

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <p>Activities Office, AO Chapel, C Chart Room, CR Danner Dining Room, DD Danner Theater, DT</p> <p>First Floor Garden Lounge, FGL First Floor Seating Area, FFSA Front Entrance, FE Ground Floor Common Area, G Library, L</p> <p>Out of Building, O Rosebud Lounge, RL Second Floor Card Table, 2 The Garden Restaurant, GR Transportation Only, T</p>			<p>9:30 FIT to Be Strong®, DT 1</p> <p>11:00 Bible Study, DD</p> <p>11:15 Documentary, RL</p> <p>1:00 FIT to Stretch®, DT</p> <p>1:30 Music Appreciation, DT</p> <p>3:00 Talking Topics, FFSA</p> <p>4:00 Cocktails & Mocktails, RL</p> <p>6:15 Sig Unander, DT</p>	<p>9:30 FIT to Balance®, DT 2</p> <p>9:30 Manicures, AO</p> <p>10:30 Holy Communion, C</p> <p>11:15 Art Class w/Susi, AO</p> <p>1:00 FIT to Stretch®, DT</p> <p>1:30 Church Service, C</p> <p>3:00 Men's Group, DD</p> <p>4:00 Book Club, DD</p>	<p>Foot Clinic 3</p> <p>9:30 FIT to Pedal®, DT</p> <p>10:15 Pals Training Pups, RL</p> <p>11:00 TED Talks, RL</p> <p>1:00 FIT to Balance®, RL</p> <p>2:00 Resident Handbook Meeting, DT</p> <p>2:00 Spanish w/Mercedes, RL</p> <p>3:00 Resident Choice, RL</p> <p>4:00 Cocktails & Mocktails, RL</p> <p>6:00 Old Movie Night!, DT</p>	<p>9:30 FIT to Stretch®, DT 4</p> <p>10:15 Memory Lane, RL</p> <p>11:00 Trivia Jeopardy, RL</p> <p>1:00 FIT to Balance®, DT</p> <p>2:00 Sensational Science, RL</p> <p>3:00 Movie & Popcorn, DT</p>
<p>DAYLIGHT SAVING TIME ENDS 5</p> <p>8:30 Church Transportation, O</p> <p>1:00 FIT to Stretch®, DT</p> <p>1:30 Christian Fellowship, C</p> <p>2:30 Candy Bingo!, RL</p> <p>3:00 Football Fanatics, DT</p>	<p>9:30 FIT to Be Strong®, DT 6</p> <p>10:30 This Week in History, RL</p> <p>11:15 Craft, AO</p> <p>1:00 Thriftway, O</p> <p>3:15 Giant Crosswords, DT</p> <p>4:00 Cocktail & Mocktails, RL</p> <p>6:00 Rose City Music Recital, DT</p>	<p>ELECTION DAY 7</p> <p>9:30 FIT to Balance®, DT</p> <p>10:00 Piano Lessons, DT</p> <p>10:15 Coffee, Tea & "Mash," RL</p> <p>11:00 Coloring As Art Therapy, RL</p> <p>1:00 Bookmobile, L</p> <p>1:00 FIT to Pedal®, DT</p> <p>1:30 Yoga, DT</p> <p>2:15 Candy Bingo, RL</p> <p>3:00 Music w/David Cooley, DT</p> <p>4:15 Garden Partners, FGL</p>	<p>9:30 FIT to Be Strong®, DT 8</p> <p>10:15 Food Committee, DT</p> <p>11:00 Bible Study, DD</p> <p>11:15 Documentary, RL</p> <p>11:30 Rojo the Llama Visit, FE</p> <p>1:00 FIT to Stretch®, DT</p> <p>1:30 Music Appreciation, DT</p> <p>3:00 Talking Topics, FFSA</p> <p>4:00 Cocktails & Mocktails, RL</p>	<p>9:30 FIT to Balance®, DT 9</p> <p>9:30 Manicures, AO</p> <p>10:30 Catholic Mass, C</p> <p>11:15 Craft, AO</p> <p>1:00 FIT to Stretch®, DT</p> <p>1:30 Church Service, C</p> <p>3:00 Men's Group, DD</p> <p>4:30 Geology w/Bruce, DT</p>	<p>9:30 FIT to Pedal®, DT 10</p> <p>11:00 TED Talks, RL</p> <p>11:00 Lunch at Seasons & Regions, O</p> <p>1:00 FIT to Balance®, RL</p> <p>3:00 Resident Choice, RL</p> <p>4:00 Cocktails & Mocktails, RL</p> <p>6:30 Movie, Recent Release, DT</p>	<p>VETERANS DAY 11</p> <p>9:30 FIT to Stretch®, DT</p> <p>10:15 Treasures of the Heart®, RL</p> <p>11:00 Group Games, RL</p> <p>1:00 FIT to Balance®, DT</p> <p>2:00 Sensational Science, RL</p> <p>3:00 Movie & Popcorn, DT</p>
<p>12</p> <p>8:30 Church Transportation, O</p> <p>1:00 FIT to Stretch®, DT</p> <p>1:30 Christian Fellowship, C</p> <p>2:30 Candy Bingo, RL</p> <p>3:00 Football Fanatics, DT</p>	<p>9:30 FIT to Be Strong®, DT 13</p> <p>10:30 This Week in History, RL</p> <p>11:15 Craft, AO</p> <p>1:00 Trader Joe's, O</p> <p>3:15 Giant Crosswords, DT</p> <p>4:00 Cocktail & Mocktails, RL</p>	<p>9:30 FIT to Balance®, DT 14</p> <p>10:00 Piano Lessons, DT</p> <p>10:15 Coffee, Tea & "Mash," RL</p> <p>11:00 Coloring As Art Therapy, RL</p> <p>1:00 Mobility Equipment Repair, G</p> <p>1:00 FIT to Pedal®, DT</p> <p>1:30 Yoga, DT</p> <p>2:00 Candy Bingo, RL</p> <p>3:00 Music w/Pablo Grabiell, DT</p> <p>4:15 Garden Partners, FGL</p>	<p>9:30 FIT to Be Strong®, DT 15</p> <p>10:15 Healthy Habits w/Louise, DT</p> <p>11:00 Bible Study, DD</p> <p>11:00 Men's Group Luncheon at Acadia, O</p> <p>11:15 Documentary, RL</p> <p>1:00 FIT to Stretch®, DT</p> <p>1:30 Music Appreciation, DT</p> <p>3:00 Talking Topics, FFSA</p> <p>4:00 Cocktails & Mocktails, RL</p>	<p>9:30 FIT to Balance®, DT 16</p> <p>9:30 Manicures, AO</p> <p>10:30 Holy Communion, C</p> <p>10:30 Yoga</p> <p>11:15 Art Class w/Susi, AO</p> <p>1:00 FIT to Stretch®, DT</p> <p>1:30 Church Service, C</p> <p>2:00 Service of Remembrance, DT</p> <p>3:00 Men's Group, DD</p> <p>4:00 Harp Music for Relaxation, RL</p>	<p>Foot Clinic 17</p> <p>9:30 FIT to Pedal®, DT</p> <p>10:15 Pals Training Pups, RL</p> <p>11:00 TED Talks, RL</p> <p>11:00 Lunch at Jin Wah, O</p> <p>2:00 Spanish w/Mercedes, RL</p> <p>3:00 Resident Choice, RL</p> <p>4:00 Cocktails & Mocktails, RL</p> <p>6:00 Old Movie Night!, DT</p>	<p>18</p> <p>9:30 FIT to Stretch®, DT</p> <p>10:00 Winter Bazaar, DT</p> <p>3:00 Movie & Popcorn, DT</p>
<p>19</p> <p>8:30 Church Transportation, O</p> <p>1:00 FIT to Stretch®, DT</p> <p>1:30 Christian Fellowship, C</p> <p>2:30 Quarter Bingo!, RL</p> <p>3:00 Football Fanatics, DT</p>	<p>9:30 FIT to Be Strong®, DT 20</p> <p>10:30 This Week in History, RL</p> <p>11:15 Craft, AO</p> <p>1:00 Fred Meyer, O</p> <p>3:15 Giant Crosswords, DT</p> <p>4:00 Cocktail & Mocktails, RL</p>	<p>9:30 FIT to Balance®, DT 21</p> <p>10:00 Piano Lessons, DT</p> <p>1:00 FIT to Pedal®, DT</p> <p>1:00 Bookmobile, L</p> <p>1:30 Yoga, DT</p> <p>2:00 Resident Council, DT</p> <p>3:00 Music w/Kay Robbins, DT</p> <p>4:15 Garden Partners, FGL</p>	<p>9:30 FIT to Be Strong®, DT 22</p> <p>10:15 Food Committee, DT</p> <p>11:00 Bible Study, DD</p> <p>11:15 Documentary, RL</p> <p>1:00 FIT to Stretch®, DT</p> <p>1:30 Music Appreciation, DT</p> <p>3:00 Talking Topics, FFSA</p> <p>4:00 Cocktails & Mocktails, RL</p>	<p>THANKSGIVING DAY 23</p> <p>9:30 FIT to Balance®, DT</p> <p>9:30 Manicures, AO</p> <p>10:30 Holy Communion, C</p> <p>11:30 Thanksgiving Feast, GR</p>	<p>9:30 FIT to Pedal®, DT 24</p> <p>11:00 TED Talks, RL</p> <p>1:00 FIT to Balance®, RL</p> <p>3:00 Resident Choice, RL</p> <p>4:00 Cocktails & Mocktails, RL</p> <p>6:30 Movie, Recent Release, DT</p>	<p>25</p> <p>9:30 FIT to Stretch®, DT</p> <p>10:15 Memory Lane, RL</p> <p>11:00 Group Games, RL</p> <p>1:00 FIT to Balance®, DT</p> <p>2:00 Sensational Science, RL</p> <p>3:00 Movie & Popcorn, DT</p>
<p>26</p> <p>8:30 Church Transportation, O</p> <p>1:00 FIT to Stretch®, DT</p> <p>1:30 Christian Fellowship, C</p> <p>2:30 Candy Bingo, RL</p> <p>3:00 Football Fanatics, DT</p>	<p>9:30 FIT to Be Strong®, DT 27</p> <p>10:30 This Week in History, RL</p> <p>11:15 Craft, AO</p> <p>1:00 Washington Square, O</p> <p>3:15 Giant Crosswords, DT</p> <p>4:00 Cocktail & Mocktails, RL</p> <p>7:00 Melomacs Group, DT</p>	<p>9:30 FIT to Balance®, DT 28</p> <p>10:00 Piano Lessons, DT</p> <p>10:15 Coffee, Tea & "Mash," RL</p> <p>11:00 Coloring As Art Therapy, RL</p> <p>1:00 FIT to Pedal®, DT</p> <p>1:30 Yoga, DT</p> <p>2:00 Candy Bingo, RL</p> <p>3:00 Holiday Music w/David Cooley, DT</p> <p>4:15 Garden Partners, FGL</p>	<p>9:30 FIT to Be Strong®, DT 29</p> <p>11:00 Bible Study, DD</p> <p>11:15 Documentary, RL</p> <p>1:00 FIT to Stretch®, DT</p> <p>1:30 Music Appreciation, DT</p> <p>3:00 Talking Topics, FFSA</p> <p>4:00 Cocktails & Mocktails, RL</p> <p>4:00 Birthday Bash, RL</p>	<p>9:30 FIT to Balance®, DT 30</p> <p>9:30 Manicures, AO</p> <p>10:30 Yoga</p> <p>1:00 FIT to Stretch®, DT</p> <p>1:30 Church Service, C</p> <p>3:00 Men's Group, DD</p> <p>4:00 Japanese Garden Presentation, DT</p>	<p>"To listen is to lean in, softly, with a willingness to be changed by what we hear."</p> <p>— Mark Nepo</p> <p>Calendar events subject to change.</p>	