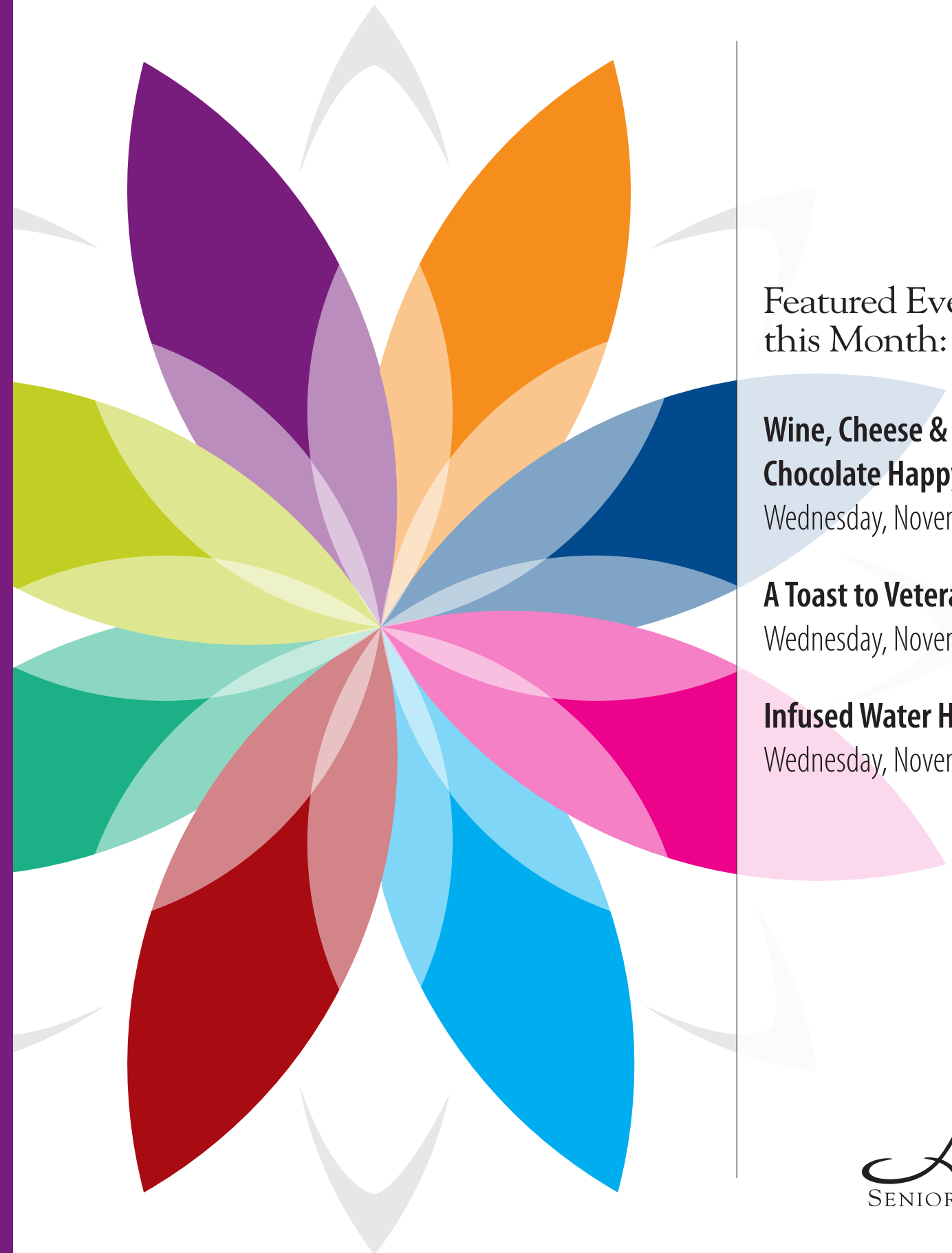


# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Wine, Cheese &  
Chocolate Happy Hour**

Wednesday, November 3, 2:45 PM


**A Toast to Veterans Happy Hour**

Wednesday, November 10, 3:00 PM

**Infused Water Happy Hour**

Wednesday, November 17, 3:00 PM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>1 ALL SAINTS' DAY</b> 9:00 <b>RSF</b> Newsletter Highlight: All Saints' Day 10:30 <b>HPF</b> Exercise Club (AR) 10:30 <b>HPF</b> Move and Groove! 2:30 <b>RSF</b> Religious Study Group (AR) 3:00 <b>LIS</b> Book Club (AR) 4:00 <b>HPF</b> Walking Club (MIL) 4:00 <b>LIS</b> Book Club (AR) 7:00 <b>HPF</b> Walking Club (MIL)	<b>2 DAY OF THE DEAD CONCLUSION</b> 9:00 <b>RSF</b> Newsletter Highlight: Day of the Dead 10:30 <b>HPF</b> Mornin' Movin'! 11:00 <b>CPI</b> Ambassador Club Meeting (AR) (DES) 2:30 Bingo! (AR) 4:00 <b>HPF</b> Walking Club (MIL)	<b>3</b> 9:00 <b>HPF</b> Newsletter Highlight: Stress Awareness 10:30 <b>HPF</b> Upper Body Conditioning (AR) 11:15 Slideshow (AR) 2:45 <b>SCE</b> Wine, Cheese & Chocolate Happy Hour 4:00 <b>HPF</b> Walking Club (MIL) 7:30 <b>LIS</b> ODU: Appreciating & Understanding Wine (MT)	<b>4</b> 10:30 <b>HPF</b> Holiday Hustle: Exercise (AR) 10:30 <b>HPF</b> Total Body Conditioning - Beginner (AR) 11:15 Horseracing! (AR) 2:30 <b>CPI</b> Civic Engagement Project Launch (AR) 4:00 <b>HPF</b> Walking Club (MIL)	<b>5 AMERICAN FOOTBALL DAY</b> 10:30 <b>HPF</b> Daily Exercise Group! (AR) 11:15 Bridge (AR) 2:30 <b>HPF</b> Walking Club with Christina! (MIL) 3:00 <b>RSF</b> Bible Study Series with Dave (AR) 3:00 Bingo (AR)	<b>6</b> 10:30 <b>HPF</b> Exercise Club! (AR) 11:00 <b>CEA</b> BJK Journaling Series (AR) 2:30 <b>HPF</b> Trivia and Games! (AR) 4:00 <b>HPF</b> Walking Club (MIL)	
<b>7 DAYLIGHT SAVING ENDS</b> 9:00 <b>HPF</b> Newsletter Highlight: Daylight Saving 10:30 <b>HPF</b> Drum it out! (AR) 10:30 <b>RSF</b> Motivational Speakers (MT) 11:15 <b>LIS</b> Floral Arrangements (AR) 2:30 Bingo (AR) 4:00 <b>HPF</b> Walking Club (MIL) 7:00 <b>LIS</b> ODU: A History of Classic Television (MT) 7:00 <b>HPF</b> Walking Club (MIL)	<b>8</b> 10:30 <b>HPF</b> Break a sweat! (AR) 11:15 Coffee & Music History Chat (PAT) 2:30 <b>RSF</b> Religious Study Group (AR) 3:00 <b>LIS</b> Book Club (LIB) 3:30 Patriotism Positivitea (AR) 4:00 <b>HPF</b> Walking Club (MIL)	<b>9</b> 10:30 <b>HPF</b> Monday Morning Workouts! (AR) 11:00 <b>CPI</b> Engage Life® Planning Meeting (AR) 2:30 <b>CPI</b> Engage Life® Planning Meeting (AR) 2:30 <b>CPI</b> Baking pies! (CK) 4:00 <b>HPF</b> Walking Club (MIL)	<b>10 INTERNATIONAL ACCOUNTING DAY MARINE CORPS BIRTHDAY</b> 9:00 <b>LIS</b> Newsletter Highlight: Accounting Day 10:30 <b>HPF</b> Upper Body Conditioning (AR) 11:15 Crossword Puzzle (AR) 2:30 <b>SCE</b> New Resident Welcome (AR) 3:00 <b>SCE</b> A Toast to Veterans Happy Hour 4:00 <b>HPF</b> Walking Club (MIL)	<b>11 VETERANS DAY</b> 10:30 <b>HPF</b> Total Body Conditioning - Beginner (AR) 11:15 Holiday Hustle: Veterans Day Reminisce (AR) 3:00 <b>SCE</b> Chuck Rissmiller's Veterans Day Show (LR) 4:00 <b>HPF</b> Walking Club (MIL)	<b>12</b> 10:30 <b>HPF</b> Bust a Move! (AR) 11:00 <b>RSF</b> Shabbat Service (MT) 2:30 <b>HPF</b> Walking Club (MIL) 2:30 <b>RSF</b> Bible Study Series 3:00 Bingo (AR)	<b>13 WORLD KINDNESS DAY</b> 9:00 <b>HPF</b> Newsletter Highlight: World Kindness Day 10:30 <b>HPF</b> Morning Exercise Group! (AR) 11:00 <b>CEA</b> BJK Journaling Series (AR) 11:30 <b>CEA</b> Floral Arrangements! (AR) 2:30 Cross Word Games! (AR) 7:00 <b>HPF</b> Walking Club (MIL)	
<b>14</b> 10:30 <b>HPF</b> Cardio Drumming Circle! (AR) 11:00 Pretty Nails (AR) 2:30 Thanksgiving Garland Project (AR) 4:00 <b>HPF</b> Walking Club (MIL) 7:00 <b>LIS</b> ODU: Business Strategy (AR) 7:00 <b>HPF</b> Walking Club (MIL)	<b>15</b> 10:30 <b>HPF</b> Morning Exercise (AR) 11:00 <b>HPF</b> Well-Being Series 11:15 Coffee Chats (AR) 2:30 <b>RSF</b> Religious Study Group (AR) 3:00 <b>CPI</b> Book Club (LIB) 4:00 <b>HPF</b> Walking Club (MIL)	<b>16 NATIONAL ENTREPRENEUR'S DAY</b> 10:30 <b>HPF</b> Monday Madness (AR) 11:00 <b>HPF</b> Well-Being Series 2:30 Bingo (AR) 4:00 <b>HPF</b> Walking Club (AR)	<b>17</b> 10:30 <b>HPF</b> Upper Body Conditioning (AR) 11:15 Crossword Puzzle (AR) 2:30 <b>HPF</b> Flexing with Fox (AR) 3:00 <b>SCE</b> Infused Water Happy Hour 4:00 <b>HPF</b> Walking Club (MIL)	<b>18</b> 10:30 <b>HPF</b> Total Body Conditioning - Beginner (AR) 11:00 <b>HPF</b> Holiday Hustle: Well-Being Series 2:30 <b>CPI</b> Food For Thought - Culinary Led (AR) 4:00 <b>HPF</b> Walking Club (AR)	<b>19</b> 10:30 <b>HPF</b> Morning Exercise Group (AR) 10:30 <b>HPF</b> Bust a Move! (AR) 11:15 Arts and Crafts 2:30 <b>RSF</b> Religious Study Group (AR) 2:30 <b>HPF</b> Walking Club (MIL) 3:00 <b>CPI</b> Baking Pies (CK)	<b>20</b> 10:30 <b>HPF</b> Move & Groove! (AR) 11:00 <b>CEA</b> BJK Journaling Series (AR) 2:30 Bingo (AR) 7:00 <b>HPF</b> Walking Club (MIL)	
<b>21 WORLD HELLO DAY</b> 9:00 <b>LIS</b> Newsletter Highlight: World Hello Day 10:30 <b>HPF</b> Cardio Drumming! (AR) 10:30 <b>RSF</b> Motivational Speakers (MT) 11:15 Floral Arrangements! (AR) 4:00 <b>HPF</b> Walking Club (MIL) 7:00 <b>LIS</b> ODU: Sports and Civil Rights (MT) 7:00 <b>HPF</b> Walking Club (MIL)	<b>22</b> 10:30 <b>HPF</b> Exercise Club (AR) 11:00 Scenic Drive (MIL) 1:00 <b>SCE</b> Positivitea: Gratitude 2:30 Bingo (AR) 3:00 <b>LIS</b> Book Club (LIB) 7:00 <b>HPF</b> Walking Club (MIL)	<b>23</b> 10:30 <b>HPF</b> Morning Exercise (AR) 11:00 <b>CEA</b> Musical Journaling: Gratitude (AR) 2:30 <b>CPI</b> Resident Council Meeting (AR) 4:00 <b>HPF</b> Walking Club (MIL)	<b>24 CELEBRATE YOUR UNIQUE TALENT DAY</b> 10:30 <b>HPF</b> Upper Body Conditioning (AR) 11:15 Crossword Puzzle (AR) 3:00 <b>SCE</b> Friendsgiving Happy Hour 4:00 <b>HPF</b> Walking Club (MIL)	<b>25 THANKSGIVING</b> 9:00 <b>LIS</b> Newsletter: The Story of Thanksgiving 10:30 <b>HPF</b> Total Body Conditioning - Beginner (AR) 2:30 <b>LIS</b> Holiday Hustle: Traditions of Thanks (MIL) 4:00 <b>HPF</b> Walking Club (MIL)	<b>26 BLACK FRIDAY</b> 9:00 <b>SCE</b> Newsletter: Black Friday Comic Strips 10:30 <b>HPF</b> Break a Sweat (AR) 11:00 <b>CPI</b> Fall Crafts (AR) 2:30 <b>HPF</b> Walking Club (MIL) 3:00 Floral Arrangements (AR)	<b>27 SMALL BUSINESS SATURDAY</b> 10:30 <b>HPF</b> Exercise Club! (AR) 11:00 <b>CEA</b> BJK Journaling Series (AR) 11:00 Crossword Puzzle (AR) 2:30 <b>LIS</b> Small Business Facts & Trivia (AR) 7:00 <b>HPF</b> Walking Club (MIL)	
<b>28 HANUKKAH BEGINS</b> 10:30 <b>HPF</b> Sunday Exercise! (AR) 11:00 <b>CPI</b> Floral Arrangements (AR) 11:00 <b>RSF</b> Hanukkah: A Festival of Lights 2:30 <b>LIS</b> Zodiac & Horoscope of November (AR) 7:00 <b>HPF</b> Walking Club (MIL)	<b>29</b> 10:30 <b>HPF</b> Morning Exercise Club (AR) 11:00 <b>RSF</b> Hanukkah Celebration Series (AR) 2:30 Religious Study Group (AR) 4:00 <b>HPF</b> Walking Club (MIL)	<b>30 GIVING TUESDAY ST. ANDREW'S DAY</b> 9:00 <b>RSF</b> Newsletter Highlight: St. Andrew's Day 10:30 <b>HPF</b> Morning exercise! (AR) 11:00 <b>RSF</b> Hanukkah Celebration Series (AR) 2:30 <b>CPI</b> Civic Engagement: Food Delivery (MIL) 4:00 <b>HPF</b> Walking Club (MIL)				<b>ROOM LOCATION KEY:</b> Activity Room AR Movie Theater MT Country Kitchen CK Library LIB Meet in Lobby MIL Living Room LR 1st Floor Front Patio PAT	<b>STAFF KEY:</b> Desi DES

- 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