

NOVEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
3 10:00 Holy Eucharist <i>CH</i> 11-1 Brunch <i>CDR</i> 3:00 Movie <i>JLR</i> Ping-Pong open play <i>WR</i> ❖	4 9:30 Tai Chi <i>AC</i> 10:30 Stretch <i>AC</i> 12:00 Lunch & Bridge Mixer <i>CDR</i> * 1:00 Art Class: John Keeling <i>AC</i> * 1:30 Dollar Tree Trip * 4:30 Men's Club <i>P</i>	5 Election Day 10:00 Strength & Balance <i>AC</i> 11:00 Church History <i>JLR</i> 11:15 Resident Connections <i>AC</i> 1-2 Blood Pressure Check <i>109</i> 1:30 Arthritis Exercise <i>AC</i> 2:00 Trip to Whole Foods * 2:30 Alterations <i>A</i>	6 10:00 Stretch <i>AC</i> 10:30 Grocery Store Trip * 1:00 Tai Chi <i>AC</i> 4:00 Monty Brown Artist Reception <i>ART</i> 6:30 Bus Departs for Spirituality and All That Jazz *	7 10:00 Strength & Balance <i>AC</i> 1:30 Arthritis Exercise <i>AC</i> 2-4 CC Bank <i>MLR</i> 2:00 Life Enrichment Committee <i>P</i> 2:30 Dining Committee <i>A</i> 3:00 Speaker Series: Mina Steen <i>WR</i>	1 10:00 Stretch <i>AC</i> 10:45 Bus Departs for KU Kirmayer Aqua Fitness Class * 2:00 Movie Classic with Robert Butler: <i>The Circus</i> <i>WR</i>	2 9:30 Grocery Store Trip * 11:00 Rosary <i>CH</i> 7:00 Movie <i>JLR</i> Ping-Pong open play <i>WR</i> ❖
10 10:00 Holy Eucharist <i>CH</i> 11-1 Brunch <i>CDR</i> 3:00 Movie <i>JLR</i>	11 Veterans Day 9:30 Tai Chi <i>AC</i> 10:30 Stretch <i>AC</i> 11:30 Lunch & Learn <i>WR</i> * 1:00 Open Art <i>AC</i> 3:00 Veterans Day Celebration <i>MLR</i> 4:30 Ladies' Club <i>P</i>	12 9:30 Catholic Mass <i>CH</i> 10:00 Strength & Balance <i>AC</i> 11:00 Church History <i>JLR</i> 1-2 Blood Pressure Check <i>109</i> 1:30 Arthritis Exercise <i>AC</i> 3:30 Resident Council <i>A</i>	13 10:00 Stretch <i>AC</i> 10:30 Grocery Store Trip * 11:30 Podiatrist <i>AC</i> 1:00 Tai Chi <i>WR</i> 2:00 Ping Pong <i>WR</i> 2:00 Bus Departs for Haw Gallery: Lisa Grossman Exhibit *	14 10:00 Strength & Balance <i>AC</i> 1:30 Arthritis Exercise <i>AC</i> 2-4 CC Bank <i>MLR</i> 3:00 Speaker Series: Melinda Henneberger <i>WR</i>	15 10:00 Stretch <i>AC</i> 10:45 Bus Departs for KU Kirmayer Aqua Fitness Class * 3:00 Sam Wisman Trio <i>MLR</i>	16 9:30 Grocery Store Trip * 11:00 Rosary <i>CH</i> 7:00 Movie <i>JLR</i> Ping-Pong open play <i>WR</i> ❖
17 10:00 Holy Eucharist <i>CH</i> 11-1 Brunch <i>CDR</i> 3:00 Movie <i>JLR</i> Ping-Pong open play <i>WR</i> ❖	18 9:30 Tai Chi <i>AC</i> 10:30 Stretch <i>AC</i> 1:00 Open Art <i>AC</i> 1:30 Walmart Trip * 3:00 Art Blocks: American Art with Donna Houtteman <i>WR</i>	19 10:00 Strength & Balance <i>AC</i> 11:00 Church History <i>WR</i> 1-2 Blood Pressure Check <i>109</i> 1:30 Arthritis Exercise <i>AC</i> 3:00 Speaker Series: Doug Hundley <i>WR</i>	20 10:00 Stretch <i>AC</i> 10:30 Grocery Store Trip * 11:00 Café Hope <i>CH</i> 1:00 Tai Chi <i>AC</i> 1:00 Ping Pong <i>WR</i> 2:00 Bollywood Movie: <i>Tamasha</i> <i>WR</i>	21 10:00 Strength & Balance <i>AC</i> 1:30 Arthritis Exercise <i>AC</i> 2-4 CC Bank <i>MLR</i> 3:00 Pianist Humberto Sierralta <i>MLR</i>	22 10:00 Stretch <i>AC</i> 10:45 Bus Departs for KU Kirmayer Aqua Fitness Class * 4:30 Cocktail Hour: Tom Roberts on Piano <i>MLR</i>	23 9:30 Grocery Store Trip * 11:00 Rosary <i>CH</i> 7:00 Movie <i>JLR</i> Ping-Pong open play <i>WR</i> ❖
24 10:00 Holy Eucharist <i>CH</i> 11-1 Brunch <i>CDR</i> 3:00 Movie <i>JLR</i> Ping-Pong open play <i>WR</i> ❖	25 9:30 Tai Chi <i>AC</i> 11-12 Resident Meeting <i>MLR</i> 10:30 Stretch <i>AC</i> 1:00 Open Art <i>AC</i> 3:00 Good Book Reading Group <i>CH</i>	26 9:30 Catholic Mass <i>CH</i> 10:00 Strength & Balance <i>AC</i> 11:00 Church History <i>JLR</i> 1-2 Blood Pressure Check <i>109</i> 1:30 Arthritis Exercise <i>AC</i>	27 10:00 Stretch <i>AC</i> 10:30 Grocery Store Trip * 1:00 Tai Chi <i>AC</i> 1:00 Ping Pong <i>WR</i> 3:00 Thanksgiving Eve Service <i>CH</i>	28 Thanksgiving Day OFFICES, PS SALON, and BISTRO CLOSED 3:00 Movie: <i>Planes, Trains, and Automobiles</i> <i>WR</i>	29 10:00 Stretch <i>AC</i> 10:45 Bus Departs for KU Kirmayer Aqua Fitness Class * 4-5:30 Betse and Clarke and Friends Jam Session <i>MLR</i>	30 9:30 Grocery Store Trip * 11:00 Rosary <i>CH</i> 7:00 Movie <i>JLR</i> Ping-Pong open play <i>WR</i> ❖
❖ see Clark A. for Saturday and Sunday Ping-Pong times				A Abbey AC Activity Center (above Bistro) ART Art Gallery B Bistro		CDR Canterbury Dining Room CH Chapel JLR Jefferson Living Room MLR Madison Living Room
				P Pub WR Westport Room 109 Apt. 109 Madison * Sign up at reception desk		