

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Craft Room = (CR)</b> <b>Dining Room = (DR)</b> <b>Fitness Classes W/ Anasha</b> <b>Fit Camp = (FC)</b> <b>Game Room = (GR)</b> <b>Ground Floor = (GF)</b> <b>Library South = (LS)</b> <b>Lounge = (L) Theatre = (T)</b> <b>Resident Led = Sign Up</b> <b>Required Bistro = (B)</b>	<b>1</b> 9:30am Energizing Yoga W/Anasha (GF) 9:30am Hallway Exercise 1 <sup>st</sup> FL South 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Coffee/Cocoa & Current Events (CR) 11:00am Rock 'n Band W/Anasha (GF) 11:00am Shopping at Walmart Sign Up 1:00pm Rosary (T) 1:30pm Pilates Fusion W/Anasha (GF) 3:00pm BINGO (L) 3:00pm Hallmark Channel Resident Choice (T) 6:30pm Game Night (L) 7:15pm Chiefs vs Giants (T)	<b>2</b> 9:30am Hallway Exercise 1 <sup>st</sup> FL South 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Trivia Tuesday (CR) 10:45am JULIET Lunch @ Houlihan's Sign Up 11:00am Bodyweight Balance & Core W/Anasha (GF) 1:00pm UNO (GR) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:00pm Balance Event W/Anasha (FC) 2:15pm Chair Volleyball (GF) 3:15pm Get Off Your Rocker/Stretch Class 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L)	<b>3</b> 9:30am HUR Fitness W/Anasha (WC) 9:30am Hallway Exercise 1 <sup>st</sup> FL South 9:30am Walkin' & Rollin' meet in lobby 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Brain Games (GR) 11:00am Chair Cardio kickboxing W/Anasha (GF) 1:00pm Hangman (GR) 1:00pm Resident Activity Meeting (L) 1:00pm Rosary (T) 1:30pm Chair Yoga (GF) 3:00pm BINGO (L) 4:15pm Resident Led Happy Hour BYOB (L) 6:00pm Disney Plus Movie/ Residents Choice (T) 6:30pm Game Night (GR)	<b>4</b> 8:00am Dr. Brian Haith D.P.M. Sign Up (TBD) 9:30am Hallway Exercise 1 <sup>st</sup> FL South 9:30-11:30am Craft Time (CR) 10:00am Knotted's Club (CR) 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 11:00am HUR Fitness W/Anasha (FC) 12:30pm BINGO (L) 1:00pm Rosary (T) 1:30am Bodyweight Balance & Core W/Anasha (GF) 2:00pm Netflix Movie Resident Choice (T) 2:15pm Chair Volleyball (GF) 6:30pm Bible Study (L) 6:30pm Joker (GR) 7:00pm Movie Night Resident Choice (T)	<b>5</b> 9:30am HUR Fitness W/Anasha (FC) 9:30am Hallway Exercise 1 <sup>st</sup> FL South 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Color Me Calm (CR) 11:00am Chair Yoga (GF) 1:00pm Rosary (T) 1:30pm Mindful Movement W/Anasha (GF) 2:00pm Making cards for the veterans at the VA hospital (L) 3:00pm Wine Time /Mix & Mingle Sponsored by Lakeview Village (L) 6:30pm Game Night (L)	<b>6</b> Fit Camp Open 1:00pm Mexican Train Dominoes (L) 2:00pm Pictionary Game (GR) 5:30pm Resident Led Games (GR)
<b>7</b> Fit Camp Open 10:30am Church Services with Communion /Reverend Dr. Hylton M. Turner (T) 3:25pm Chiefs vs Packers (T) 4:00pm Card Games (L)  Daylight Saving Time Ends	<b>8</b> 9:30am Energizing Yoga W/Anasha (GF) 9:30am Hallway Exercise 1 <sup>st</sup> FL South 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Coffee/Cocoa & Current Events (CR) 11:00am Rock 'n Band W/Anasha (GF) 12:00pm Environment Clean up at The Park (L) 1:00pm Rosary (T) 1:30pm Pilates Fusion W/Anasha (GF) 1:30pm Ladies Tea Sign up 3:00pm BINGO (L) 3:00pm Hallmark Channel Resident Choice (T) 6:30pm Game Night (L)	<b>9</b> 9:30am Hallway Exercise 1 <sup>st</sup> FL South 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Trivia Tuesday (CR) 11:00am Bodyweight Balance & Core W/Anasha (GF) 11:00am Shopping at Hy-Vee Sign Up 1:00pm UNO (GR) 1:00pm Resident Led Book Club (2nd Fl LS) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:15pm Chair Volleyball (GF) 3:30pm Jenga Game (GR) 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L)	<b>10</b> 9:30am HUR Fitness W/Anasha (WC) 9:30am Hallway Exercise 1 <sup>st</sup> FL South 9:30am Walkin' & Rollin' meet in lobby 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Brain Games (GR) 11:00am Chair Cardio kickboxing W/Anasha (GF) 1:00pm Hangman (GR) 1:00pm Travelogue Fred Hartman presents Texas 1:00pm Rosary (T) 1:30pm Chair Yoga (GF) 3:00pm BINGO (L) 4:15pm Resident Led Happy Hour BYOB (L) 6:00pm Disney Plus Movie/ Residents Choice (T) 6:30pm Game Night (GR)	<b>11</b> 9:30am Hallway Exercise 1 <sup>st</sup> FL South 9:30-11:30am Craft Time (CR) 10:00am Knotted's Club (CR) 10:45am Romeo Lunch @ Corner Buffet 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 11:00am HUR Fitness W/Anasha (FC) 12:30pm BINGO (L) 1:00pm Rosary (T) 1:30am Bodyweight Balance & Core W/Anasha (GF) 2:00pm Netflix Movie Resident Choice (T) 2:15pm Chair Volleyball (GF) 3:00pm Veterans Day Celebration (L) 6:30pm Bible Study (L) 6:30pm Joker (GR) 7:00pm Movie Night Resident Choice (T)  Veterans Day Remembrance Day (Canada)	<b>12</b> 9:30am HUR Fitness W/Anasha (FC) 9:30am Hallway Exercise 1 <sup>st</sup> FL South 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Color Me Calm (CR) 10:00am Right at Home Blood Pressure Clinic (L) 11:00am Chair Yoga (GF) 1:00pm Rosary (T) 1:30pm Mindful Movement W/Anasha (GF) 3:00pm Wine Time/ Mix & Mingle/ November Birthdays/ Entertainment by Bob Cohen Sponsored by Right at Home (L) 6:30pm Game Night (L)	<b>13</b> Fit Camp Open 1:00pm Mexican Train Dominoes (L) 2:00pm Pictionary Game (GR) 5:30pm Resident Led Games (GR)
<b>14</b> Fit Camp Open 10:30am Church Services with Reverend Dr. Hylton M. Turner (T) 4:00pm Card Games (GR) 7:20pm Chiefs vs Raiders (T)	<b>15</b> 9:30am Energizing Yoga W/Anasha (GF) 9:30am Hallway Exercise 1 <sup>st</sup> FL South 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Coffee/Cocoa & Current Events (CR) 11:00am Rock 'n Band W/Anasha (GF) 11:00am Shopping at Walmart Sign Up 1:00pm Rosary (T) 1:00pm Painted Clover Sign Up (L) 1:30pm Pilates Fusion W/Anasha (GF) 2:30pm Diabetes Walk WEAR BLUE 3:00pm BINGO (L) 3:00pm Hallmark Channel Resident Choice (T) 6:30pm Game Night (L)	<b>16</b> 9:30am Hallway Exercise 1 <sup>st</sup> FL South 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Trivia Tuesday (CR) 11:00am Bodyweight Balance & Core W/Anasha (GF) 1:00pm UNO (GR) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:00pm Town Hall Meeting (DR) 2:15pm Chair Volleyball (GF) 3:30pm Happy Notes (CR) 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L)	<b>17</b> 9:00am Leave The Welstone To go to the Van Gogh 9:30am HUR Fitness W/Anasha (WC) 9:30am Hallway Exercise 1 <sup>st</sup> FL South 9:30am Walkin' & Rollin' meet in lobby 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Brain Games (GR) 11:00am Chair Cardio kickboxing W/Anasha (GF) 1:00pm Rosary (T) 1:30pm Chair Yoga (GF) 3:00pm BINGO (L) 4:15pm Resident Led Happy Hour BYOB (L) 6:00pm Disney Plus Movie/ Residents Choice (T) 6:30pm Game Night (GR)	<b>18</b> 9:30am Hallway Exercise 1 <sup>st</sup> FL South 9:30-11:30am Craft Time (CR) 10:00am Knotted's Club (CR) 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:30am Lunch @ Sylvester Powell - Thanks for Seniors Thanksgiving dinner. Sign Up 11:00am HUR Fitness W/Anasha (FC) 12:30pm BINGO (L) 1:00pm Rosary (T) 1:30am Bodyweight Balance & Core W/Anasha (GF) 2:00pm New Resident Dining Meeting (B) 2:00pm Netflix Movie Resident Choice (T) 2:15pm Chair Volleyball (GF) 3:00pm Scrabble (GR) 6:30pm Bible Study (L) 6:30pm Joker (GR) 7:00pm Movie Night Resident Choice (T)	<b>19</b> 9:30am HUR Fitness W/Anasha (FC) 9:30am Hallway Exercise 1 <sup>st</sup> FL South 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Color Me Calm (CR) 11:00am Chair Yoga (GF) 1:00pm Rosary (T) 1:30pm Mindful Movement W/Anasha (GF) 3:00pm Wine Time /Mix & Mingle (L) 6:30pm Game Night (L)	<b>20</b> Fit Camp Open 1:00pm Mexican Train Dominoes (L) 2:00pm Pictionary Game (GR) 5:30pm Resident Led Games (GR)
<b>21</b> Fit Camp Open 10:30am Church Services with Reverend Dr. Hylton M. Turner (T) 3:25pm Chiefs vs Cowboys (T) 4:00pm Card Games (GR)	<b>22</b> 9:30am Energizing Yoga W/Anasha (GF) 9:30am Hallway Exercise 1 <sup>st</sup> FL South 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Coffee/Cocoa & Current Events (CR) 11:00am Rock 'n Band W/Anasha (GF) 11:00am Shopping at Trader Joe's Sign Up 12:00PM Spiritual Discussion 1:00pm Rosary (T) 1:30pm Pilates Fusion W/Anasha (GF) 3:00pm BINGO (L) 3:00pm Hallmark Channel Resident Choice (T) 6:00pm Spiritual Discussion (L) 6:30pm Game Night (L)	<b>23</b> 9:30am Hallway Exercise 1 <sup>st</sup> FL South 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Trivia Tuesday (CR) 11:00am Bodyweight Balance & Core W/Anasha (GF) 1:00pm UNO (GR) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:15pm Chair Volleyball (GF) 3:30pm Jenga Game (GR) 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L)	<b>24</b> 9:30am HUR Fitness W/Anasha (WC) 9:30am Hallway Exercise 1 <sup>st</sup> FL South 9:30am Walkin' & Rollin' meet in lobby 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Brain Games (GR) 11:00am Chair Cardio kickboxing W/Anasha (GF) 1:00pm Hangman (GR) 1:00pm Rosary (T) 1:30pm Chair Yoga (GF) 3:00pm BINGO (L) 4:15pm Resident Led Happy Hour BYOB (L) 6:00pm Disney Plus Movie/ Residents Choice (T) 6:30pm Game Night (GR)	<b>25</b> <b>Happy Thanksgiving Office Closed</b>  Thanksgiving Day	<b>26</b> 9:30am HUR Fitness W/Anasha (FC) 9:30am Hallway Exercise 1 <sup>st</sup> FL South 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Color Me Calm (CR) 10:00am Right at Home Blood Pressure Clinic(L) 11:00am Chair Yoga (GF) 1:00pm Rosary (T) 1:30pm Mindful Movement W/Anasha (GF) 3:00pm Wine Time /Mix & Mingle (L) 6:30pm Game Night (L)	<b>27</b> Fit Camp Open 1:00pm Mexican Train Dominoes (L) 2:00pm Pictionary Game (GR) 5:30pm Resident Led Games (GR)
<b>28</b> Fit Camp Open 10:30am Church Services with Reverend Dr. Hylton M. Turner (T) 4:00pm Card Games (GR)  Hanukkah Begins	<b>29</b> 9:00am - 12:00pm Hollywood Casino Sign up 9:30am Energizing Yoga W/Anasha (GF) 9:30am Hallway Exercise 1 <sup>st</sup> FL South 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Coffee/Cocoa & Current Events (CR) 11:00am Rock 'n Band W/Anasha (GF) 1:00pm Rosary (T) 1:30pm Pilates Fusion W/Anasha (GF) 2:00pm Townhall Meeting (DR) 3:00pm BINGO (L) 3:00pm Hallmark Channel Resident Choice (T) 6:30pm Game Night (L)	<b>30</b> 9:30am Hallway Exercise 1 <sup>st</sup> FL South 10:00am Hallway Exercise 2 <sup>nd</sup> FL North 10:00am Trivia Tuesday (CR) 11:00am Bodyweight Balance & Core W/Anasha (GF) 1:00pm UNO (GR) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:15pm Chair Volleyball (GF) 3:30pm Jenga Game (GR) 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L)	Joyce Morgan 11 <sup>th</sup> Roz Stoneking 12 <sup>th</sup> Anne Weaver 15 <sup>th</sup> Fran Dennison 16 <sup>th</sup> Joyce Mills 18 <sup>th</sup> Tim Nelson 21 <sup>st</sup> Pauline Hollis 22 <sup>nd</sup> Larry Anderson 27 <sup>th</sup> Denise Inman 28 <sup>th</sup> <b>November 2021</b> Alma Ramirez 20 <sup>th</sup> Anasha Skannal 20 <sup>th</sup> Rob Gorman 20 <sup>th</sup> Steve Sanders 26 <sup>th</sup>			

The Community reserves the right to modify the contents of this activity calendar at any time without notice.