

November 2024



Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
<p>10:30 Sunday Worship with Chaplain Brian (CR)</p> <p>1:00 Hangman Challenge with Joanna (2AC)</p> <p>1:00 Bridge (3AC)</p> <p>2:00 Daddy Long Legs- Sunday Movie (CR)</p> <p>3:30 Crafting Corner- Pumpkin Patch Painting (GCS)</p> <p>5:30 Board Games with Grant (Lby)</p>	<p>9:30 Knitting 101 (GCS)</p> <p>9:30 Parkinson's Yoga (FC)</p> <p>10:30 Noodle Ball (Lby)</p> <p>11:00 Dollar Store Shopping (B)</p> <p>1:00 Balance Exercise (FC)</p> <p>1:00 Pinochle (CRA)</p> <p>1:30 MoveMor (FC)</p> <p>2:00 Stretch and Flex (FC)</p> <p>2:00 Active Minds- Songs from WWII (CR)</p> <p>3:00 Rosary/Communion (GCS)</p> <p>3:30 IN2L Trivia (2AC)</p> <p>6:30 Canasta (Lib)</p>	<p>9:00 Strength & Conditioning (FC)</p> <p>9:30 Men's Coffee Crew & Meeting (GCS)</p> <p>10:00 Redwood BP Clinic (HC)</p> <p>10:00 Balance Exercise (FC)</p> <p>10:00 Watch Repair (Lby)</p> <p>1:30 Armchair Travel: Egypt Wonders of the Ancient World (CR)</p> <p>2:00 Advisory Committee (GCS)</p> <p>2:30 Fall Garden Clean Up (CY)</p> <p>6:30 Line Dancing with Hailey (Lby)</p>	<p>9:00 Resident Computer Counselor (Lby)</p> <p>9:45 Bible Study (CR)</p> <p>10:00 Koebel Library (Lib)</p> <p>10:00 Holly Creek Holiday Bazaar (B)</p> <p>1:00 Balance Exercise (FC)</p> <p>1:30 MoveMor (FC)</p> <p>1:30 COL for Miriam (CR)</p> <p>2:00 Stretch and Flex (FC)</p> <p>2:30 Stronger with Stairs (FC)</p> <p>3:30 Wine'd Down Wednesday Social (Lby)</p> <p>7:00 Night Owl Bingo (Lby)</p>	<p>9:00 Strength & Conditioning (FC)</p> <p>10:00 Balance Exercise (FC)</p> <p>10:00 Grief and Support (CR)</p> <p>1:00 Cribbage (3AC)</p> <p>2:00 Resident Welcomers (Lib)</p> <p>3:30 Chris Wells- "Germany & Its Marvelous Castles" (CR)</p> <p>6:30 Canasta (Lib)</p>	<p>10:30 Friday Bingo with Rachel (2AC)</p> <p>1:00 Balance Exercise (FC)</p> <p>1:00 Choir Practice (CR)</p> <p>2:00 Music with Jonnie (Lby)</p> <p>2:30 Bridge (3AC)</p> <p>3:15 TWANG Category Words (2AC)</p>	<p>8:00 Activity Packets (AN)</p> <p>10:15 Rummikub (3AC)</p> <p>10:30 Virtual Tour- Banff National Park (2AC)</p> <p>1:30 Bingo! (CRA)</p> <p>8:00 Activity Packets (AN)</p> <p>10:15 Rummikub (3AC)</p> <p>10:30 Virtual Tour- Great Barrier Reef (2AC)</p> <p>1:30 Bingo! (CRA)</p> <p>2:00 Rosie's 90th Birthday Celebration (Lby)</p> <p>3:00 Traveling with Diane to New Hampshire (CR)</p>
10	11	12	13	14	15	16
<p>10:30 Sunday Worship with Chaplain Robert (CR)</p> <p>1:00 Family Feud with Joanna (2AC)</p> <p>1:00 Bridge (3AC)</p> <p>1:30 Smile as Big as the Moon- Sunday Movie (CR)</p> <p>3:30 Crafting Corner- Thank you Veteran Ornaments (GCS)</p> <p>4:00 Choir Practice (CR)</p> <p>5:30 Board Games with Grant (Lby)</p>	<p>9:30 Knitting 101 (GCS)</p> <p>9:30 Parkinson's Yoga (FC)</p> <p>10:30 Noodle Ball (Lby)</p> <p>1:00 Balance Exercise (FC)</p> <p>1:00 Pinochle (CRA)</p> <p>1:30 MoveMor (FC)</p> <p>2:00 Veteran's Celebration Denver Brass (Lby)</p> <p>2:00 Stretch and Flex (FC)</p> <p>3:00 Rosary/Communion (GCS)</p> <p>3:30 IN2L Trivia (2AC)</p> <p>6:30 Canasta (Lib)</p>	<p>9:00 Strength & Conditioning (FC)</p> <p>9:30 Men's Coffee Crew (GCS)</p> <p>10:00 Redwood BP Clinic (HC)</p> <p>10:00 Balance Exercise (FC)</p> <p>10:00 Holiday Market (Lby)</p> <p>12:00 Ladies Lunch In: Pizza (DR)</p> <p>2:00 The Great Plains- America's National Treasures (CR)</p> <p>6:00 Pie Social (Lby)</p>	<p>9:00 Resident Computer Counselor (Lby)</p> <p>9:45 Bible Study (CR)</p> <p>1:00 Balance Exercise (FC)</p> <p>1:30 MoveMor (FC)</p> <p>2:00 Stretch and Flex (FC)</p> <p>2:30 Stronger with Stairs (FC)</p> <p>3:00 AL Neighborhood Meeting (CR)</p> <p>3:30 Wine'd Down Wednesday Social (Lby)</p> <p>6:00 Karaoke Sing A Long (CR)</p> <p>7:00 Night Owl Bingo (Lby)</p>	<p>9:00 Strength & Conditioning (FC)</p> <p>10:00 Balance Exercise (FC)</p> <p>10:00 Food Forum (CR)</p> <p>10:30 Give Unto Others (CRA)</p> <p>1:00 Cribbage (3AC)</p> <p>2:00 Music with Bonnie (Lby)</p> <p>6:30 Canasta (Lib)</p>	<p>10:30 Friday Bingo with Rachel (2AC)</p> <p>1:00 Balance Exercise (FC)</p> <p>1:00 Choir Practice (CR)</p> <p>2:30 Bridge (3AC)</p> <p>3:00 Trivia Time (CR)</p>	<p>8:00 Activity Packets (AN)</p> <p>10:15 Rummikub (3AC)</p> <p>10:30 Virtual Tour- St. Lucia (2AC)</p> <p>2:00 Fall Choir Concert (Lby)</p> <p>3:30 Whacky Wordies (2AC)</p>

Bold activity = Sign up mandatory

2AC = 2nd Floor AL Alcove, FC = Fitness Center, CR = Community Room, 3AC = 3rd Floor AL Alcove, AN = All Neighborhoods, CRA = Community Room Alcove, GCS = Grand Central Station, Lby = Lobby, B = Bus, Lib = Library, HC = Health Clinic, CY = Courtyard, DR = Dining Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
10:30 Sunday Worship with Chaplain Cindy (CR) 1:00 Hangman Challenge with Joanna (2AC) 1:00 Bridge (3AC) 2:00 Best in Show- Sunday Movie (CR) 3:30 Crafting Corner- Thankful Connections Paper Chain (GCS) 5:30 Board Games with Grant (Lby)	9:30 Knitting 101 (GCS) 9:30 Parkinson's Yoga (FC) 10:30 Noodle Ball (Lby) 1:00 Balance Exercise (FC) 1:00 Pinochle (CRA) 1:30 MoveMor (FC) 1:30 Resident Sharing (CR) 2:00 Stretch and Flex (FC) 3:00 Rosary/Communion (GCS) 3:30 IN2L Trivia (2AC) 6:30 Canasta (Lib)	9:00 Strength & Conditioning (FC) 9:30 Men's Coffee Crew (GCS) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 10:00 Coffee and Donuts at Clermont Park (B) 2:00 The Geological West-America's National Treasures: (CR) 3:15 Volleyball (Lby)	9:00 Resident Computer Counselor (Lby) 9:45 Bible Study (CR) 10:00 Koebel Library (Lib) 12:00 Men's Lunch In: Pizza (DR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 1:30 Men VS Ladies Games (CR) 2:00 Stretch and Flex (FC) 2:30 Stronger with Stairs (FC) 3:30 Wine'd Down Wednesday Social (Lby) 7:00 Night Owl Bingo (Lby)	9:00 Strength & Conditioning (FC) 10:00 Balance Exercise (FC) 10:30 Fireside Chat (CR) 12:00 Birthday Luncheon (DR) 1:00 Cribbage (3AC) 2:00 Birthday Social & Music with Larry O (Lby) 6:30 Canasta (Lib)	10:30 Friday Bingo with Rachel (2AC) 1:00 Balance Exercise (FC) 1:00 Choir Practice (CR) 2:30 Bridge (3AC) 3:15 Word Webs (3AC)	8:00 Activity Packets (AN) 10:15 Rummikub (3AC) 10:30 Virtual Tour- British Virgin Islands (2AC) 1:30 Bingo! (CRA) 3:15 Wii Bowling (FC)
24	25	26	27	28 THANKSGIVING	29	30
10:30 Sunday Worship with Chaplain Cheryl (CR) 1:00 Family Feud with Joanna (2AC) 1:00 Bridge (3AC) 2:00 The Bucket List- Sunday Movie (CR) 3:30 Crafting Corner- Landyards (GCS) 5:30 Board Games with Grant (Lby)	9:30 Knitting 101 (GCS) 9:30 Parkinson's Yoga (FC) 10:30 Noodle Ball (Lby) 1:00 Balance Exercise (FC) 1:00 Pinochle (CRA) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 2:00 Active Minds- Thanksgiving (CR) 3:00 Rosary/Communion (GCS) 3:30 IN2L Trivia (2AC) 6:30 Canasta (Lib)	9:00 Strength & Conditioning (FC) 9:30 Men's Coffee Crew (GCS) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 10:30 Pen Pal Day (CRA) 12:00 Thanksgiving Parade (Lby) 1:30 Catholic Mass (CR) 2:30 Historic Pacific Northwest-America's National Treasures (CR) 3:30 Volleyball (Lby)	9:00 Resident Computer Counselor (Lby) 10:30 Cooking with Joanna- Bumps on a Log (CRA) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 1:30 Thanksgiving Service (CR) 2:00 Stretch and Flex (FC) 2:30 Stronger with Stairs (FC) 3:30 Wine'd Down Wednesday Social (Lby) 7:00 Night Owl Bingo (Lby)	1:00 Cribbage (3AC) 1:30 Movie- "An Old Fashion Thanksgiving" (CR) 6:30 Canasta (Lib)	10:30 Friday Bingo with Rachel (2AC) 1:00 Balance Exercise (FC) 1:00 Choir Practice (CR) 2:00 Music with Ethan (Lby) 2:30 Bridge (3AC) 3:15 Jeopardy Trivia (CR)	8:00 Activity Packets (AN) 10:15 Rummikub (3AC) 10:30 Virtual Tour- Santorini (2AC) 1:00 Saturday Movie- A Man Called Otto (CR) 1:30 Bingo! (CRA) 3:00 Ukulele Jammers (Lby)



Bold activity = Sign up mandatory

2AC = 2nd Floor AL Alcove, FC = Fitness Center, CR = Community Room, 3AC = 3rd Floor AL Alcove, AN = All Neighborhoods, CRA = Community Room Alcove, GCS = Grand Central Station, Lby = Lobby, B = Bus, Lib = Library, HC = Health Clinic, CY = Courtyard, DR = Dining Room