

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY 2A - 2A CH 81 - channel 81 CR - Club Room 1A - First Floor Activity Room	PAC - Performing Arts Center SMD - Small Dining Room TH - Theater				9:00 Ritu's Gifts (Lobby) 9:30 Exercise Warmup (SMD) 10:30 Fit and Fun with Brandi (SMD) 1:00 Brain Games (2A) 3:00 Don Weitz on Piano (Lobby) 4:00 Dominoes (2A) 7:00 The Natural (CH 81)	Alzheimer's Walk 8:00 Alzheimer's Walk (Edgemere Lobby) 9:00 Qi-Gong with Michael (SMD) 11:30 Muscle & Movement with Charles (SMD) 2:00 Music and Movement with Tammy* (SMD)
Daylight Savings Time Ends 3 9:15 Catholic Communion (1A) 9:45 Church Service with Pastor Tom (SMD) 10:15 Church Fellowship (SMD) 10:30 Non-Denominational Worship Service (PAC) 1:30 Afternoon at the Movies (TH) 3:00 Daily News (CR)	4 9:30 Friendly Room Visits 10:00 Ambassador Committee (CR) 10:30 Fit and Fun with Brandi (SMD) 11:00 Medicare Educational Seminar with Chip Brownlee (1A) 11:30 Exercise Cool Down (SMD) 12:50 Walgreens Outing (Lobby) 1:00 Dominoes (2A) 1:30 Maintenance Committee (CR) 3:00 Let's Play Bingo (2A)	Election Day 5 9:30 Coffee & Chat with Janet (Lobby) 10:30 Movement with Lynn Moon (SMD) 11:00 McLean Hearing Center (CR) 1:45 Grief Support Counseling Group (LaSala) 2:00 Music and Movement with Tammy* (SMD) 2:00 Dance Party with Marty Ruiz (1A) 4:00 Crossword (2A)	6 9:30 Friendly Room Visits 10:30 Fit and Fun with Brandi (SMD) 1:15 Assisted Living Walking Group (Lobby) 2:00 Thanksgiving Cookie Decorating (2A) 3:00 Tech Support (2A) 4:00 Trivia (2A)	7 9:30 Friendly Room Visits 10:30 Fit and Fun with Brandi (SMD) 11:00 Tony Macaroni Sings (1A) 1:15 Lifestyles Committee (SMD) 2:15 Bible Study with Pastor Tom (2A) 2:30 Scrabble Squad (CR) 4:00 Happy Hour with Brandi & Michael (SMD)	8 9:30 Exercise Warmup (SMD) 10:30 Fit and Fun with Brandi (SMD) 1:00 Trivia (2A) 2:00 Crossword (2A) 3:00 Keith Schmorr on Piano (Lobby) 4:00 Penny Ante (2A) 7:00 Random Harvest (CH 81)	9 9:00 Qi-Gong with Michael (SMD) 10:30 Hydrate for Health (2A) 11:30 Muscle & Movement with Charles (SMD) 2:00 Music and Movement with Tammy* (SMD) 3:00 Jokes and Riddles (2A) 4:00 Library On Wheels (2A)
10 9:15 Catholic Communion (1A) 9:45 Church Service with Pastor Tom (SMD) 10:15 Church Fellowship (SMD) 10:30 Non-Denominational Worship Service (PAC) 1:30 Afternoon at the Movies (TH) 3:00 Daily News (CR)	Veterans Day 11 9:30 Friendly Room Visits 10:30 Fit and Fun with Brandi (SMD) 11:30 Exercise Cool Down (SMD) 12:50 Walgreens Outing (Lobby) 1:00 Veteran's Day Documentary (CR) 1:30 Dietary Committee (SMD) 3:00 Let's Play Bingo (2A)	12 9:30 Coffee & Chat with Janet (Lobby) 10:30 Movement with Lynn Moon (SMD) 1:00 Explore Google Earth (CR) 1:45 Grief Support Counseling Group (LaSala) 2:00 Music and Movement with Tammy* (SMD) 4:00 Crossword (2A)	13 9:30 Friendly Room Visits 10:30 Fit and Fun with Brandi (SMD) 1:15 Assisted Living Walking Group (Lobby) 2:00 Bobby Germany Sings (1A) 3:00 For Love & Art (CR) 3:00 Tech Support (2A) 4:00 Trivia (2A)	14 9:15 Twelve Days of Christmas - Dallas Arboretum (Lobby) 10:30 Fit and Fun with Brandi (SMD) 1:00 Book Review with Carol Brandon-Tom Brokaw (1A) 2:15 Bible Study with Pastor Tom (2A) 2:30 Scrabble Squad (CR) 4:00 Happy Hour with Shanna Divine (1A)	15 9:30 Exercise Warmup (SMD) 10:30 Fit and Fun with Brandi (SMD) 1:45 Don Weitz on Piano (Lobby) 3:00 Fall Wreath Making (2A) 4:00 Ruby Weston (1A) 7:00 The Good The Bad and The Ugly (CH 81)	16 9:00 Qi-Gong with Michael (SMD) 10:30 Hydrate for Health (2A) 11:30 Muscle & Movement with Charles (SMD) 2:00 Music and Movement with Tammy* (SMD) 3:00 Dominoes (2A) 4:00 Library On Wheels (2A)
17 9:15 Catholic Communion (1A) 9:45 Church Service with Pastor Tom (SMD) 10:15 Church Fellowship (SMD) 10:30 Non-Denominational Worship Service (PAC) 1:30 Afternoon at the Movies (TH) 3:00 Daily News (CR)	18 9:30 Friendly Room Visits 10:30 Fit and Fun with Brandi (SMD) 11:30 Exercise Cool Down (SMD) 12:50 Walgreens Outing (Lobby) 1:00 Dominoes (2A) 1:30 Resident Council (SMD) 3:00 Let's Play Bingo (2A)	19 9:30 Coffee & Chat with Janet (Lobby) 10:30 Movement with Lynn Moon (SMD) 1:30 Pumpkin Cheesecake (2A) 1:45 Grief Support Counseling Group (LaSala) 2:00 Music and Movement with Tammy* (SMD) 4:00 Crossword (2A)	20 9:30 Friendly Room Visits 10:30 Fit and Fun with Brandi (SMD) 1:15 Assisted Living Walking Group (Lobby) 2:00 Dominoes (2A) 3:00 Tech Support (2A) 4:00 Cheesecake Factory - Dinner Outing (Lobby)	21 9:30 Friendly Room Visits 10:30 Fit and Fun with Brandi (SMD) 1:00 Getting To Know You (CR) 2:15 Bible Study with Pastor Tom (2A) 2:30 Scrabble Squad (CR) 4:00 Happy Hour with Brandi & Michael (SMD)	22 9:30 Exercise Warmup (SMD) 10:30 Fit and Fun with Brandi (SMD) 11:00 Alzheimer's & Dementia Support Group (LaSala) 1:00 Trivia (2A) 2:00 Crossword (2A) 3:00 Keith Schmorr on Piano (Lobby) 4:00 Armchair Travels (CR) 7:00 Oklahoma (CH 81)	23 9:00 Qi-Gong with Michael (SMD) 10:30 Hydrate for Health (2A) 11:30 Muscle & Movement with Charles (SMD) 1:00 Trivia (2A) 2:00 Music and Movement with Tammy* (SMD) 4:00 Library On Wheels (2A)
24 9:15 Catholic Communion (1A) 9:45 Church Service with Pastor Tom (SMD) 10:15 Church Fellowship (SMD) 10:30 Non-Denominational Worship Service (PAC) 1:30 Afternoon at the Movies (TH) 3:00 Daily News (CR)	25 9:30 Friendly Room Visits 10:30 Fit and Fun with Brandi (SMD) 11:30 Exercise Cool Down (SMD) 12:50 Walgreens Outing (Lobby) 1:00 Dominoes (2A) 3:00 Let's Play Bingo (2A)	26 9:30 Coffee & Chat with Janet (Lobby) 10:30 Movement with Lynn Moon (SMD) 1:00 Explore Google Earth (CR) 1:45 Grief Support Counseling Group (LaSala) 2:00 Music and Movement with Tammy* (SMD) 2:00 Marek on Violin (1A) 4:00 Crossword (2A)	27 9:30 Friendly Room Visits 10:30 Fit and Fun with Brandi (SMD) 1:15 Health Talk with Kyle (SMD) 1:15 Assisted Living Walking Group (Lobby) 3:00 Tech Support (2A) 4:00 Trivia (2A)	28 Thanksgiving 9:30 Friendly Room Visits 10:30 Silver Sneakers Exercise (SMD) 1:00 Getting To Know You (CR) 2:15 Bible Study with Pastor Tom (2A) 2:30 Scrabble Squad (CR) 4:00 Trivia (SMD)	29 9:30 Exercise Warmup (SMD) 10:30 Fit and Fun with Brandi (SMD) 1:00 Dominoes (2A) 2:30 Jokes and Riddles (2A) 4:00 You Be The Judge (2A) 7:00 War Horse (CH 81)	30 9:00 Qi-Gong with Michael (SMD) 10:30 Hydrate for Health (2A) 11:30 Muscle & Movement with Charles (SMD) 2:00 Music and Movement with Tammy* (SMD) 3:00 Dominoes (2A) 4:00 Library On Wheels (2A)

November 2024

Assisted Living

