

Sunday



Monday



Tuesday



Wednesday

Thursday

Friday

Saturday

5. **TURN CLOCKS BACK ONE HOUR**
10:30 Catholic Service (2-AR)
2:00 **BINGO** (3-CR)
3:30 Movie & Popcorn: Because of Winn Dixie (3-LR)

6. 9:30 Morning Stretch (2-AR)
10:30 November Collages (3-AR)
11:30 Men's Group Lunch (3-CR)
2:00 Nail Painting (3-AR)
6:30 Games with Beth (3-AR)
MONDAY NIGHT FOOTBALL

7. **HAPPY BIRTHDAY JOAN MELNICK & JUDE DIPIRRO**
9:30 Meditation w/ Beth (2-AR)
10:30 **fit minds** (3-AR)
2:00 **BINGO** (3-AR)
3:00 Ice Cream Social (3-AR)
3:15 Wii Bowling w/Linda (3-LR)

8. 9:30 Morning Stretch (2-AR)
10:30 **Wellness Days: "Brain Teasers" w/ Francesca from Perfect Solutions for Seniors** (3-AR)
2:00 Dietary Meeting (3-AR)
EVENING BILLIARDS (2-FL)

9. ✓ 9:30 Matter of Balance Class (3-AR)
10:30 **FULL CATHOLIC MASS** with Father Robert (2-AR)
2:00 **BINGO** (3-CR)
3:00 Chair Stretch (3-CR)

10. 9:30 Morning Stretch with InstruMix! (2-AR)
✓ 10:00 **OUTING: Kohl's**
2:00 Happy Hour with "JJ" Jody Jacobsen (1-FL)

11. 9:30 Word Games (3-AR)
10:30 **Spiritual Hour with Margaret** (3-AR)
2:00 Mah-Jong w/ Rose(3-AR)
✓ 11:00 **Meadows Veteran's Luncheon**
3:30 Movie & Popcorn: Men of Honor(3-LR)

12. 10:30 Catholic Service (2-AR)
2:00 **BINGO** (3-CR)
3:30 Movie & Popcorn: Men of Honor (3-LR)

13. 9:30 Morning Stretch (2-AR)
✓ 10:00 **OUTING: Target**
2:00 Garden Club (3-AR)
2:30 Bridge Club (3-CR)
3:00 Thanksgiving Craft w/ Tammy (3-AR)
MONDAY NIGHT FOOTBALL

14. 9:30 Corn Hole Game (2-AR)
10:30 **fit minds** (3-AR)
2:00 **BINGO** (3-AR)
3:00 Ice Cream Social (3-AR)
3:15 Wii Bowling w/ Linda (3-LR)

15. 9:30 Morning Stretch (2-AR)
10:30 Chimes Class w/ Sheryl (3-AR)
2:00 **Resident Council Mtg.** (3-AR)
3:00 Pool Tournament (2-AR)

16. ✓ 9:30 Matter of Balance Class (3-AR)
10:30 **fit minds** (3-AR)
2:00 **BINGO** (3-CR)
3:00 Chair Stretch (3-CR)
3:15 Songbirds Rehearsal (3-FL)

17. 9:30 Morning Stretch (2-AR)
10:30 Flower Arranging w/ Gayle from Winn Dixie (3-AR)
2:00 Happy Hour with Rick Davis (1-FL)
Friday HAPPY HOUR

18. 9:30 Word Games (3-AR)
2:00 Mah-Jong w/ Rosemarie (3-AR)
3:30 Movie & Popcorn: Eat, Pray, Love(3-LR)
College Football Games (1-FL)

19. **HAPPY 101 BIRTHDAY FLORENCE MEZZATESTA**
10:30 Catholic Service (2-AR)
2:00 **BINGO** (3-CR)
3:30 Movie & Popcorn: Eat, Pray, Love (3-LR)

20. 9:30 Morning Stretch (2-AR)
✓ 10:00 **UTC MALL WALKING**
2:00 Baking Club: Chocolate Chip Cookies (3-AR)
2:30 Bridge Club (3-CR)
3:00 Pet Therapy w/ Daisy (3-AR)
MONDAY NIGHT FOOTBALL

21. 9:30 Meditation w/ Beth (2-AR)
10:30 **fit minds** (3-AR)
2:00 **BINGO** (3-AR)
3:00 Cookie Social (3-AR)
3:15 Wii Bowling w/ Linda (3-LR)

22. 9:30 Morning Stretch (2-AR)
10:30 Mindful Solutions Group w/ Amy (3-AR)
2:00 Arm Chair Travel to Massachusetts (3-AR)
3:00 **Veteran's Meeting** (3-AR)

23. **HAPPY THANKSGIVING!!**
9:30 Thanksgiving Morning Stretch (2-AR)
11:30 - 1:30 Traditional Thanksgiving Lunch (1st & 2nd -DR)
3:30 **Movie & Popcorn (3-LR) Planes, Trains, & Automobiles**

24. 9:30 Morning Stretch with InstruMix! (2-AR)
10:30 **fit minds** (3-AR)
2:00 Happy Hour Celebrating November Birthdays with Bobby & Brenda(1-FL)
HAPPY BIRTHDAY!

25. 9:30 Word Games (3-AR)
10:30 **Spiritual Hour with Margaret** (3-AR)
2:00 Mah-Jong w/ Rosemarie
3:30 Movie & Popcorn: Charlie Brown Thanksgiving (3-LR)
College Football Games (1-FL)

26. 10:30 Catholic Service (2-AR)
2:00 **BINGO** (3-CR)
3:30 Movie & Popcorn: Charlie Brown Thanksgiving (3-LR)

27. 9:30 Morning Stretch (2-AR)
✓ 11:00 **LUNCH OUTING: Mi Pueblo**
2:00 Afternoon Tea w/ Amy from Mindful Solutions (3-AR)
2:30 Bridge Club (3-CR)
MONDAY NIGHT FOOTBALL

28. 9:30 Putting Green (2-AR)
10:30 **fit minds** (3-AR)
2:00 **BINGO** (3-AR)
3:00 Ice Cream Social (3-AR)
3:15 Wii Bowling w/ Linda (3-LR)

29. 9:30 Morning Stretch (2-AR)
10:30 Chimes Class w/ Sheryl (3-AR)
2:00 Hangman Games (3-AR)
3:00 **WALK AROUND POND**
EVENING BILLIARDS(2-FL)

30. ✓ 9:30 Matter of Balance Class (3-AR)
2:00 Songbirds Rehearsal(3FL)
4:00-6:00 **FRIENDS & FAMILY CASINO NIGHT!!(1-FL)**

Activity Location Abbreviations
1st FL / 2nd FL / 3rd FL
LB = Lobby
LR = Living Room
AR = Activities Room
DR = Dining Room
CR= Celebration Room

Resident Store Information Hours
Visit Activities Office on the 3rd Floor.
Dial 1003 for Daily Activities, Menus, and Information!