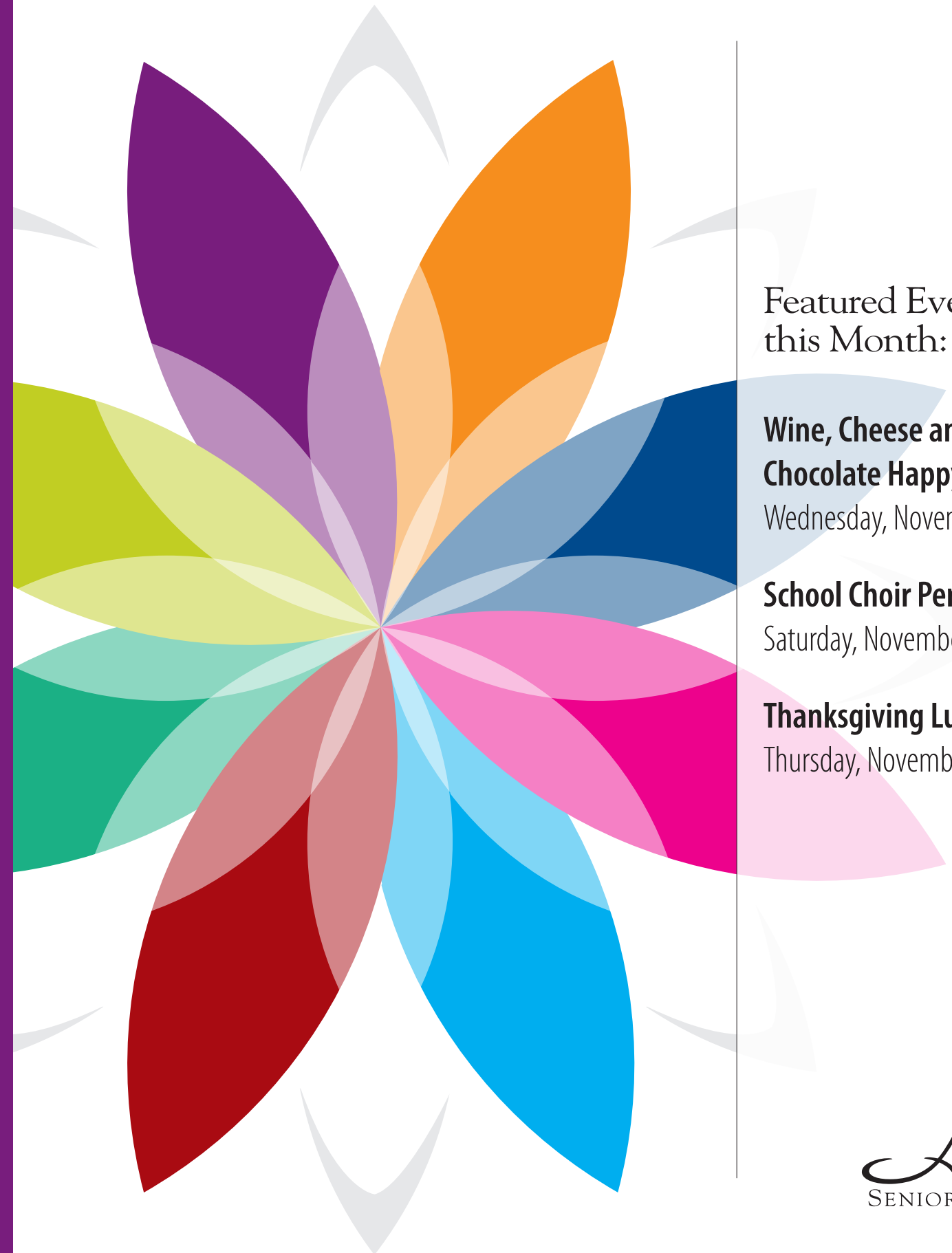


# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:


**Wine, Cheese and  
Chocolate Happy Hour**  
Wednesday, November 3, 3:00 PM

**School Choir Performance**  
Saturday, November 13, 2:00 PM

**Thanksgiving Luncheon**  
Thursday, November 25, 11:30 AM



# NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 11:00 <b>HPF</b> Morning Fitness 1:30 <b>LIS</b> Liberal Arts with Tim (LR) 2:00 <b>RSF</b> Health Well-Being and You with Linda (GR) 2:00 <b>HPF</b> Moving for Memory: Walking Challenge (GR) 3:00 <b>RSF</b> Mindfulness (LR) 4:00 <b>LIS</b> Technology Class with Jennifer (GR) 6:30 Movie Night (LR)	<b>2</b> 11:00 <b>HPF</b> Holiday Hustle (GR) 1:30 <b>CEA</b> Music History: Patriotic (LR) 2:00 <b>HPF</b> Get Fit (G) 2:00 <b>SCE</b> Jeopardy!® with Tony (GR) 4:00 <b>SCE</b> Trivia (LR) 5:00 <b>SCE</b> Dinner Outing to Café Bizou 6:30 Sensational Series (LR)	<b>3</b> 11:00 <b>HPF</b> Weight Training (G) 1:30 <b>LIS</b> Technology 101 2:00 <b>HPF</b> Stretching and Balancing with Angelique (G) 3:00 <b>SCE</b> Wine, Cheese and Chocolate Happy Hour 4:30 Bingo (GR) 6:30 Movie Night (LR)	<b>4</b> 11:00 <b>HPF</b> Full Body Workout with Angelique (GR) 1:30 <b>LIS</b> Literature Discussion with Tim (LR) 2:00 Activity Planning Meeting (GR) 2:00 <b>HPF</b> Gentle Brain and Body Work w/ Cristina (GR) 3:00 <b>CPI</b> Knitting and Crochet Club (GR) 4:00 <b>SCE</b> Brain Teasers (LR) 6:30 Sensational Series (LR)	<b>5</b> 11:00 <b>HPF</b> Morning Fitness with Mario (G) 11:30 <b>LIS</b> Current Events w/ Lucy (LR) 1:30 <b>CEA</b> Firework Glass Art w/ Ana (GR) 2:00 <b>HPF</b> Zumba® Gold: Dance & Exercise w/ Gayellen (G) 3:00 <b>SCE</b> Fun Lecture with Tony (GR) 4:15 <b>RSF</b> Shabbat Service with Cantor Terry (LR) 6:30 Movie Night (LR)	<b>6</b> 11:00 <b>HPF</b> Morning Fitness with Mario 1:30 <b>SCE</b> Billie Jean King: The Next Chapter (GR) 2:00 <b>HPF</b> Better Balance with Mario (G) 3:00 Bingo (GR) 4:00 <b>SCE</b> Word Game (LR) 6:30 <b>SCE</b> Hidden Gems with Tony (GR)
<b>7</b> 11:00 <b>HPF</b> Circuit Training (G) 1:30 <b>LIS</b> One Day University (LR) 2:00 <b>HPF</b> Weight Training (G) 2:00 <b>SCE</b> Welcome to Hollywood with Tony 3:00 <b>LIS</b> Psychology Now with Jennifer 4:00 <b>SCE</b> Thanksgiving: An American Celebration	<b>8</b> 11:00 <b>HPF</b> Morning Fitness (GR) 1:30 <b>LIS</b> Liberal Arts with Tim (LR) 2:00 <b>HPF</b> Posture & Stretching Exercise Program (GR) 3:00 <b>RSF</b> Mindfulness (LR) 4:00 Blackjack (GR) 6:30 Movie Night (LR)	<b>9</b> 11:00 <b>HPF</b> Holiday Hustle (GR) 1:30 <b>SCE</b> Brain Teasers with Lucy (GR) 2:00 <b>HPF</b> Get Fit (G) 2:00 <b>SCE</b> Jeopardy!® with Tony (GR) 3:00 <b>LIS</b> Technology 101 (LR) 5:00 <b>SCE</b> Dinner Outing to Kings Restaurant 6:30 Sensational Series (LR)	<b>10</b> 11:00 <b>HPF</b> Weight Training (G) 1:30 <b>LIS</b> Are We Having Fun Yet? with Dianne (GR) 2:00 <b>HPF</b> Stretching and Balancing with Angelique (GR) 3:00 <b>CPI</b> Knitting and Crochet Club (GR) 4:15 Bingo (GR) 6:30 Movie Night (LR)	<b>11</b> <b>Happy Birthday Mrs. Jackie K!</b> 11:00 <b>HPF</b> Full Body Workout with Angelique (GR) 1:30 <b>LIS</b> Literature Discussion with Tim (LR) 2:00 <b>CEA</b> Creative Writing with Gary (DR) 2:00 <b>HPF</b> Get Fit (GR) 3:00 <b>SCE</b> A Toast of Our Veterans Happy Hour (P) 4:00 <b>SCE</b> Lucy's Lecture Series (LR) 6:30 Sensational Series (LR)	<b>12</b> 11:00 <b>HPF</b> Morning Fitness with Mario (G) 11:30 <b>LIS</b> Current Events w/ Lucy (LR) 2:00 <b>HPF</b> Zumba® Gold: Dance & Exercise w/ Gayellen (G) 3:00 <b>SCE</b> Fun Lecture with Tony (GR) 4:00 <b>RSF</b> Shabbat Service with Cantor Joey (LR) 6:30 Movie Night (LR)	<b>13</b> 11:00 <b>HPF</b> Cardio Drumming Circle (G) 1:30 <b>SCE</b> Billie Jean King: The Next Chapter (GR) 2:00 <b>SCE</b> School Choir Performance (GR) 2:00 <b>HPF</b> Better Balance with Mario (G) 3:00 Bingo (GR) 6:30 <b>SCE</b> Hidden Gems with Tony (GR)
<b>14</b> 11:00 <b>HPF</b> Circuit Training 1:30 <b>LIS</b> One Day University (LR) 2:00 <b>SCE</b> Live on Broadway with Tony (GR) 2:00 <b>HPF</b> Weight Training (G) 3:00 <b>LIS</b> Psychology Now with Jennifer 4:00 Blackjack (GR) 6:30 Movie Night (LR)	<b>15</b> 11:00 <b>HPF</b> Morning Fitness (GR) 1:30 <b>LIS</b> Liberal Arts with Tim (LR) 2:00 <b>HPF</b> Advanced Total Body Workout (GR) 2:00 <b>RSF</b> Health Well-Being and You with Linda (GR) 3:00 <b>RSF</b> Mindfulness with Jennifer (LR) 4:00 <b>SCE</b> Trivia (LR) 6:30 Movie Night (LR)	<b>16</b> <b>Happy Birthday Mrs. Barbara D!</b> 11:00 <b>HPF</b> Holiday Hustle (GR) 11:30 <b>SCE</b> Lunch Outing to In N Out 2:00 <b>HPF</b> Get Fit (G) 2:00 <b>SCE</b> Jeopardy!® with Tony (GR) 3:00 <b>SCE</b> PositiviTea: Patriotism (GR) 4:00 <b>LIS</b> Technology 101 (LR) 6:30 Sensational Series	<b>17</b> <b>Happy Birthday Mrs. Shelia D!</b> 11:00 <b>HPF</b> Weight Training (G) 1:30 <b>SCE</b> Trivia (LR) 2:00 <b>HPF</b> Stretching and Balancing with Angelique (G) 3:00 <b>SCE</b> Infused Water Happy Hour (P) 4:15 Bingo (GR) 6:30 Movie Night (LR)	<b>18</b> 11:00 <b>HPF</b> Full Body Workout with Angelique (GR) 11:30 <b>SCE</b> Outing to Santa Barbara Botanic Garden 1:30 <b>LIS</b> Literature Discussion with Tim (LR) 2:00 <b>HPF</b> Gentle Brain and Body Work w/ Cristina (GR) 3:00 Food For Thought (GR) 4:00 <b>CPI</b> Knitting/Crochet Club (GR)	<b>19</b> <b>Happy Birthday Mrs. Harriet R!</b> 11:00 <b>HPF</b> Morning Fitness with Mario (G) 1:30 <b>CEA</b> Firework Glass Art with Anna (GR) 2:00 Town Hall with Shak (GR) 2:00 <b>HPF</b> Zumba® Gold: Dance & Exercise w/ Gayellen (G) 3:00 <b>SCE</b> Fun Lecture with Tony (GR) 4:00 <b>RSF</b> Shabbat with Cantor Joey (LR) 6:30 Movie Night (LR)	<b>20</b> 11:00 <b>HPF</b> Morning Fitness with Mario (G) 1:30 <b>SCE</b> A Special Note of Thanks (LR) 2:00 <b>HPF</b> Better Balance with Mario (G) 3:00 Bingo (GR) 4:15 <b>SCE</b> Billie Jean King: The Next Chapter (GR) 6:30 <b>SCE</b> Hidden Gems with Tony (GR)
<b>21</b> 11:00 <b>HPF</b> Circuit Training (GR) 2:00 <b>SCE</b> Welcome to Hollywood w/ Tony (GR) 3:00 <b>LIS</b> Psychology Now with Jennifer (LR) 3:00 <b>HPF</b> Weight Training (G) 4:00 <b>SCE</b> Trivia (LR) 6:30 Movie Night (LR)	<b>22</b> <b>Happy Birthday Mrs. Isabelle F!</b> 11:00 <b>HPF</b> Morning Fitness 1:30 <b>LIS</b> Liberal Arts with Tim (LR) 2:00 <b>HPF</b> Lower Body Conditioning (GR) 3:00 <b>RSF</b> Mindfulness with Jennifer (LR) 4:00 <b>SCE</b> Trivia (LR) 6:30 Movie Night (LR)	<b>23</b> <b>Happy Birthday Mrs. Katherine G!</b> 11:00 <b>HPF</b> Holiday Hustle (GR) 1:30 <b>SCE</b> Trivia (LR) 2:00 <b>HPF</b> Get Fit (GR) 2:00 <b>SCE</b> Jeopardy!® with Tony (GR) 3:00 <b>LIS</b> Technology 101 (LR) 4:00 <b>CEA</b> Fine Arts Class (GR) 5:00 <b>SCE</b> Dinner Outing to Monty's Steakhouse 6:30 Sensational Series (LR)	<b>24</b> 11:00 <b>HPF</b> Weight Training (G) 11:30 <b>SCE</b> Trivia (LR) 1:30 <b>LIS</b> Are We Having Fun Yet w/ Dianne (GR) 2:00 <b>HPF</b> Stretching and Balancing with Angelique (GR) 3:00 <b>SCE</b> Friendsgiving Happy Hour (P) 4:00 Bingo (GR) 6:30 Movie Night (LR)	<b>25</b> 11:00 <b>HPF</b> Full Body Workout with Angelique (GR) 11:30 <b>SCE</b> Thanksgiving Luncheon 1:30 <b>LIS</b> Literature Discussion with Tim (LR) 2:00 <b>CEA</b> Creative Writing with Gary (DR) 2:00 <b>HPF</b> Get Fit (GR) 3:00 <b>CPI</b> Knitting & Crochet Club (GR) 4:00 <b>LIS</b> Book Club (GR) 6:30 Sensational Series (LR)	<b>26</b> 11:00 <b>HPF</b> Morning Fitness with Mario (GR) 11:30 <b>LIS</b> Current Events w/ Lucy (LR) 2:00 <b>HPF</b> Zumba® Gold: Dance & Exercise w/ Gayellen (GR) 3:00 <b>SCE</b> Fun Lecture with Tony (GR) 4:00 <b>RSF</b> Shabbat Service Rabbi Stiebel (LR) 6:30 Movie Night (LR)	<b>27</b> 11:00 <b>HPF</b> Morning Fitness with Mario (GR) 1:30 <b>SCE</b> Billie Jean King: The Next Chapter (GR) 2:00 <b>HPF</b> Better Balance with Mario (GR) 3:00 Bingo (GR) 4:00 <b>LIS</b> Lucy's Lecture Series (LR) 7:00 <b>SCE</b> Hidden Gems with Tony (GR)
<b>28</b> <b>Happy Birthday Mrs. Revlyn G!</b> 11:00 <b>HPF</b> Circuit Training (GR) 1:30 <b>LIS</b> One Day University (LR) 2:00 <b>SCE</b> Live on Broadway with Tony (GR) 2:00 <b>HPF</b> Weight Training (G) 4:00 Blackjack 6:30 Movie Night (LR)	<b>29</b> 11:00 <b>HPF</b> Circuit Training 1:30 <b>LIS</b> Liberal Arts with Tim (LR) 2:00 <b>HPF</b> Beginner Total Body Workout (GR) 3:00 <b>RSF</b> Mindfulness (LR) 4:00 <b>LIS</b> Technology Class with Jennifer (GR) 6:30 Movie Night (LR)	<b>30</b> 11:00 <b>HPF</b> Holiday Hustle (GR) 2:00 <b>HPF</b> Get Fit (G) 2:00 <b>SCE</b> Jeopardy!® with Tony (GR) 3:00 <b>RSF</b> Hanukkah Celebrations (GR) 4:00 <b>SCE</b> Trivia (LR) 5:00 <b>SCE</b> Dinner Outing to Anacora 6:30 Sensational Series (LR)				<b>ROOM LOCATION KEY:</b> Game Room GR GYM G Living Room LR Patio P Dining Room DR

- HEALTH AND PHYSICAL FITNESS
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CREATIVE EXPRESSION AND THE ARTS
- SOCIAL CONNECTION AND ENTERTAINMENT
- CIVIC AND PROFESSIONAL INVOLVEMENT
- RELIGIOUS AND SPIRITUAL FELLOWSHIP

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