

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**A Toast to our Veterans
Happy Hour**

Wednesday, November 11, 3:00 PM

Pumpkin Spice & Everything Nice

Wednesday, November 18, 3:00 PM

Friendsgiving Happy Hour

Wednesday, November 25, 3:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

NOVEMBER 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Morning Doorway Stretch
10:00 **HF** Morning Doorway Stretch
11:00 **HF** Morning Doorway Stretch
11:30 **HF** Morning Doorway Stretch
1:00 **EF** Down Musical Memory Lane
1:45 **EF** Down Musical Memory Lane
2:00 **EF** Ice Cream Served To Your Door
2:30 **EF** Down Musical Memory Lane
4:30 **C** FaceTime Video Calls
5:30 **EF** In Room Movie Night

2
9:00 **C** Daily News & Mail/
Packages Delivery
10:30 **C** Current Events
11:00 **HF** Morning Doorway Stretch
11:30 **HF** Morning Doorway Stretch
1:00 **PA** Brain Tease Trivia
1:45 **PA** Brain Tease Trivia
2:00 **EF** Ice Cream Served To Your Door
2:30 **PA** Brain Tease Trivia
3:15 **PA** Brain Tease Trivia
3:30 **EF** Hallway Happy Hour
4:15 **LL** Books, Puzzles & DVD's Door Delivery
5:30 **EF** In Room Movie Night

3
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Morning Doorway Stretch
10:00 **HF** Morning Doorway Stretch
10:30 **C** Drive-Up Visit Appointments 10AM - 3PM
11:00 **HF** Morning Doorway Stretch
11:30 **HF** Morning Doorway Stretch
1:45 **CE** Name That Tune Tuesdays & Sing Along
2:00 **EF** Ice Cream Served To Your Door
2:30 **CE** Name That Tune Tuesdays & Sing Along
3:15 **CE** Name That Tune Tuesdays & Sing Along
4:00 **C** FaceTime Video Calls
5:30 **EF** In Room Movie Night

4
9:00 **C** Daily News & Mail/
Package Delivery
9:30 **HF** Morning Doorway Stretch
10:00 **HF** Morning Doorway Stretch
11:00 **HF** Morning Doorway Stretch
11:30 **HF** Morning Doorway Stretch
1:00 **PA** Hallway Trivia
1:45 **PA** Hallway Trivia
2:00 **EF** Ice Cream Served To Your Door
2:30 **PA** Hallway Trivia
3:00 **EF** PositiviTea Happy Hour (IR)
3:15 **PA** Hallway Trivia
3:30 **EF** In Room Movie Night

5
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Morning Doorway Stretch
10:00 **HF** Morning Doorway Stretch
10:30 **C** Drive-Up Visit Appointments 10AM - 3PM
11:00 **HF** Morning Doorway Stretch
11:30 **HF** Morning Doorway Stretch
1:00 **EF** Music Memory Lane
1:45 **EF** Music Memory Lane
2:00 **EF** Ice Cream Served To Your Door
2:30 **EF** Music Memory Lane
4:30 **C** FaceTime Video Calls
5:30 **EF** In Room Movie Night

6
9:00 **C** Daily News & Mail Packages Deliver
9:30 **HF** Morning Doorway Stretch
10:00 **HF** Morning Doorway Stretch
11:00 **HF** Morning Doorway Stretch
11:30 **HF** Morning Doorway Stretch
1:00 **PA** 50's TV Music Trivia
1:45 **PA** 50's TV Music Trivia
2:00 **EF** Ice Cream Served To Your Door
2:30 **PA** 50's TV Music Trivia
3:15 **PA** 50's TV Music Trivia
4:30 **C** Family FaceTime Visits
5:30 **EF** In Room Movie Night

7
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Morning Doorway Stretch
11:00 **HF** Morning Doorway Stretch
11:30 **HF** Morning Doorway Stretch
1:00 **EF** Finish The Line Music Lyrics Trivia
1:45 **EF** Finish The Line Music Lyrics Trivia
2:00 **EF** Ice Cream Served To Your Door!
2:30 **EF** Finish The Line Music Lyrics Trivia
3:15 **EF** Finish The Line Music Lyrics Trivia
4:00 **C** FaceTime Video Calls
4:30 **LL** Books, Puzzles & DVD's Door Delivery
5:30 **EF** In Room Movie Night

8
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Morning Doorway Stretch
10:00 **HF** Morning Doorway Stretch
11:00 **HF** Morning Doorway Stretch
11:30 **HF** Morning Doorway Stretch
1:00 **PA** Trivia - Broadway Musicals
1:45 **PA** Trivia - Broadway Musicals
2:00 **EF** Ice Cream Served To Your Door
2:30 **PA** Sundae Sundaes
2:30 **PA** Trivia - Broadway Musicals
4:30 **C** Family FaceTime Video Visits
5:30 **EF** In Room Movie Night

9
9:00 **C** Daily News & Mail/
Packages Delivery
10:30 **C** Current Events
11:00 **HF** Morning Doorway Stretch
11:30 **HF** Morning Doorway Stretch
1:00 **PA** Hallway Quirky Trivia
1:45 **PA** Hallway Quirky Trivia
2:00 **EF** Ice Cream Served To Your Door
2:30 **PA** Hallway Quirky Trivia
3:15 **PA** Hallway Quirky Trivia
3:30 **EF** Hallway Happy Hour
4:15 **LL** Books, Puzzles & DVD's Door Delivery
5:30 **EF** In Room Movie Night

10
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Dynamic Warm-Up & Stretch Doorway
10:00 **HF** Dynamic Warm-Up & Stretch Doorway
10:30 **C** Drive-Up Visit Appointments 10:AM - 3pm
11:00 **HF** Dynamic Warm-Up & Stretch Doorway
11:30 **HF** Dynamic Warm-Up & Stretch Doorway
1:00 **CE** Name That Tune Tuesdays & Sing Along
1:45 **CE** Name That Tune Tuesdays & Sing Along
2:00 **EF** Ice Cream Served To Your Door
2:30 **CE** Name That Tune Tuesdays & Sing Along
4:00 **C** FaceTime Video Calls
5:30 **EF** In Room Movie Night

11
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Morning Doorway Stretch
10:00 **HF** Morning Doorway Stretch
11:00 **HF** Morning Doorway Stretch
11:30 **HF** Morning Doorway Stretch
1:00 **EF** Afternoon Prize Bingo! Doorway/Hallway
2:00 **EF** Afternoon Prize Bingo! Doorway/Hallway
2:00 **EF** Ice Cream Served To Your Door
3:00 **CV** A Toast to our Veterans Happy Hour (IR)
5:30 **EF** In Room Movie Night

12
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Morning Doorway Stretch
10:00 **HF** Morning Doorway Stretch
10:30 **C** Drive-Up Visit Appointments 10AM - 3PM
11:00 **HF** Morning Doorway Stretch
11:30 **HF** Morning Doorway Stretch
1:00 **J** Name That Song & Artist
1:45 **J** Name That Song & Artist
2:00 **EF** Ice Cream Served To Your Door
2:30 **J** Name That Song & Artist
3:15 **J** Name That Song & Artist
5:30 **EF** In Room Movie Night

13
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Morning Doorway Stretch
10:00 **HF** Morning Doorway Stretch
11:00 **HF** Morning Doorway Stretch
11:30 **HF** Morning Doorway Stretch
1:00 **CE** Sing Along Doorway/Hallway
1:45 **CE** Sing Along Hallway/Doorway
2:00 **EF** Ice Cream Served To Your Door
2:30 **CE** Sing Along Hallway/Doorway
3:30 **EF** Hallway Happy Hour
4:30 **C** Family Facetime & Zoom Appointments
5:30 **EF** In Room Movie Night

14
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Exercise & Stretch Doorway
10:00 **HF** Exercise & Stretch Doorway
11:00 **HF** Exercise & Stretch Doorway
11:30 **HF** Exercise & Stretch Doorway
1:00 **PA** Brain Challenge Trivia History
1:45 **PA** Brain Challenge Trivia History
2:00 **EF** Ice Cream Served To Your Door
2:30 **PA** Brain Challenge Trivia History
3:15 **PA** Brain Challenge Trivia History
4:00 **C** FaceTime Video Visits
4:30 **LL** DVD's, Books & Puzzles Delivered To Door

15
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Stretch-ercise! Doorway
10:00 **HF** Stretch-ercise! Doorway
11:00 **HF** Stretch-ercise! Doorway
11:30 **HF** Stretch-ercise!
1:00 **CE** Trivia Challenge Doorway/Hallway
1:45 **CE** Trivia Challenge Doorway/Hallway
2:00 **EF** Ice Cream Served To Your Door
2:30 **CE** Trivia Challenge Doorway/Hallway
4:00 **C** FaceTime Video Calls
5:30 **EF** In Room Movie Night

16
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Stretch-ercise! Doorway
10:00 **HF** Stretch-ercise! Doorway
10:30 **C** Current Events
10:45 **HF** Stretch-ercise! Doorway
11:30 **HF** Stretch-ercise! Doorway
1:00 **PA** Trivia - World Country History
1:45 **PA** Trivia - World Country History
2:00 **EF** Ice Cream Served To Your Door
3:30 **EF** Hallway Happy Hour
4:15 **LL** Books, Puzzles & DVD's Door Delivery
5:30 **EF** In Room Movie Night

17
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Stretch-ercise! Doorway
10:00 **HF** Stretch-ercise! Doorway
10:30 **HF** Stretch-ercise! Doorway
10:45 **HF** Stretch-ercise! Doorway
11:30 **HF** Stretch-ercise! Doorway
1:00 **CE** Name That Tune Tuesdays & Sing Along
1:45 **CE** Name That Tune Tuesdays & Sing Along
2:00 **EF** Ice Cream Served To Your Door
2:30 **CE** Name That Tune Tuesdays & Sing Along
3:15 **CE** Name That Tune Tuesdays & Sing Along
4:00 **C** FaceTime Video Calls
5:30 **EF** In Room Movie Night

18
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Stretch-ercise! Doorway
10:00 **HF** Stretch-ercise! Doorway
11:00 **HF** Stretch-ercise! Doorway
11:30 **HF** Stretch-ercise! Doorway
1:00 **CE** Name That Show Tune Trivia
1:45 **CE** Name That Show Tune Trivia
2:00 **EF** Ice Cream Served To Your Door
2:30 **CE** Name That Show Tune Trivia
3:00 **EF** Pumpkin Spice & Everything Nice (IR)
3:15 **CE** Name That Show Tune Trivia
5:30 **EF** In Room Movie Night

19
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Stretch-ercise! Doorway
10:00 **HF** Stretch-ercise! Doorway
10:30 **C** Drive-Up Visit Appointments 10AM - 3PM
10:45 **HF** Stretch-ercise! Doorway
11:30 **HF** Stretch-ercise Doorway
1:00 **C** Golden Oldies Music Memories
1:45 **C** Golden Oldies Music Memories
2:00 **EF** Ice Cream Served To Your Door
2:30 **C** Golden Oldies Music Memories
3:15 **C** Golden Oldies Music Memories
5:30 **EF** In Room Movie Night

20
9:00 **C** Daily News & Mail/
Packages Delivery
10:00 **HF** Stretch-ercise! Doorway
11:00 **HF** Stretch-ercise! Doorway
11:30 **HF** Stretch-ercise! Doorway
1:00 **CE** Name That Tune Sing Along
1:30 **CE** Name That Tune Sing Along 1st Floor
2:00 **CE** Name That Tune Sing Along 2nd Floor
2:00 **EF** Ice Cream Served To Your Door
2:30 **CE** Name That Tune Sing Along 2nd Floor
3:15 **EF** Hallway Happy Hour
4:00 **C** Family Facetime & Zoom Appointments
5:30 **EF** In Room Movie Night

21
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Stretch-ercise! Doorway
11:00 **HF** Stretch-ercise! Doorway
11:30 **HF** Stretch-ercise! Doorway
1:00 **PA** Brain Tease Trivia
1:45 **PA** Brain Tease Trivia
2:00 **EF** Ice Cream Served To Your Door
2:30 **PA** Brain Tease Trivia
3:15 **PA** Brain Tease Trivia
4:00 **C** Family FaceTime Video Calls
4:30 **LL** Books, Puzzles & DVD's Door Delivery
5:30 **EF** In Room Movie Night

22
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Morning Doorway Stretch & Exercise
10:00 **HF** Morning Doorway Stretch & Exercise
11:00 **HF** Morning Doorway Stretch & Exercise
11:30 **HF** Morning Doorway Stretch & Exercise
1:00 **CE** Trivia Challenge
1:45 **CE** Trivia Challenge
2:00 **EF** Ice Cream Served To Your Door
2:30 **CE** Trivia Challenge
3:15 **CE** Trivia Challenge
4:00 **C** FaceTime Video Calls
5:30 **EF** In Room Movie Night

23
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Morning Doorway Stretch & Tone
10:00 **HF** Morning Doorway Stretch & Tone
10:30 **C** Current Events
11:00 **HF** Morning Doorway Stretch & Tone
11:30 **HF** Morning Doorway Stretch & Tone
1:45 **CE** What's In A Song
2:00 **EF** Ice Cream Served To Your Door
3:00 **EF** Hallway Happy Hour
3:15 **CE** What's In A Song
4:15 **LL** Books, Puzzles & DVD's Door Delivery
5:30 **EF** In Room Movie Night

24
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Dynamic Warm-Up & Stretch Doorway
10:00 **C** Drive-Up Visit Appointments 10AM - 3PM
10:00 **HF** Dynamic Warm-Up & Stretch Doorway
11:00 **HF** Dynamic Warm-Up & Stretch Doorway
11:30 **HF** Dynamic Warm-Up & Stretch Doorway
1:00 **CE** Name That Tune Tuesdays & Sing Along
2:00 **EF** Ice Cream Served To Your Door
2:30 **CE** Name That Tune Tuesdays
3:15 **CE** Name That Tune Tuesdays & Sing Along
4:00 **C** FaceTime Video Calls
5:30 **EF** In Room Movie Night

25
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Stretch-ercise! Doorway
10:00 **HF** Stretch-ercise! Doorway
11:00 **HF** Stretch-ercise! Doorway
11:30 **HF** Stretch-ercise! Doorway
1:00 **CE** Name That Tune
1:45 **CE** Name That Tune
2:00 **EF** Ice Cream Served To Your Door
2:30 **CE** Name That Tune
3:00 **C** Friendsgiving Happy Hour (IR)
3:15 **CE** Name That Tune
5:30 **EF** In Room Movie Night

26
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Stretch-ercise! Doorway
10:00 **HF** Stretch-ercise! Doorway
10:30 **C** Drive-Up Visit Appointments 10AM - 3PM
11:00 **HF** Stretch-ercise! Doorway
11:30 **HF** Stretch-ercise! Doorway
1:00 **CE** Name That Tune
1:45 **CE** Name That Tune
2:00 **EF** Ice Cream Served To Your Door
2:30 **CE** Name That Tune
3:15 **CE** Name That Tune
5:30 **EF** In Room Movie Night

27
9:00 **C** Daily News & Mail/
Packages Delivery
10:00 **HF** Stretch-ercise! Doorway
11:00 **HF** Stretch-ercise! Doorway
11:30 **HF** Stretch-ercise! Doorway
1:30 **J** Sing Along Trivia
1:45 **EF** Ice Cream Served To Your Door
2:00 **J** Sing Along Trivia
2:30 **J** Sing Along Trivia
3:15 **J** Sing Along Trivia
3:30 **EF** Hallway Happy Hour
4:15 **C** Family FaceTime Video Visits
5:30 **EF** In Room Movie Night

28
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Morning Doorway Fitness
10:00 **HF** Morning Doorway Fitness
11:00 **HF** Morning Doorway Fitness
11:30 **HF** Morning Doorway Fitness
1:00 **C** Movie Themed Trivia
1:45 **C** Movie Themed Trivia
1:45 **EF** Ice Cream Served To Your Door
3:15 **C** Movie Themed Trivia
4:00 **C** Family Facetime Video Calls
4:30 **LL** Books, Puzzles & DVD's Door Delivery
5:30 **EF** In Room Movie Night

29
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Morning Doorway Stretch & Exercise
10:00 **HF** Morning Doorway Stretch & Exercise
11:00 **HF** Morning Doorway Stretch & Exercise
11:30 **HF** Morning Doorway Stretch & Exercise
1:00 **CE** Trivia Challenge
1:45 **CE** Trivia Challenge
2:00 **EF** Ice Cream Served To Your Door
2:30 **CE** Trivia Challenge
3:15 **CE** Trivia Challenge
4:00 **C** FaceTime Video Calls
5:30 **EF** In Room Movie Night

30
9:00 **C** Daily News & Mail/
Packages Delivery
9:30 **HF** Morning Doorway Stretch & Tone
10:00 **HF** Morning Doorway Stretch & Tone
10:30 **C** Current Events
11:00 **HF** Morning Doorway Stretch & Tone
11:30 **HF** Morning Doorway Stretch & Tone
1:45 **CE** What's In A Song
2:00 **EF** Ice Cream Served To Your Door
3:00 **EF** Hallway Happy Hour
3:15 **CE** What's In A Song
4:15 **LL** Books, Puzzles & DVD's Door Delivery
5:30 **EF** In Room Movie Night



- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- AS** Atria StoryWise

ROOM LOCATION KEY:
In-Room IR

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming




Featured Events this Month:

- Harvest Happy Hour**
Wednesday, November 11, 1:00 PM
- StoryWise with Friends**
Saturday, November 21, 6:00 PM
- Reminiscing: Our Wedding Day**
Monday, November 30, 3:30 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

NOVEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30 HF Stretch and Balance 9:30 IS Sunday Services 10:00 LL Daily Chronicle 1:00 C You Be the Judge 2:00 HF Dynamic Warm-Up 6:00 J Radio Lingo Day</p> <p>1</p>	<p>9:30 HF Daily Exercise Challenge 10:00 LL Daily Chronicle 1:00 EF Mobile Happy Hour 2:00 HF Dynamic Warm-Up 3:30 PA Reminiscing: Our Wedding Day 6:00 CV Animal Advocacy</p> <p>2</p>	<p>9:30 HF Lower Body Conditioning 10:00 LL Daily Chronicle 1:00 LL A Travel Day to China 2:00 HF Dynamic Warm-Up 3:00 J Karaoke with Staff 6:00 J Walk of Fame: Alabama</p> <p>3</p>	<p>9:30 HF Posture and Stretching 10:00 LL Daily Chronicle 1:00 C Don't Worry Be Frappe' Coffee Bar 2:00 HF Dynamic Warm-Up 3:30 IS Chicken Soup for the Soul 6:00 J National Carry a Tune Week</p> <p>4</p>	<p>9:30 HF Upper Body Conditioning 10:00 LL Daily Chronicle 1:00 C Spa for Nails 2:00 HF Dynamic Warm-Up 3:00 CE Special Nutritional Surprise 6:00 J Theme Songs</p> <p>5</p>	<p>NATIONAL NACHOS DAY 9:30 HF Active Range of Motions 10:00 LL Daily Chronicle 1:00 LL The Language of Flowers: Roses 2:00 HF Dynamic Warm-Up 3:00 C Nacho Amigos 6:00 J Music: Bluegrass</p> <p>6</p>	<p>9:30 HF Meditation Yoga 10:00 LL Daily Chronicle 1:00 EF Mobile Happy Hour 2:00 HF Dynamic Warm-Up 2:30 CE Creative Writing to Families 3:00 J Dance & Movement: Let's Twist 6:00 J StoryWise™ with Friends</p> <p>7</p>
<p>NATIONAL TONGUE TWISTER DAY 9:30 HF Stretch and Balance 9:30 IS Sunday Services 10:00 LL Daily Chronicle 1:00 C Tongue Twisters 2:00 HF Dynamic Warm-Up 6:00 J Music: Piano</p> <p>8</p>	<p>9:30 HF Daily Exercise Challenge 10:00 LL Daily Chronicle 1:00 EF Mobile Happy Hour 2:00 HF Dynamic Warm-Up 3:00 CE Special Nutritional Surprise 4:00 J Sing-a-long 6:00 CV No Sew Blankets for A Cause</p> <p>9</p>	<p>9:30 HF Lower Body Conditioning 10:00 LL Daily Chronicle 1:00 EF Funny Staff Skits 2:00 HF Dynamic Warm-Up 2:00 HF Ice Cream Extravaganza 3:00 LL Lighthouse History 6:00 J U.S. Navy Birthday</p> <p>10</p>	<p>9:30 HF Posture and Stretching 10:00 LL Daily Chronicle 1:00 C Harvest Happy Hour 2:00 HF Dynamic Warm-Up 3:30 IS Chicken Soup for the Soul 6:00 J Broadway Musical: Ethel Merman</p> <p>11</p>	<p>9:30 HF Upper Body Conditioning 10:00 LL Spa for Nails 1:00 C Who Am I? Mystery Person 2:00 HF Dynamic Warm-Up 3:00 CE Special Nutritional Surprise 6:00 J Music: Drumming</p> <p>12</p>	<p>9:30 HF Active Range of Motions 10:00 LL Daily Chronicle 1:00 HF Finishing Lyrics 2:00 HF Dynamic Warm-Up 3:00 LL World Changing Inventions 6:00 J Imagine by the Beatles</p> <p>13</p>	<p>9:30 HF Meditation Yoga 10:00 LL Daily Chronicle 1:00 EF Mobile Happy Hour 2:00 HF Dynamic Warm-Up 2:30 CE Creative Writing to Families 3:00 J Broadway Musical: Happy Town 6:00 J StoryWise™ with Friends</p> <p>14</p>
<p>9:30 HF Stretch and Balance 9:30 IS Sunday Mass: Channel 4 10:00 LL Daily Chronicle 1:00 J Hymns Karaoke 2:00 HF Dynamic Warm-Up 6:00 J A Musical: Once on This Island</p> <p>15</p>	<p>9:30 HF Daily Exercise Challenge 10:00 LL Daily Chronicle 1:00 EF Mobile Happy Hour 2:00 HF Dynamic Warm-Up 3:00 CE Special Nutritional Surprise 3:30 J The Sound of Music 6:00 CV Animal Advocacy</p> <p>16</p>	<p>9:30 HF Lower Body Conditioning 10:00 LL Daily Chronicle 1:00 EF Funny Staff Skits 2:00 HF Dynamic Warm-Up 3:00 C Words with Friends 6:00 J Peter, Paul & Mary</p> <p>17</p>	<p>9:30 HF Posture and Stretching 10:00 LL Daily Chronicle 1:00 C Joking Around 2:00 HF Dynamic Warm-Up 3:30 IS Chicken Soup for the Soul 6:00 J Elton John is a Star</p> <p>18</p>	<p>9:30 HF Upper Body Conditioning 10:00 LL Daily Chronicle 1:00 C Poetry 2:00 HF Dynamic Warm-Up 2:30 EF Singing with 'Off Key' Caregivers 3:00 CE Special Nutritional Surprise 6:00 J Reminiscing: "For Once In My Life"</p> <p>19</p>	<p>9:30 HF Active Range of Motions 10:00 LL Daily Chronicle 1:00 PA Debate About Abstract vs. Naturalist Art 2:00 HF Dynamic Warm-Up 3:00 C Shake Lose a Memory Game 6:00 J Little Richard: Tutti Frutti</p> <p>20</p>	<p>9:30 HF Meditation Yoga 10:00 LL Daily Chronicle 1:00 EF Mobile Happy Hour 2:00 HF Dynamic Warm-Up 2:30 CE Creative Writing to Families 3:00 J Dance & Movement: The Macarena 6:00 J StoryWise™ with Friends</p> <p>21</p>
<p>9:30 HF Stretch and Balance 9:30 IS Sunday Services 10:00 LL Daily Chronicle 1:00 C Events and Conversation 2:00 HF Dynamic Warm-Up 6:00 J Famous Composers: Johann Strauss II</p> <p>22</p>	<p>9:30 HF Daily Exercise Challenge 10:00 LL Daily Chronicle 1:00 EF Mobile Happy Hour 2:00 HF Dynamic Warm-Up 3:00 CE Special Nutritional Surprise 6:00 J Judy Garland 6:00 CV No Sew Blankets for A Cause</p> <p>23</p>	<p>9:30 HF Lower Body Conditioning 10:00 LL Daily Chronicle 1:00 EF Funny Staff Skits 2:00 HF Dynamic Warm-Up 3:00 C Words with Friends 6:00 J Movie and Popcorn</p> <p>24</p>	<p>9:30 HF Posture and Stretching 10:00 LL Daily Chronicle 1:00 C Thanksgiving Traditions 2:00 HF Dynamic Warm-Up 3:30 IS Chicken Soup for the Soul 6:00 J Jean Terrell of the Supremes</p> <p>25</p>	<p>THANKSGIVING DAY 9:30 HF Upper Body Conditioning 10:00 LL Daily Chronicle 1:00 C Favorite Short Stories 2:00 HF Dynamic Warm-Up 3:00 LL Parade History 4:00 EF Happy Hour 6:00 J The Met in New York</p> <p>26</p>	<p>9:30 HF Active Range of Motions 10:00 LL Daily Chronicle 1:00 HF Finishing Phrases 2:00 HF Dynamic Warm-Up 3:00 J Remembering Helen Reddy 6:00 J History of Music Access: The iPod</p> <p>27</p>	<p>9:30 HF Meditation Yoga 10:00 LL Daily Chronicle 1:00 EF Mobile Happy Hour 2:00 HF Dynamic Warm-Up 2:30 PA Creative Writing to Families 3:00 J World Record: Paul McCarthy 6:00 J StoryWise™ with Friends</p> <p>28</p>
<p>9:30 HF Stretch and Balance 9:30 IS Sunday Services 10:00 LL Daily Chronicle 1:00 CE Events and Conversation 2:00 HF Dynamic Warm-Up 6:00 J Radio Lingo Day</p> <p>29</p>	<p>9:30 HF Daily Exercise Challenge 10:00 LL Daily Chronicle 1:00 EF Mobile Happy Hour 2:00 HF Dynamic Warm-Up 3:30 PA Reminiscing: Our Wedding Day 6:00 CV Animal Advocacy</p> <p>30</p>	<div style="text-align: center;">  <p>PA Personal Achievement HF Health & Fitness EF Entertainment & Fun CV Civic Engagement LL Lifelong Learning CE Creative Expression IS Inspiration & Spirituality C Connection J Atria StoryWise J Music</p> </div>				