

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations Alpine Room, ALP Bistro, B Desert Sheep Dining Room, DSDR Exercise Room, ER</p>	<p>Lobby, L Malapais, MR Second Floor Balcony, SFB Second Floor Dining Room, SFDR</p>		<p>Birthdays Darius B., 21st</p>	<p>9:15 Music w/Meghan 10:15 FIT to Be Strong® 11:00 Oregon's Outing 2:30 Tea & Talk 3:00 Yesterday's Short Stories 3:45 Chore Corner</p>	<p>10:15 Doughnuts & Coffee 10:45 News & Views 11:00 FIT to Stretch® 11:30 Lavish Lunch Decor 2:00 Balloon Tennis 3:00 Happy Hour Music Performance, MR</p>	<p>9:15 Holy Catholic Communion 9:45 FIT to Balance® 1:15 Afternoon Walk 2:00 Music w/Fala 3:30 Hot Tea & Pie, B</p>
<p>DAYLIGHT SAVING TIME ENDS 4</p> <p>9:30 Sunday Devotion 9:45 News & Views 1:30 FIT to Pedal® 2:00 Sunday Matinee 3:15 Ice Cream Social</p>	<p>5</p> <p>10:15 FIT to Be Strong® 10:45 FIT to Stretch® 11:15 Rhythm Music w/Sarah 2:00 Bingo 3:15 Chair Yoga w/Karen</p>	<p>ELECTION DAY 6</p> <p>10:15 Morning Munchies 10:30 Piano w/Ronda 11:00 FIT to Pedal® 11:30 Lavish Lunch Decor 1:30 Pets, Puppies & Smiles, ALP 2:15 Crafter's Corner 3:15 Colorful Nails & Aromatherapy 5:00 Dinner & A Show: Feat. B</p>	<p>7</p> <p>9:30 FIT to Balance® 10:00 Movement, Music & Me 11:15 Rhythm Music w/Sarah 2:30 Pumpkin Spice Party, ALP 2:45 Live Music Feat: Tony Norris, ALP</p>	<p>8</p> <p>9:15 Music w/Meghan 10:00 FIT to Be Strong® 10:30 Moving Breath 2:00 Tea & Talk 3:00 Afternoon Walk 3:45 Chore Corner 5:00 Dinner & A Show: Feat. Gina M.</p>	<p>9</p> <p>10:00 Guitar w/Dan Graves 10:15 Doughnuts & Coffee 11:00 News & Views 11:15 FIT to Stretch® 2:00 Bowling Tourney 3:00 Happy Hour Music Performance, MR</p>	<p>10</p> <p>9:15 Holy Catholic Communion 9:45 FIT to Balance® 1:30 Afternoon Walk 2:00 Bingo 3:15 Sensory Saturdays, B</p>
<p>VETERANS DAY 11</p> <p>9:30 Sunday Devotion 9:45 News & Views 1:30 FIT to Pedal® 2:00 Sunday Matinee 3:15 Sunday Fun Day 5:00 Dinner & A Show: Feat. Parker</p>	<p>12</p> <p>10:15 FIT to Be Strong® 10:45 FIT to Stretch® 11:15 Rhythm Music w/Sarah 2:00 Bingo 3:15 Chair Yoga w/Karen</p>	<p>13</p> <p>10:15 Morning Munchies 10:30 Piano w/Ronda 11:00 FIT to Pedal® 11:30 Lavish Lunch Decor 1:30 Pets, Puppies & Smiles, ALP 2:15 Creative Cooking 3:15 Colorful Nails & Aromatherapy 5:00 Dinner & A Show: Feat. B</p>	<p>14</p> <p>9:30 FIT to Balance® 10:00 Chair Dancing, B 11:15 Rhythm Music w/Sarah 2:30 Ice Cream Social 3:00 Trivia Time</p>	<p>15</p> <p>10:00 FIT to Be Strong® 11:00 Movie Theatre Outing 2:00 Sechrist Vets Concert, ALP 3:00 Yesterday's Short Stories 3:45 Chore Corner</p>	<p>16</p> <p>10:15 Doughnuts & Coffee 10:45 News & Views 11:00 FIT to Stretch® 11:30 Employee Mac N' Cheese Contest, ALP 2:00 Bean Bag Toss 3:00 Happy Hour Music Performance, MR</p>	<p>17</p> <p>9:15 Holy Catholic Communion 9:45 FIT to Balance® 1:15 Afternoon Walk 2:00 Bingo 3:15 Sensory Saturdays</p>
<p>18</p> <p>9:30 Sunday Devotion 9:45 News & Views 1:30 FIT to Pedal® 2:00 Sunday Matinee 3:15 Ice Cream Social</p>	<p>19</p> <p>10:00 Northland Music Performance, ALP 11:15 Rhythm Music w/Sarah 2:00 FIT to Be Strong® 2:30 FIT to Stretch® 3:15 Chair Yoga w/Karen</p>	<p>20</p> <p>10:15 Morning Munchies 10:30 Piano w/Ronda 11:00 FIT to Pedal® 11:30 Lavish Lunch Decor 1:30 Pets, Puppies & Smiles, ALP 2:15 Crafter's Corner 3:15 Colorful Nails & Aromatherapy 5:00 Dinner & A Show: Feat. B</p>	<p>21</p> <p>9:30 FIT to Balance® 10:00 Movement, Music & Me 11:15 Rhythm Music w/Sarah 2:30 Giddy Wish Bone B Day Party, ALP</p>	<p>THANKSGIVING 22</p> <p>8:15 Macy's Thanksgiving Day Parade 1:30 Movie Time 2:00 Holiday Cookies 3:30 Thanksgiving Color Corner</p>	<p>23</p> <p>10:00 Guitar w/Dan Graves 10:15 Doughnuts & Coffee 11:00 News & Views 11:15 FIT to Stretch® 2:00 Chair Golf 3:00 Happy Hour Music Performance, MR</p>	<p>24</p> <p>9:15 Holy Catholic Communion 9:45 FIT to Balance® 1:30 Afternoon Walk 2:00 Bingo 3:15 Sensory Saturdays, B</p>
<p>25</p> <p>9:30 Sunday Devotion 9:45 News & Views 1:30 FIT to Pedal® 2:00 Sunday Matinee 3:15 Sunday Fun Day 5:00 Dinner & A Show: Feat. Parker</p>	<p>26</p> <p>10:15 FIT to Be Strong® 10:45 FIT to Stretch® 11:15 Rhythm Music w/Sarah 2:00 Bingo 3:15 Chair Yoga w/Karen</p>	<p>27</p> <p>10:15 Morning Munchies 10:30 Piano w/Ronda 11:00 FIT to Pedal® 11:30 Lavish Lunch Decor 1:30 Pets, Puppies & Smiles, ALP 2:15 Creative Cooking 3:15 Colorful Nails & Aromatherapy 5:00 Dinner & A Show: Feat. B</p>	<p>28</p> <p>9:30 FIT to Balance® 10:00 Chair Dancing, ALP 11:15 Rhythm Music w/Sarah 2:45 French Toast Festivity 3:15 Trivia Time</p>	<p>29</p> <p>9:15 Music w/Meghan 10:00 FIT to Be Strong® 10:30 Moving Breath 2:00 Tea & Talk 3:00 Afternoon Walk 3:45 Chore Corner</p>	<p>30</p> <p>10:15 Doughnuts & Coffee 10:45 News & Views 11:00 FIT to Stretch® 11:30 Lavish Lunch Decor 2:00 Sip & Chat: Royal Monarchs 3:00 Happy Hour Music Performance, MR</p>	<p>Calendar events subject to change.</p>