



NOVEMBER 2018 INDEPENDENT LIVING



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	<p style="text-align: center;"><i>November 4th</i></p> 		<p>1 10:30AM -Exercise 11:00AM – Chair Yoga 12:30PM- Dominos 1:30PM – Pokeno 2:30PM-3:30 – Hand Massage for Men and Women 6:00PM – Meet & Greet Bryan (New Member of Recreation Staff)</p>	<p>2 9:45AM -Exercise 10:30AM – Church Service 11:00AM – Meditation 3:00PM – Crafts w/ Valerie 3:30PM – Balloon Volley to the Music</p>	<p>3 10:30AM – ROSARY 12:30PM- Exercise 1:30PM –BINGO 6:00PM – Discussion Group 7:00PM – Name That Tune</p>
<p>4 12:30PM – Wii Bowling 3:00PM – Parlor Games 6:00PM – Table Topics</p>	<p>5 9:00AM – TD Bank 10:30AM -Exercise 11:00AM –Technology Questions 1:30PM – Pokeno 2:00PM -Paint & Decorate Jewelry gift boxes 6:00PM - Bridge</p>	<p>6 Election Day 9:00AM – Voting Transportation 10:30AM -Exercise 11:00AM – Wii Sports 1:30PM -Veterans Appreciation Day Vitas in the Community Room 6:00PM – The Rat Pack Live on Johnny Carson</p>	<p>7 9:00AM – Shop Rite 10:30AM – Exercise 11:00AM – Shop Rite Nutrition Seminar 2:00PM – Town Hall Meeting 3:30 – Bridge club Meeting 6:00PM – Victor Borge’s Funniest Moments</p>	<p>8 10:30AM -Exercise 11:00 AM – Book Exchange 12:00AM – Walking Exercise 1:00PM – Aldi’s 1:30PM – Pokeno 2:00PM-4:00 Afternoon Nail Spa for Men/Women 6:00PM – Scrabble Teams</p>	<p>9 9:45AM -Exercise 10:30AM – Church Service 11:00AM – Meditation 11:45AM- Hibachi Grill 2:30PM – Music and Popcorn Social 6:00PM – Andrea Bocelli Concert</p>
<p>11 12:30PM – Banker Broker 1:30PM – Movie 3:00PM– Table Games 6:00PM – Card Games</p>	<p>12 9:00AM – TD Bank 10:30AM -Exercise 11:00AM – Tech Questions 11:30AM – Veteran’s Appreciation Lunch @ Sorrentino’s (Sign Up Required) 1:30PM – Pokeno 2:30PM –Travel Australia 6:00PM - Bridge</p>	<p>13 9:45AM- Catholic Mass 10:15AM – Brushstrokes 10:30AM -Exercise 12:30PM – Team Dominos 11:00AM – Chair Yoga 1:30PM – Family Dollar 1:30PM – Sing-A-Long to Thanksgiving Songs 6:00PM – Balloon Art to Music</p>	<p>14 9:00AM - Shop Rite 10:30AM – Exercise 11:00AM – Today’s News 12:30PM – National Geographic 1:30PM – Live Entertainment with Harry Maitland 6:00PM – Late Night Pokeno</p>	<p>15 10:30AM -Exercise 11:00AM – Wii Sports 11:00PM – German Church Service 12:30PM – Current Events 1:30PM – Trader Joe’s 1:30PM - Pokeno 3:30PM – Stretch & Bend 6:00PM – Comedy Hour & Popcorn</p>	<p>16 9:45AM -Exercise 10:39AM- Church Service 11:00AM – Meditation 1:00PM – Christmas Ice Caverns 1:30PM – Waffle Hour 2:30PM –America’s got Talent</p>
<p>18 1:00PM – Sunday Football 6:00PM – Scrabble Teams</p>	<p>19 9:00AM-TD Bank 10:30AM -Exercise 11:00AM – Tech Questions 2:00PM- Live Entertainment Peter Lieberman 3:00PM – Range of Motion 6:00PM - Bridge</p>	<p>20 10:30AM -Exercise 11:00AM – Chair Yoga Video 1:30PM – Jeopardy Challenge Independent Vs. Residential 6:00PM – Candy Roulette</p>	<p>21 9:00AM – Shop Rite 10:30AM – Exercise Class 11:00AM – Shut the Box 2:30PM – Live Entertainment with Zoom 6:00PM – Late Night Pokeno</p>	<p>22 Thanksgiving Day 9:00AM – 12:00PM Watch the Thanksgiving Day Parade in the Community Room 1:30PM – Pokeno 2:00PM – Turkey Races</p>	<p>23 9:45AM -Exercise 10:30AM – Church Service 11:00AM – Meditation 1:30PM – Karaoke 2:30PM – 3 Tenor Concert</p>
<p>25 1:30PM – MOVIE 3:00PM – Table Games 6:00PM – Wii Sports</p>	<p>26 9:00AM – TD Bank 10:30AM – Exercise 11:00AM – Technology Questions 1:30PM - Walmart 1:30PM - Pokeno 6:00PM - Bridge</p>	<p>27 9:00AM – Shop Rite 10:15AM – Brushstrokes 10:30AM – Exercise 1:30PM – You be the Judge 2:00 PM – Movie Matinee: Heaven is for Real & Popcorn 6:00PM – Jack Benny Classics</p>	<p>28 9:30AM – Catholic Mass 10:30AM – Exercise Class 11:00AM – Stretch & Flex 1:30PM-3:00PM – Bridge Club Meeting 6:00PM – Men’s Club Meeting with Bryan</p>	<p>29 9:00AM- Aldi’s 10:30AM – Exercise 11:00 – Chair Yoga 1:30PM – Pokeno 2:00PM-4:00PM – Afternoon Nail Spa for Men/Women 6:00PM – Andre Rieu Live in Dublin</p>	<p>30 10:30AM – Exercise 11:00AM – Meditation 1:30PM – PAY TO PLAY THANKSGIVING BINGO</p>
<p>** ALL ACTIVITIES AND TRIPS ARE SUBJECT TO CHANGE**</p> <p>**Hair Dresser for Men and Women Wednesdays and Thursdays 8:00AM-12:00PM**</p>					

