All Saints Day Service 10:30 Active Games (CT) 1:30 Coffee & Chat(GSA) 2:00 Bible Study (C) 2:45 Power Pump (TG) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)</p>	<p>9:00 Poker Walks (CT) 2 10:30 Kickboxing (CT) 1:00 Exercises (64) 2:00 Pokeno (GSA) 6:00 Evening stretches (64) 6:30 Bingo (O) 7:00 Relaxation Music(64)</p>	<p>9:00 Early Walks (CT) 3 10:00 EnerG Exercises (O) 10:30 Indoor Games (W) 1:00 Exercises (64) 1:00 Photo booth (GSA) 200 Photo Booth (O) 6:00 Evening Stretch (64) 7:00 Relaxation Music(64)</p>	<p>11:00 Exercises (64) 6:30 Bingo (GSA)</p>
<p>10:00 Worship (C) 5 1:30 Coffee & Chat(O)</p>	<p>9:00 Poker Walks (CT) 6 10:00 EnerG Exercises (O) 10:30 Cooking Apple cider & Butternut Squash (CT) 1:30 Rosary/Mass (C) 6:00 Evening Exercises(64) 7:00 Relaxation Music (64)</p>	<p>9:00 Poker Early Walks (CT) 7 10:30 Pilates (CT) 2:00 Music w/Nathan N. (CT) 2:00 Vet to Vet Cafe (FH) 6:00 Evening Stretches (64) 6:30 Bingo (CT)</p>	<p>9:00 Poker Walks (CT) 8 10:00 Instillation of Pastor(C) 10:30 Active Games (CT) 1:00 Exercises (64) 1:30 Pool game 2nd FL GSA 2:00 Bible Study (C) 2:45 Power Pump (TG) 6:00 Evening Stretch (64)</p>	<p>9:00 Poker Walks (CT) 9 10:30 Kickboxing (CT) 1:00 Exercises (64) 2:00 Pokeno (CT) 3:00Cribbage, 500,YahtzeeCT 6:00 Evening stretch (64) 6:30 Bingo (O) 7:00 Relaxation Music(64)</p>	<p>9:00 Early Walks (CT) 10 10:00 EnerG Exercises (O) 10:30 Indoor Games () 1:00 Exercises (64) 2:30 Veterans Day Program(C) 6:00 Evening Stretches (64) 7:00 Relaxation Music(64)</p>	<p>11:00 Exercises (64) 6:30 Bingo (GSA)</p> <p style="text-align: center;">Veterans Day Remembrance Day (Canada)</p>
<p>10:00 Worship (C) 12 1:30 Coffee & Chat(O)</p>	<p>9:00 Poker Walks (CT) 13 10:00 EnerG Exercise (O) 10:30 Cooking Stuffed Acorn Squash(CT) 1:00 Exercises(64) 1:30 Rosary/Mass (C) 6:00 Evening Exercises (64) 7:00 Relaxation Music (64)</p>	<p>9:00 Poker Early Walks (CT) 14 10:30 Pilates (CT) 1:00 Exercises (64) 2:00 Birthday Party Music with Jerry Fisher 6:00 Evening Stretches (64)</p>	<p>9:00 Poker Walks(CT) 15 10:30 Deer Hunting (CT) 1:00 GSA tenant meetings 2:00 Cribbage,500,Yahtzee 2:00 Bible Study (C) 2:45 Power Pump (TG) 5:00 Bingo with Police Officers (CT)</p>	<p>9:00 Poker Walks (CT) 16 10:00 West tenant meeting 10:30 Kickboxing (CT) 1:00 Exercises (64) 2:00 Pokeno (W) 3:00 Photo card pick-up(CT) 6:00 Evening stretch (64) 6:30 Bingo (O)</p>	<p>9:00 Early walks (CT) 17 10:00 EnerG Exercises (O) 10:30 Indoor Games (W) 1:00 Exercises (64) 2:00 Speaker: Suicide Prevention. How can I help? 6:00 Evening Stretches (64) 7:00 Relaxation Music(64)</p>	<p>11:00 Exercises (64) 6:30 Bingo (GSA)</p>
<p>10:00 Worship (C) 19 12:00 Rotary Thanksgiving Dinner 1:30 Coffee & Chat(O)</p>	<p>9:00 Poker Walks (CT) 20 10:00 EnerG Exercise (O) 10:30 Cooking Apple Streusel(CT) 1:30 Rosary/Mass (C) 6:00 Evening Exercises (64) 7:00 Relaxation Music (64)</p>	<p>8:30 Coffee & Donuts 21 9:00 Craft and Bake sale 1:00 Exercises (64) 2:00 Hospice 101 (FH) 2:00 Cribbage, Yahtzee, 500, etc.(CT) 6:00 Evening Stretch (64) 6:30 Bingo (CT)</p>	<p>9:00 Poker Walks (CT) 22 10:30 Active Games (CT) 1:00 Exercises (64) 1:30 Pool game (GSA)2nd FL 2:00 Thanksgiving service (C) 2:45 Power Pump (TG) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)</p>	<p style="text-align: center;">Happy Thanksgiving!!</p> <p style="text-align: center;">Thanksgiving Day (US)</p>	<p>9:00 Early Walks (CT) 24 10:00 EnerG Exercises (O) 1:00 Exercises (64) 6:00 Evening Stretches (64)</p>	<p>11:00 Exercises (64) 6:30 Bingo (GSA)</p>
<p>10:00 Worship (C) 26 1:30 Coffee & Chat(O)</p>	<p>9:00 Poker Walks (CT) 27 10:00 EnerG Exercise (O) 10:30 Cooking Parmesan potato bake (CT) 1:00 Exercises(64) 1:30 Rosary/Mass (C) 6:00 Evening Exercises (64) 7:00 Relaxation Music (64)</p>	<p>9:00 Poker Walks (CT) 28 10:30 Pilates (CT) 1:00 Exercises (64) 2:00 Soup tasting:" You be the Judge "(CT) 6:00 Evening Stretches (64) 6:30 Bingo (CT)</p>	<p>9:00 Poker Walks (CT) 29 10:30 Active Games (CT) 1:00 Exercises (64) 1:30 Remember When(CT) 2:00 Bible Study (C) 2:45 Power Pump (TG) 6:00 Evening Stretch (64)</p>	<p>8:00 Vaccine clinic (FH)30 9:00 Poker Walks(CT) 10:30 Kickboxing (CT) 1:00 Exercises (64) 2:00 Pokeno (O) 6:00 Evening stretch (64) 6:30 Bingo (O) 7:00 Relaxation Music(64)</p>	<p>C=Chapel, CT=Court, O=Oaks, W=West, TG=Therapy Gym, GSA= High Rise building FH=Fellowship Hall, 64=Channel 64 on TV</p>	