



KATELLA

Senior Living Community

NOVEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Alamos West, AW Cafe 3952, Cafe Courtyard, CY Dining Room, DR Fireside Room, FR						
	Lobby, L Rose Garden, RG Southern Dining Room Exit, E Upstairs Library, LIBR		8:45 Daily Devotions, FR 1 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 10:45 Juicing for Wellness, Cafe 12:45 Music w/Paul, DR 1:00 Mah-Jongg, FR 2:30 Traveling Class w/Hildy, DR 6:00 Traveling Game Show, DR	8:45 Daily Devotions, FR 2 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:00 Rubber Stamps w/Loren, DR 2:15 Resident Council, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Ages Entwined® Hymns of Praise, DR	8:45 Daily Devotions, FR 3 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:30 Picnic at the Park 2:30 Happy Hour w/Tom Sperry, DR 3:45 Medicare 101 w/Caremore, DR 6:00 Netflix Movie, DR	8:45 Daily Devotions, FR 4 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:15 Women's Craft Time 2:30 FIT to Stretch®, DR
DAYLIGHT SAVING TIME ENDS 5 8:30 Daily Devotions, FR 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR 6 10:45 Boot Camp Boogie (Fitness), DR 1:00 Comedy of Movies w/Nikki, DR 1:15 Shopping at Ralphs & Riteaid 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	ELECTION DAY 7 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	8:45 Daily Devotions, FR 8 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 12:45 Music w/Paul, DR 1:00 Mah-Jongg, FR 2:30 Traveling Class w/Hildy, DR 6:00 Today in History, DR	8:45 Daily Devotions, FR 9 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Zumba w/Sandra, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	8:45 Daily Devotions, FR 10 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:15 Lunch at the Road House Grill 2:30 Happy Hour w/Bruce, DR 3:45 Mandalas Relaxation Art Class, DR 6:00 Men's Poker, DR	VETERANS DAY 11 8:00 Happy Veterans Day! 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 11:30 Veterans Brunch, DR 12:45 A Time to Remember Veterans, DR 2:30 FIT to Stretch®, DR
8:30 Daily Devotions, FR 12 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 MSSL, DR 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR 13 9:30 Catholic Rosary, DR 10:45 Boot Camp Boogie (Fitness), DR 1:00 Comedy of Movies w/Nikki, DR 1:15 Shopping at 99 Cents Store 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR 14 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	8:45 Daily Devotions, FR 15 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 10:45 Juicing for Wellness, Cafe 12:45 Music w/Paul, DR 1:00 Mah-Jongg, FR 2:30 Traveling Class w/Hildy, DR 6:00 Traveling Game Show, DR	8:45 Daily Devotions, FR 16 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Pie Social w/Caremore, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	8:45 Daily Devotions, FR 17 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 2:30 Happy Hour w/Justus, DR 4:45 Harvest Celebration Dinner, DR 5:00 Candlelight Birthday Dinner, DR	8:45 Daily Devotions, FR 18 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Zumba w/Sandra, DR 2:30 FIT to Stretch®, DR
8:30 Daily Devotions, FR 19 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR 20 10:00 Catholic Mass, AW 10:45 Boot Camp Boogie (Fitness), DR 1:00 Comedy of Movies w/Nikki, DR 1:15 Shopping at Ralphs & Riteaid 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR 21 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	8:45 Daily Devotions, FR 22 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 12:45 Music w/Paul, DR 1:00 Mah-Jongg, FR 2:30 Traveling Class w/Hildy, DR 6:00 Today in History, DR	THANKSGIVING DAY 23 8:00 Happy Thanksgiving 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:00 Holiday Movie, DR	8:45 Daily Devotions, FR 24 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:15 Lunch at Knotts Chicken, DR 2:30 Happy Hour w/Mario, DR 3:45 Mandalas Relaxation Art Class, DR 6:00 Movie Night w/Staff, DR	8:45 Daily Devotions, FR 25 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Craft Corner, DR 2:30 FIT to Stretch®, DR
8:30 Daily Devotions, FR 26 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR 27 10:45 Boot Camp Boogie (Fitness), DR 1:00 Comedy of Movies w/Nikki, DR 1:15 Shopping at Trader Joe's 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR 28 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	8:45 Daily Devotions, FR 29 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 10:45 Juicing for Wellness, Cafe 12:45 Music w/Paul, DR 1:00 Mah-Jongg, FR 2:30 Traveling Class w/Hildy, DR 6:00 Game Night w/Mayra, DR	8:45 Daily Devotions, FR 30 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:15 Women's Craft Corner, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	Calendar events subject to change.	