

November 2024
Assisted Living- Hillside, Vista 3 & 9

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<ul style="list-style-type: none"> Creative Games Intellectual Music Physical Purposeful Social Spiritual 	<p>Location Key</p> <p>HL-Hillside Lounge MP-Multi-Purpose DRH-Dining Room Hillside 9th-Vista 9 PA-Point Aud</p>			<p>Veteran's Week Please Check Flyers For Daily Events on Campus.</p> <p>To our men and women in uniform past, present, and future, God bless you and Thank You.</p>	<p>All Saint's Day</p> <p>9:30 Morning Fitness [MP] 9:50 Seated Video Tai Chi [MP] 11:00 Tech Talk w/ Daphne Lee-Let's Talk Passwords [MP] 2:00 Bridge Group [MP] 2:00 Rummikub [HSA]</p>	<p>11:00 9th Floor Exercise 2:00 Mexican Train Game [DR-H]</p>
	<p>Daylight Saving Time Begins</p> <p>9:30 Church Service-Christ Chapel-Vista 2nd Floor 2:00 Movie Matinee [9th FI]</p>	<p>9:00 Balance Class with Heidi- [9th FI] 9:30 Morning Fitness [MP] 10:00 Sound Meditation [MP] 2:00 Bingo w/ Ed [HSA] 2:00 Bridge w/Sharon & Friends-All Levels [MP] 10:30 Current Events w/ Randy Mayuex [9th FI]</p>	<p>Election Day</p> <p>9:30 CCY Campus News-Ch. 81 9:30 Morning Fitness [MP] 10:00 Facebook Shares w/ Janet [MP] 1:00 CC Young'uns Choir Practice [PA] 2:00 In the Garden w/ Sandra Zelley-Reminiscing & Finding Wonder [WRC] 2:00 Men's Social w/ Aaron [9th FI] 3:00 Bridge Group [9th FI] 3:15 Drumba Class w/ Nena [MP]</p>	<p>9:00 Balance Class with Heidi- [9th FI] 9:30 Morning Fitness [MP] 10:45 Table Talk w/ John Hill [9th FI] 1:00 Rocksteady Boxing [9th FI] 2:00 Theater Hour w/ Regina [MP] 3:00 Smart Knit Wits Group-All Welcome [9th FI]</p>	<p>8:30 Veterans Breakfast [DR-C] 9:30 Morning Fitness [MP] 10:00 Breezy Nails [HSA] 10:00 Express Your Voice Class [9th FI] 11:00 The Silver Pipers Practice w/ John [9th FI] 2:30 Drumba Class w/ Aaron [MP]</p>	<p>9:30 Morning Fitness [MP] 9:50 Seated Video Tai Chi [MP] 10:30 Hymn Sing w/ Nancy Roberts [MP] 2:00 Rummikub [HSA] 3:00 Veteran's Spouse's Tea [DR-C]</p>	<p>11:00 9th Floor Exercise 2:00 Mexican Train Game [DR-H]</p>
<p>Resident Birthdays</p> <p>Mary (Marzelle) P. 11/7 Suzanne E. 11/8 John M. 11/10 Pat R. 11/11 Akiko N. 11/12 Wayne W. 11/13 Joy C. 11/15 Shirley B. 11/24 Jo W. 11/25 Sandra (Sandy) S. 11/29</p>	<p>9:30 Church Service-Christ Chapel-Vista 2nd Floor 2:00 Movie Matinee [9th FI]</p>	<p>Veterans Day</p> <p>9:00 Balance Class with Heidi- [9th FI] 9:30 Morning Fitness [MP] 10:00 Sound Meditation [MP] 2:00 Bridge w/Sharon & Friends-All Levels [MP] 2:00 It's Back-Stick w/ It Class w/ Janet [9th FI] 3:00 Veterans Day Flag Ceremony</p>	<p>9:30 CCY Campus News-Ch. 81 9:30 Morning Fitness [MP] 10:00 Facebook Shares w/ Janet [MP] 1:30 Vietnam Era-Veterans Pinning Ceremony 2:00 In the Garden w/ Sandra Zelley-Reminiscing & Finding Wonder [WRC] 2:00 Men's Social w/ Aaron [9th FI] 3:00 Bridge Group [9th FI] 3:15 Drumba Class w/ Nena [MP]</p>	<p>Food Committee Meeting</p> <p>9:00 Balance Class with Heidi- [9th FI] 9:30 Morning Fitness [MP] 10:45 Table Talk w/ John Hill [9th FI] 1:00 Rocksteady Boxing [9th FI] 2:00 Theater Hour w/ Regina [MP] 3:00 Smart Knit Wits Group-All Welcome [9th FI]</p>	<p>9:30 Morning Fitness [MP] 10:00 Breezy Nails [HSA] 10:00 Express Your Voice Class [9th FI] 11:00 The Silver Pipers Practice w/ John [9th FI] 12:30 Birthday Honorees Celebration [HSA] 2:30 Drumba Class w/ Aaron [MP] 3:00 Fall/Thanksgiving Trivia & More [MP]</p>	<p>9:30 Morning Fitness [MP] 9:50 Seated Video Tai Chi [MP] 11:00 Tech Talk w/ Daphne Lee-What's new in AI [MP] 2:00 John "Lucky" Luckadoo, WWII Veteran Special Presentatin [9th FI] 3:00 Refreshments after the program [MP]</p>	<p>11:00 9th Floor Exercise 2:00 Mexican Train Game [DR-H]</p>
<p>Gratitude is the inward feeling of kindness received.</p> <p>I am happy because I'm grateful.</p> <p>Give thanks for unknown blessings already coming.</p>	<p>9:30 Church Service-Christ Chapel-Vista 2nd Floor 2:00 Movie Matinee [9th FI]</p>	<p>9:00 Balance Class with Heidi- [9th FI] 9:30 Morning Fitness [MP] 10:00 Sound Meditation [MP] 2:00 Bingo w/ Ed [HSA] 2:00 Bridge w/Sharon & Friends-All Levels [MP]</p>	<p>9:30 CCY Campus News-Ch. 81 9:30 Morning Fitness [MP] 10:00 Facebook Shares w/ Janet [MP] 1:00 CC Young'uns Choir Practice [PA] 2:00 Fall Painting w/ David Schulze [HSA] 2:00 Men's Social w/ Aaron [9th FI] 3:00 Bridge Group [9th FI] 3:15 Drumba Class w/ Nena [MP] 4:45 Piano Music w/ Russ Rieger [9th FI]</p>	<p>9:00 Balance Class with Heidi- [9th FI] 9:30 Morning Fitness [MP] 10:45 Table Talk w/ John Hill [9th FI] 1:00 Rocksteady Boxing [9th FI] 2:00 Theater Hour w/ Regina [MP] 3:00 Smart Knit Wits Group-All Welcome [9th FI] 4:45 Piano Music w/ Russ Rieger [DR-H]</p>	<p>9:30 Morning Fitness [MP] 10:00 Breezy Nails [HSA] 10:00 Express Your Voice Class [9th FI] 11:00 The Silver Pipers Practice w/ John [9th FI] 2:30 Drumba Class w/ Aaron [MP] 3:00 Fall/Thanksgiving Trivia & More [MP]</p>	<p>9:30 Morning Fitness [MP] 9:50 Seated Video Tai Chi [MP] 10:30 Hymn Sing w/ Nancy Roberts [MP] 2:00 Bridge Group [MP] 2:00 Rummikub [HSA] 4:00 BYO Musicians [DR-H]</p>	<p>11:00 9th Floor Exercise 2:00 Mexican Train Game [DR-H]</p>
	<p>9:30 Church Service-Christ Chapel-Vista 2nd Floor 2:00 Movie Matinee [9th FI]</p>	<p>9:00 Balance Class with Heidi- [9th FI] 9:30 Morning Fitness [MP] 10:00 Sound Meditation [MP] 2:00 Bridge w/Sharon & Friends-All Levels [MP] 2:00 It's Back-Stick w/ It Class w/ Janet [9th FI]</p>	<p>9:30 CCY Campus News-Ch. 81 9:30 Morning Fitness [MP] 10:00 Travel w/ Mike to Route 66 [MP] 1:00 CC Young'uns Choir Practice [PA] 2:00 Thanksgiving Gathering w/ Trixie Tincher [DR-H] 3:00 Bridge Group [9th FI] 3:15 Drumba Class w/ Nena [MP]</p>	<p>9:00 Balance Class with Heidi- [9th FI] 9:30 Morning Fitness [MP] 10:45 Table Talk w/ John Hill [9th FI] 1:00 Rocksteady Boxing [9th FI] 2:00 Theater Hour w/ Regina [MP] 3:00 Smart Knit Wits Group-All Welcome [9th FI]</p>	<p>Happy Thanksgiving To All!-Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.</p> <p>Thanksgiving</p>	<p>9:30 Morning Fitness [MP] 9:50 Seated Video Tai Chi [MP] 2:00 Bridge Group [MP] 2:00 Rummikub [HSA]</p>	<p>11:00 9th Floor Exercise 2:00 Mexican Train Game [DR-H]</p>