


Independent & Assisted Living Calendar

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Legend C = Centrum LV = Lakeview Room DR = Dining Room CY = Courtyard Not labeled = Julia Commons \$ = Pay your own way * = Complimentary if on Meal Plan + = Billed to your account</p>	<p>Happy Birthday:</p> <p>Fran A. 2nd Ilse M. 28th</p>		<p>Sign up for outings at the front desk.</p>	<p>Activities are subject to change, please see Weekly Calendar</p>	<p>1 10:00 Exercise 10:30 Day of the Dead in Mexico 2:00 Concert with Dino - C 4:00 Qigong with Risa 6:30 Evening Movie</p>	<p>2 10:00 Exercise with Rosemary 2:30 Afternoon Matinee 6:30 Evening Movie</p>
<p>3 10:00 Worship Service – C 6:30 Evening Movie</p>	<p>4 10:00 Sit-and Stretch 10:30 Welcome to November/Monthly Gazette 2:00 Concert with Hans - C 4:00 Qigong with Risa 6:30 Evening Movie</p>	<p>5 Election Day Voting is in the Centrum 9:30-1:00 Doctor Rides 10:00 Movement to Music with Jessica from Wellness Center 10:30 Voting in the Centrum 3:00 Current Events 6:30 Evening Music – Lobby</p>	<p>6 NO Shopping to Byerly's/Target 10:00 Visit with Breck Students: Balloon Volleyball-C 1:15 Recovery Connection - 3rd Floor Great Room 6:30 Evening Movie</p>	<p>7 10:00 Tai Chi 10:30 Spiritual Reading 2:00 Netflix Documentary: Travelin' Band Creedence Clearwater Revival at the Ryal Albert Hall 4:00 Wine and Cheese 5:00 Background Dinner Music by Kathy – DR 6:30 Evening Movie</p>	<p>8 10:00 Exercise 10:30 Trivia 4:00 Qigong with Risa 6:30 Evening Movie</p>	<p>9 10:00 Exercise with Rosemary 2:30 Afternoon Matinee 6:30 Evening Movie</p>
<p>10 10:00 Worship Service – C 6:30 Evening Movie</p>	<p>11 Veterans Day 10:00 Sit-and-Stretch 10:30 Veterans and Independence Day 1:30 Food Service Meeting 2:00 Concert with Edina Singing Seniors – C 3:00 Chaplain Chats 4:00 Qigong with Risa 6:30 Evening Movie</p>	<p>12 9:30-1:00 Doctor Rides 10:00 Movement to Music with Jessica from Wellness Center 10:30 Crossword Puzzle 2:00 Classical Chamber Music with Jon - C 3:00 Current Events 6:30 Evening Music – Lobby</p>	<p>13 7:30-9:30 Special Waffle Breakfast with Marnie - ALDR 8:35 Shopping to Byerly's/Target 10:00 Visit with Breck Students: Gratitude Art Project - C 1:15 Rainbow Connection - 3rd Floor Great Room <u>1:30 Outing: Arboretum Scenic Drive</u> 6:30 Evening Movie</p>	<p>14 10:00 Thai Chi 10:30 Spiritual Reading 4:00 Wine and Cheese 5:00 Background Dinner Music by Kathy – DR 6:30 Evening Movie</p>	<p>15 Full Moon 10:00 Exercise 10:30 Brain Games 2:00 Music with Chris - C 4:00 Qigong with Risa 6:30 Evening Movie</p>	<p>16 10:00 Exercise with Rosemary 2:30 Afternoon Matinee 6:30 Evening Movie</p>
<p>17 10:00 Worship Service – C 6:30 Evening Movie</p>	<p>18 10:00 Sit-and-Stretch 10:30 Happy Birthday Mickey Mouse 2:00 All House Birthday Party with Summitt Music - DR 3:00 chaplain Chats 4:00 Qigong with Risa 6:30 Evening Movie</p>	<p>19 9:30-1:00 Doctor Rides 10:00 Movement to Music with Jessica from Wellness Center 10:30 Crossword Puzzle 2:00 Classical Chamber Music with Jon - C 3:00 Current Events 6:30 Evening Music – Lobby</p>	<p>20 8:35 Shopping to Byerly's/Target 10:00 Visit with Breck Students: VEAP Birthday Bags - C <u>TBD Movie Outing</u> 1:15 Recovery Connection – 3rd Floor Great Room 6:30 Evening Movie</p>	<p>21 10:00 Thai Chi 10:30 Spiritual Reading 2:00 Resident Service Meeting 4:00 Wine and Cheese 5:00 Background Dinner Music by Kathy – DR 6:30 Evening Movie</p>	<p>22 10:00 Exercise 10:30 Ella Fitzgerald First Performance onstage 3:00 Shabbat Service – C 4:00 Qigong with Risa 6:15 Concert: Merry Music with Monique - C</p>	<p>23 10:00 Exercise with Rosemary 2:00 Violin Recital with kids 5-16 years of age - C 6:30 Evening Movie</p>
<p>24 10:00 Worship Service – C 6:30 Evening Movie</p>	<p>25 10:00 Sit-and-Stretch 10:30 Happy Birthday Joe DiMaggio 2:00 Concert with Larry David: Piano Duo – C 3:00 chaplain Chats 4:00 Qigong with Risa 6:30 Evening Movie</p>	<p>26 9:30-1:00 Doctor Rides 10:00 Movement to Music with Jessica from Wellness Center 10:30 Crossword Puzzle 2:00 Classical Chamber Music with Jon - C 3:00 Current Events 6:30 Evening Music – Lobby</p>	<p>27 8:35 Shopping to Byerly's/Target 10:00 Thanksgiving Eve Service - C <u>11:30 Lunch at Carol's</u> 4:00 Wine and Cheese 6:30 Evening Movie</p>	<p>28 Thanksgiving 10:00 Thanksgiving Exercise and Fun with Rosemary 11:30 Thanksgiving Meal *Complimentary if on Meal Plan 5:0 Background Dinner Music by Kathy – DR 6:30 Evening Movie</p>	<p>29 10:00 Exercise 10:30 The Real Story of Thanksgiving 6:30 Evening Movie</p>	<p>30 10:00 Exercise with Rosemary 2:30 Afternoon Matinee 6:30 Evening Movie</p>