

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Veterans Day Social**  
Sunday, November 11, 2:00 PM

**Atria Cy-Fair Salutes our Heros**  
Tuesday, November 13, 10:00 AM

**Thanksgiving Dinner w/ Family**  
Thursday, November 15, 5:00 PM

*Atria*  
SENIOR LIVING

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SENIOR LIVING

# NOVEMBER 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

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

- ROOM LOCATION KEY:**
- Activity Room AR
  - The Dogwood Room DW
  - Lobby LB
  - Private Dining Room PDR
  - Dining Room DR
  - Large Activity Room LA

- STAFF KEY:**
- Engage Life Program Instructor PI
  - Engage Life Director ELD
  - Resident Lead RL

<p>9:00 <b>IS</b> Calvary Sunday Service (DW) <b>4</b></p> <p>10:00 <b>HF</b> Strength and Balance Program (DW) (PI)</p> <p>11:00 <b>CV</b> Charity Miles- iPad® (DW)</p> <p>2:00 <b>IS</b> Foundry Methodist Church (DW)</p> <p>3:00 <b>HF</b> Engage Your Brain (EYB)</p> <p>5:30 Paint Studio (AR) (PI)</p>	<p>9:00 <b>HF</b> Yoga with Yedi (DW) <b>5</b></p> <p>10:00 Money Monday Bingo (AR)</p> <p>1:00 What's-N-A-Word (DW) (PI)</p> <p>3:00 <b>PA</b> Bible Study with Gabriel (PDR) (RL)</p> <p>4:00 <b>HF</b> Kickboxing Aerobics (DW)</p> <p>6:00 <b>A</b> Coffee &amp; StoryWise™ (DW) (ELD)</p>	<p>9:30 <b>HF</b> Working with Resistance Bands (DW) <b>6</b></p> <p>10:00 <b>CE</b> Bead Adorned (DW) (ELD)</p> <p>1:15 What's in a Word? (DW)</p> <p>3:00 Nickel Bingo w/ Vivian (AR)</p> <p>4:00 <b>PA</b> Ambassador Meeting (AR) (ELD)</p> <p>6:00 <b>HF</b> The Art of Sleeping: Stretch and Prep (DW)</p>	<p>9:30 <b>HF</b> Aroma-Me-Exercise (DW) (PI) <b>7</b></p> <p>9:30 Shopping Trip: Walmart (LB) (ELD)</p> <p>10:00 Bingo w/Vivian (AR) (PI)</p> <p>1:00 <b>IS</b> Calvary Bible Study (DW)</p> <p>2:00 <b>LL</b> Page Turners - The Brethren (PDR) (ELD)</p> <p>3:00 <b>HF</b> Tai Chi &amp; Chi Tea (DW) (PI)</p> <p>6:00 <b>LL</b> Spotify Music Appreciation: Big Band (DW) (ELD)</p>	<p>9:30 <b>HF</b> Light weight lifting (DW) (ELD) <b>1</b></p> <p>10:00 Candy Bingo (AR)</p> <p>11:00 UNO®</p> <p>2:00 <b>LL</b> Google™ Earth (DW) (PI)</p> <p>4:00 <b>HF</b> Mindful Meditation (DW)</p> <p>4:00 <b>CE</b> Poetry Class (AR)</p> <p>6:00 World Views (DW)</p>	<p>9:30 <b>HF</b> Zumba® (DW) (PI) <b>2</b></p> <p>10:00 <b>IS</b> Catholic Rosary (PDR)</p> <p>10:00 Pick your Prize Bingo (AR)</p> <p>1:15 <b>CE</b> Creative Writing (AR)</p> <p>2:00 <b>EF</b> Happy Hour (DW) (ELD)</p> <p>3:30 <b>HF</b> Core &amp; More (DW) (PI)</p> <p>6:00 <b>EF</b> Theater Night: Suspense (DW) (PI)</p>	<p>9:30 <b>HF</b> Arthritis Relief: Stretching (DW) (PI) <b>3</b></p> <p>10:00 <b>LL</b> Wake Up Cy-Fair (DW) (PI)</p> <p>1:00 Heads Up (DW) (PI)</p> <p>2:00 <b>PA</b> Bingo (AR) (PI)</p> <p>3:00 <b>C</b> Hot Dice (DW) (PI)</p> <p>6:00 <b>HF</b> Saturday Night Trivia (DW) (ELD)</p>
<p>9:00 <b>IS</b> Calvary Sunday Service (DW) <b>11</b></p> <p>10:00 <b>HF</b> Strength and Balance Program (DW)</p> <p>11:00 <b>CV</b> Charity Miles- iPad® (DW)</p> <p>2:00 <b>C</b> Veterans Day Social</p> <p>2:00 <b>IS</b> Foundry Methodist Church (DW)</p> <p>3:00 <b>HF</b> Engage Your Brain (EYB) (DW)</p> <p>5:30 Paint Studio (AR)</p>	<p>9:00 <b>HF</b> Yoga with Yedi (DW) <b>12</b></p> <p>10:00 Money Monday Bingo (AR)</p> <p>1:00 What's-N-A-Word (AR)</p> <p>3:00 <b>PA</b> Bible Study w/ Gabriel (PDR) (RL)</p> <p>4:00 <b>HF</b> Kickboxing Aerobics (DW)</p> <p>6:00 <b>A</b> Coffee &amp; StoryWise™ (DW) (ELD)</p>	<p>9:30 <b>HF</b> Working with Resistance Bands (DW) (PI) <b>13</b></p> <p>10:00 <b>IS</b> Atria Cy-Fair Salutes our Heros (DW)</p> <p>10:00 <b>CE</b> Bead Adorned (DW)</p> <p>1:15 Rummikub® (DW)</p> <p>3:00 Nickel Bingo w/ Vivian (AR)</p> <p>6:00 <b>HF</b> The Art of Sleeping: Stretch and Prep</p>	<p>9:30 <b>HF</b> Aroma-Me-Exercise (DW) (PI) <b>14</b></p> <p>9:30 Shopping Trip: Walgreens (LB) (ELD)</p> <p>10:00 Bingo w/Vivian (AR) (PI)</p> <p>1:00 <b>IS</b> Calvary Bible Study (DW)</p> <p>2:00 <b>LL</b> Page Turners-The Brethren (PDR) (ELD)</p> <p>3:00 <b>HF</b> Tai Chi &amp; Chi Tea (DW) (ELD)</p> <p>6:00 <b>LL</b> Spotify Music Appreciation: Pop (DW) (ELD)</p>	<p>9:30 <b>HF</b> Light Weight Lifting (DW) (PI) <b>15</b></p> <p>10:00 Candy Bingo (AR) (PI)</p> <p>1:00 <b>HF</b> Mindful Meditation (DW) (ELD)</p> <p>2:00 <b>PA</b> Learn, Do, Try: Spanish</p> <p>3:30 <b>EF</b> Cooking Demo w/ Culinary</p> <p>5:00 <b>EF</b> Thanksgiving Dinner w/ Family (DW) (ELD)</p>	<p>9:30 <b>HF</b> Zumba® (DW) <b>16</b></p> <p>10:00 <b>IS</b> Catholic Rosary (PDR)</p> <p>10:00 Pick Your Prize Bingo (DW) (PI)</p> <p>1:00 <b>HF</b> Core and More (DW) (PI)</p> <p>2:00 <b>EF</b> Happy Hour Karaoke w/ Terri</p> <p>3:00 Hot Dice (DW)</p> <p>6:00 <b>EF</b> Theater Night: Love</p>	<p>9:30 <b>HF</b> Arthritis Relief Stretching (DW) (PI) <b>17</b></p> <p>10:00 <b>LL</b> Wake Up Cy-fair (DW) (PI)</p> <p>1:00 Heads Up (DW) (PI)</p> <p>2:00 <b>PA</b> Bingo (AR) (RL)</p> <p>3:00 Hot Dice (DW) (PI)</p> <p>6:00 <b>HF</b> Saturday Night Trivia (DW) (ELD)</p>
<p>9:00 <b>IS</b> Calvary Sunday Service (DW) <b>18</b></p> <p>10:00 <b>HF</b> Strength and Balance Program (DW)</p> <p>11:00 <b>CV</b> Charity Miles- iPad® (DW)</p> <p>2:00 <b>IS</b> Foundry Methodist Church (DW)</p> <p>3:00 <b>HF</b> Engage Your Brain (EYB) (DW)</p> <p>5:00 Paint Studio (AR)</p>	<p>9:00 <b>HF</b> Yoga with Yedi (DW) <b>19</b></p> <p>10:00 Money Monday Bingo (AR)</p> <p>1:00 What's-N-A-Word (AR)</p> <p>2:00 <b>IS</b> Pet Therapy Visit (DW)</p> <p>3:00 <b>PA</b> Bible Study w/ Gabriel (PDR) (RL)</p> <p>4:00 <b>HF</b> Kickboxing Aerobics (DW)</p> <p>6:00 <b>A</b> Coffee &amp; StoryWise™ (DW) (ELD)</p>	<p>9:30 <b>HF</b> Working with Resistance Bands (DW) (PI) <b>20</b></p> <p>10:00 <b>CE</b> Bead Adorned (DW)</p> <p>1:30 What's in a Word? (DW) (PI)</p> <p>2:00 <b>EF</b> Food For Thought (DR)</p> <p>3:00 Nickel Bingo w/ Vivian (AR)</p> <p>4:00 <b>PA</b> New Resident Orientation (DW) (ELD)</p> <p>6:00 <b>HF</b> The Art of Sleeping: Stretch and Prep (DW) (ELD)</p>	<p>9:30 <b>HF</b> Aroma-Me-Exercise (DW) (PI) <b>21</b></p> <p>9:30 Shopping Trip: Dollar Store (LB)</p> <p>10:00 Bingo w/Vivian (AR)</p> <p>1:00 <b>IS</b> Calvary Bible Study (DW)</p> <p>2:00 <b>LL</b> Page Turners-The Brethren (PDR) (ELD)</p> <p>3:00 <b>HF</b> Tai Chi &amp; Chi Tea (DW) (PI)</p> <p>6:00 <b>LL</b> Spotify Music Appreciation: Jazz (DW) (ELD)</p>	<p>9:30 <b>IS</b> Catholic Mass (DW) <b>22</b></p> <p>9:30 <b>HF</b> Light Weight Lifting (DW) (PI)</p> <p>10:30 Candy Bingo (AR) (PI)</p> <p>1:30 <b>IS</b> Mindful Meditation (DW)</p> <p>3:00 Hot Dice (DW)</p> <p>5:00 <b>HF</b> Engage Your Brain Trivia w/ Taylor</p> <p>6:00 World Views (DW)</p>	<p>9:30 <b>HF</b> Zumba® (DW) <b>23</b></p> <p>10:00 Pick Your Prize Bingo (AR) (PI)</p> <p>11:00 <b>EF</b> Lunch Bunch/ Golden Corral</p> <p>2:00 <b>HF</b> Goal Setting Fitness: Ball Balance (DW) (ELD)</p> <p>3:00 Hot Dice (DW) (PI)</p> <p>4:00 <b>PA</b> Resident Event Planning Meeting w/ ELD</p> <p>5:00 <b>EF</b> Oktober Festival (LB) (ELD)</p>	<p>9:30 <b>HF</b> Arthritis Relief Stretching (DW) (PI) <b>24</b></p> <p>10:00 <b>LL</b> Wake Up Cy-Fair (DW) (PI)</p> <p>1:00 Heads Up (DW) (PI)</p> <p>2:00 <b>PA</b> Bingo (AR) (RL)</p> <p>3:00 Hot Dice (DW) (PI)</p> <p>6:15 <b>HF</b> Saturday Night Trivia (DW) (PI)</p>
<p>9:00 <b>IS</b> Calvary Sunday Service (DW) <b>25</b></p> <p>10:00 <b>HF</b> Strength and Balance Program (DW)</p> <p>11:00 <b>CV</b> Charity Miles- iPad® (DW)</p> <p>2:00 <b>IS</b> Foundry Methodist Church (DW)</p> <p>3:00 <b>HF</b> Engage Your Brain (EYB) (DW)</p> <p>5:00 Paint Studio (AR)</p>	<p>9:00 <b>HF</b> Yoga with Yedi (DW) <b>26</b></p> <p>10:00 Money Monday Bingo (AR)</p> <p>1:00 What's-N-A-Word (AR)</p> <p>2:00 <b>PA</b> Resident Council Meeting (AR)</p> <p>3:00 <b>PA</b> Bible Study w/ Gabriel (PDR) (RL)</p> <p>4:00 <b>HF</b> Kickboxing Aerobics (DW)</p> <p>6:00 <b>A</b> Coffee &amp; StoryWise™ (DW) (ELD)</p>	<p>9:30 <b>HF</b> Working with Resistance Bands (DW) (PI) <b>27</b></p> <p>10:00 <b>CE</b> Bead Adorned (DW)</p> <p>1:15 What's in a Word? (DW)</p> <p>3:00 Nickel Bingo w/ Vivian (AR)</p> <p>6:00 <b>HF</b> The Art of Sleeping: Stretch and Prep (DW) (ELD)</p>	<p>9:30 <b>HF</b> Aroma-Me-Exercise (DW) (PI) <b>28</b></p> <p>9:30 Shopping Trip: Bank and Post Office (LB)</p> <p>10:00 Bingo w/Vivian (AR) (PI)</p> <p>1:00 <b>IS</b> Calvary Bible Study (DW)</p> <p>2:00 <b>LL</b> Page Turners-The Brethren (PDR) (ELD)</p> <p>3:00 <b>HF</b> Tai Chi &amp; Chi Tea (DW)</p> <p>6:00 <b>LL</b> Spotify Music Appreciation: Opera</p>	<p>9:30 <b>IS</b> Catholic Mass (DW) <b>29</b></p> <p>9:30 <b>HF</b> Light Weight Lifting (DW) (PI)</p> <p>10:30 Candy Bingo (AR) (PI)</p> <p>1:30 <b>IS</b> Mindful Meditation (DW)</p> <p>3:00 Hot Dice (DW)</p> <p>5:00 <b>HF</b> Engage Your Brain Trivia w/ Taylor</p> <p>6:00 World Views (DW)</p>	<p>9:30 <b>HF</b> Zumba® (DW) <b>30</b></p> <p>10:00 Pick Your Prize Bingo (AR) (PI)</p> <p>11:00 <b>EF</b> Lunch Bunch/ Golden Corral</p> <p>2:00 <b>HF</b> Goal Setting Fitness: Ball Balance (DW) (ELD)</p> <p>3:00 Hot Dice (DW) (PI)</p> <p>4:00 <b>PA</b> Resident Event Planning Meeting w/ ELD</p> <p>5:00 <b>EF</b> Oktober Festival (LB) (ELD)</p>	

# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

- Veterans Day Social**  
Sunday, November 11, 2:00 PM
- Food Drive**  
Tuesday, November 13, 9:00 AM
- Family Thanksgiving Dinner**  
Thursday, November 15, 5:00 PM

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# NOVEMBER 2018

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THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

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

- ROOM LOCATION KEY:**
- Large Activity Room LA
  - Activity Room AR
  - Dining Room DR
  - Lobby LB
  - Private Dining Room PDR
  - The Dogwood Room DW
  - Lobby Bistro LB

- STAFF KEY:**
- Engage Life Director ELD
  - Engage Life Program Instructor PI
  - Resident Lead RL

<p>8:30 <span style="color: purple;">PA</span> Meal Blessings with Don</p> <p>9:00 <span style="color: blue;">IS</span> Calvary Sunday Service (DW)</p> <p>9:45 <span style="color: blue;">HF</span> Light Weights</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: blue;">HF</span> Finish the Lyrics</p> <p>1:00 <span style="color: yellow;">C</span> Sunday Football</p> <p>1:30 <span style="color: purple;">J</span> LEGATO Songs of Praise</p> <p>2:00 <span style="color: blue;">IS</span> Foundry Methodist Church (DW)</p> <p>2:45 <span style="color: blue;">HF</span> Family Feud™</p> <p>4:00 <span style="color: teal;">CE</span> Creative Colours</p> <p>6:30 <span style="color: green;">EF</span> Movie Snacks</p> <p>6:30 <span style="color: green;">EF</span> A Night at the Movies</p> <p style="text-align: right;"><b>4</b></p>	<p>8:30 <span style="color: purple;">PA</span> Meal Blessings with Don</p> <p>9:45 <span style="color: blue;">HF</span> Sittercise</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack</p> <p>11:00 <span style="color: blue;">HF</span> You Be the Judge</p> <p>1:30 <span style="color: blue;">IS</span> Spa Day- Hand &amp; Back Massages</p> <p>2:00 <span style="color: purple;">J</span> Bell Choir</p> <p>2:30 <span style="color: orange;">LL</span> It's Puzzling</p> <p>3:30 <span style="color: purple;">J</span> Legato Beach Boys Celebration</p> <p>3:30 <span style="color: teal;">CE</span> Garden Club</p> <p>6:30 <span style="color: teal;">CE</span> Creative Colours</p> <p>7:00 <span style="color: green;">EF</span> Monday Night Football</p> <p style="text-align: right;"><b>5</b></p>	<p>8:30 <span style="color: purple;">PA</span> Meal Blessings with Don</p> <p>9:45 <span style="color: blue;">HF</span> Morning Stretch</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack</p> <p>11:00 <span style="color: yellow;">C</span> Shake Loose a Memory</p> <p>1:30 <span style="color: purple;">J</span> Legato Saxophone Day</p> <p>2:30 <span style="color: blue;">HF</span> Music &amp; Motion</p> <p>3:00 <span style="color: red;">CV</span> Soap Creations</p> <p>4:00 <span style="color: purple;">J</span> Bell Choir</p> <p>6:30 <span style="color: green;">EF</span> Movie &amp; Popcorn</p> <p style="text-align: right;"><b>6</b></p>	<p>8:30 <span style="color: purple;">PA</span> Meal Blessings with Don</p> <p>9:30 <span style="color: blue;">HF</span> Shop till you Drop Outing</p> <p>9:45 <span style="color: blue;">HF</span> Light Weights</p> <p>10:30 <span style="color: teal;">CE</span> Snack Attack (DR)</p> <p>11:00 <span style="color: blue;">IS</span> Laughter Yoga</p> <p>1:30 <span style="color: blue;">IS</span> Calvary Bible Sudy</p> <p>2:00 <span style="color: purple;">J</span> The Titanic Movie Red Carpet Event</p> <p>2:30 <span style="color: blue;">HF</span> Sit-N-Be Fit</p> <p>3:30 <span style="color: blue;">HF</span> Wheel of Fortune®</p> <p>4:00 <span style="color: purple;">J</span> Legato The Titanic Movie Soundtrack</p> <p>6:30 <span style="color: green;">EF</span> Card &amp; Game Night</p> <p>7:00 <span style="color: green;">EF</span> Evening Munchies</p> <p style="text-align: right;"><b>7</b></p>	<p>8:30 <span style="color: purple;">PA</span> Meal Blessings with Don</p> <p>9:45 <span style="color: blue;">HF</span> Chair Yoga</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: teal;">CE</span> Legato Songs of Praise</p> <p>11:00 <span style="color: teal;">CE</span> Baking Dog Biscuits</p> <p>1:30 <span style="color: orange;">LL</span> Picture Stories</p> <p>1:30 <span style="color: orange;">LL</span> Spanish Lessons</p> <p>2:00 <span style="color: blue;">HF</span> What's in a Name</p> <p>2:45 <span style="color: blue;">HF</span> Meditation Yoga</p> <p>3:30 <span style="color: purple;">J</span> Legato Bell Choir</p> <p>3:30 <span style="color: purple;">J</span> Legato Karaoke</p> <p>6:00 <span style="color: green;">EF</span> Blackjack</p> <p>7:00 <span style="color: green;">EF</span> Munchie Mania</p> <p style="text-align: right;"><b>8</b></p>	<p>8:30 <span style="color: purple;">PA</span> Meal Blessings with Don</p> <p>9:45 <span style="color: blue;">HF</span> Movin-N-Groovin</p> <p>10:00 <span style="color: blue;">IS</span> Catholic Rosary</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: orange;">LL</span> Travel Club</p> <p>1:00 <span style="color: orange;">LL</span> Spanish Lessons</p> <p>1:30 <span style="color: blue;">HF</span> Riddle Me This</p> <p>2:00 <span style="color: blue;">HF</span> Happy Hour</p> <p>3:30 <span style="color: blue;">HF</span> Stretch &amp; Flex</p> <p>4:00 <span style="color: teal;">CE</span> Beaded Creations</p> <p>6:00 <span style="color: purple;">J</span> Legato Elvis Presley Concert</p> <p>7:00 <span style="color: green;">EF</span> Evening Munchies</p> <p style="text-align: right;"><b>9</b></p>	<p>8:30 <span style="color: purple;">PA</span> Meal Blessings with Don</p> <p>9:45 <span style="color: blue;">HF</span> GROUP EXERCISE</p> <p>9:45 <span style="color: blue;">HF</span> Mind Joggers</p> <p>11:00 <span style="color: green;">EF</span> LCR</p> <p>1:00 <span style="color: orange;">LL</span> Spanish Lessons</p> <p>1:30 <span style="color: purple;">J</span> Legato Drum Circle</p> <p>2:30 <span style="color: blue;">HF</span> Walking Club</p> <p>3:00 <span style="color: red;">CV</span> Animal Shelter Outing</p> <p>3:30 <span style="color: green;">EF</span> Hot Dice</p> <p>4:00 <span style="color: purple;">J</span> Legato &amp; Dancing</p> <p>6:00 <span style="color: green;">EF</span> Jack Benny Night</p> <p>7:00 <span style="color: green;">EF</span> Munchie Mania</p> <p style="text-align: right;"><b>10</b></p>
<p>9:00 <span style="color: blue;">IS</span> Calvary Sunday Service (DW)</p> <p>9:45 <span style="color: blue;">HF</span> Light Weights</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack</p> <p>11:00 <span style="color: orange;">LL</span> Finish the Phrase</p> <p>1:00 <span style="color: yellow;">C</span> Sunday Football</p> <p>1:30 <span style="color: purple;">J</span> LEGATO Songs of Praise</p> <p>2:00 <span style="color: yellow;">C</span> Veterans Day Social</p> <p>2:00 <span style="color: blue;">IS</span> Foundry Methodist Church (DW)</p> <p>2:30 <span style="color: blue;">HF</span> Parachute Fun</p> <p>4:00 <span style="color: teal;">CE</span> Creative Colours</p> <p>6:30 <span style="color: green;">EF</span> Movie Snacks</p> <p>6:30 <span style="color: green;">EF</span> Night at the Movies</p> <p style="text-align: right;"><b>11</b></p>	<p>9:45 <span style="color: blue;">HF</span> Walking Club</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: blue;">HF</span> You Be The Judge</p> <p>2:30 <span style="color: blue;">HF</span> Brain Teasers</p> <p>3:30 <span style="color: purple;">J</span> Legato Karaoke</p> <p>4:00 <span style="color: purple;">J</span> Legato Bell Choir</p> <p>6:30 <span style="color: green;">EF</span> Star Gazing and snacks</p> <p>7:00 <span style="color: green;">EF</span> Monday Night Football</p> <p style="text-align: right;"><b>12</b></p>	<p>9:00 <span style="color: red;">CV</span> Food Drive</p> <p>9:45 <span style="color: blue;">HF</span> Morning Stretch</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: yellow;">C</span> Scrabble®</p> <p>11:00 <span style="color: yellow;">C</span> Shake Loose a Memory</p> <p>1:30 <span style="color: red;">CV</span> Bath Salt Creations</p> <p>1:30 <span style="color: green;">EF</span> Bowling</p> <p>2:30 <span style="color: blue;">HF</span> Chair Exercise</p> <p>3:30 <span style="color: purple;">J</span> Legato Sing Along</p> <p>4:00 <span style="color: purple;">J</span> Bell Choir</p> <p>6:00 <span style="color: green;">EF</span> Bingo</p> <p>7:00 <span style="color: green;">EF</span> Munchie Mania</p> <p style="text-align: right;"><b>13</b></p>	<p>9:30 <span style="color: blue;">HF</span> Shop Till you Drop Outing</p> <p>9:45 <span style="color: blue;">HF</span> Movin-N-Groovin</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack</p> <p>11:00 <span style="color: purple;">J</span> Legato Music and Motion</p> <p>11:00 <span style="color: green;">EF</span> Hot Dice</p> <p>1:30 <span style="color: blue;">IS</span> Calvary Bible Study</p> <p>2:00 <span style="color: blue;">HF</span> Trivia</p> <p>2:30 <span style="color: blue;">HF</span> Sit-N-Be-Fit</p> <p>3:00 <span style="color: teal;">CE</span> Garden Club</p> <p>3:30 <span style="color: orange;">LL</span> Reminisce with Me</p> <p>6:00 <span style="color: purple;">J</span> Legato Movie Night Dirty Dancing</p> <p>7:00 <span style="color: green;">EF</span> Munchie Mania</p> <p style="text-align: right;"><b>14</b></p>	<p>9:45 <span style="color: blue;">HF</span> Movin-N-Groovin</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: teal;">CE</span> Legato Songs of Praise</p> <p>11:00 <span style="color: orange;">LL</span> History at a Glance</p> <p>1:30 <span style="color: orange;">LL</span> Picture Stories</p> <p>1:30 <span style="color: orange;">LL</span> Spanish Lessons</p> <p>2:00 <span style="color: blue;">HF</span> What's in a Name</p> <p>2:45 <span style="color: blue;">HF</span> Meditation Yoga</p> <p>3:30 <span style="color: purple;">J</span> Legato Bell Choir</p> <p>3:30 <span style="color: purple;">J</span> Legato Karaoke</p> <p>5:00 <span style="color: yellow;">C</span> Family Thanksgiving Dinner</p> <p>7:00 <span style="color: green;">EF</span> Munchie Mania</p> <p style="text-align: right;"><b>15</b></p>	<p>9:45 <span style="color: blue;">HF</span> Morning Stretch</p> <p>10:00 <span style="color: blue;">IS</span> Catholic Rosary</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: orange;">LL</span> Travel Club</p> <p>1:00 <span style="color: orange;">LL</span> Spanish Lessons</p> <p>2:00 <span style="color: blue;">HF</span> Happy Hour</p> <p>3:30 <span style="color: blue;">HF</span> Stretch &amp; Flex</p> <p>4:00 <span style="color: teal;">CE</span> Beaded Creations</p> <p>6:00 <span style="color: purple;">J</span> Legato George Strait Concert</p> <p>7:00 <span style="color: green;">EF</span> Evening Munchies</p> <p style="text-align: right;"><b>16</b></p>	<p>9:45 <span style="color: blue;">HF</span> GROUP EXERCISE</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: blue;">HF</span> Mind Joggers</p> <p>11:00 <span style="color: green;">EF</span> LCR</p> <p>1:00 <span style="color: orange;">LL</span> Spanish Lessons</p> <p>1:30 <span style="color: purple;">J</span> Legato Drum Circle</p> <p>2:30 <span style="color: blue;">HF</span> Walking Club</p> <p>3:00 <span style="color: teal;">CE</span> Garden Club</p> <p>3:30 <span style="color: green;">EF</span> Hot Dice</p> <p>4:00 <span style="color: purple;">J</span> Legato &amp; Dancing</p> <p>6:00 <span style="color: green;">EF</span> The Dean Martin Hour</p> <p>7:00 <span style="color: green;">EF</span> Munchie Mania</p> <p style="text-align: right;"><b>17</b></p>
<p>9:00 <span style="color: blue;">IS</span> Calvary Sunday Service (DW)</p> <p>9:45 <span style="color: blue;">HF</span> Light Weights</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: blue;">HF</span> Mind Joggers</p> <p>1:00 <span style="color: yellow;">C</span> Sunday Football</p> <p>1:30 <span style="color: purple;">J</span> Legato Songs of Praise</p> <p>2:00 <span style="color: blue;">IS</span> Foundry Methodist Church (DW)</p> <p>2:30 <span style="color: blue;">HF</span> Word Games</p> <p>3:30 <span style="color: blue;">HF</span> Walking Club</p> <p>4:00 <span style="color: teal;">CE</span> Creative Colours</p> <p>6:30 <span style="color: purple;">J</span> Legato "Hello Dolly"</p> <p>7:00 <span style="color: green;">EF</span> Evening Refreshments</p> <p style="text-align: right;"><b>18</b></p>	<p>9:45 <span style="color: blue;">HF</span> Morning Stretch</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: blue;">HF</span> You Be The Judge</p> <p>1:30 <span style="color: blue;">IS</span> Hand and Shoulder Massages</p> <p>1:30 <span style="color: blue;">HF</span> Word Games</p> <p>2:30 <span style="color: blue;">HF</span> Sit-N-Be Fit Exercise</p> <p>3:45 <span style="color: purple;">J</span> Legato Bell Choir</p> <p>6:30 <span style="color: teal;">CE</span> Creative Colours</p> <p>7:00 <span style="color: green;">EF</span> Monday Night Football</p> <p>7:00 <span style="color: green;">EF</span> Evening Snacks</p> <p style="text-align: right;"><b>19</b></p>	<p>9:45 <span style="color: blue;">HF</span> Walking Club</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: yellow;">C</span> Scrabble®</p> <p>11:00 <span style="color: yellow;">C</span> Shake Loose a Memory</p> <p>1:30 <span style="color: red;">CV</span> Bath Salt Creations</p> <p>1:30 <span style="color: green;">EF</span> Bowling</p> <p>2:30 <span style="color: blue;">HF</span> Chair Exersie</p> <p>3:30 <span style="color: purple;">J</span> Legato Sing Along</p> <p>4:00 <span style="color: purple;">J</span> Bell Choir</p> <p>6:00 <span style="color: green;">EF</span> Bingo</p> <p>7:00 <span style="color: green;">EF</span> Munchie Mania</p> <p style="text-align: right;"><b>20</b></p>	<p>9:30 <span style="color: blue;">HF</span> Shop Till You Drop Outing</p> <p>9:45 <span style="color: blue;">HF</span> Light Weights</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>1:00 <span style="color: blue;">HF</span> Trivia</p> <p>1:30 <span style="color: blue;">IS</span> Calvary Bible Study</p> <p>2:30 <span style="color: blue;">HF</span> Sit-N-Be Fit</p> <p>3:00 <span style="color: teal;">CE</span> Gardening</p> <p>3:30 <span style="color: orange;">LL</span> Reminisce with Me</p> <p>6:30 <span style="color: green;">EF</span> Country Movie Night</p> <p>7:00 <span style="color: green;">EF</span> Munchie Mania</p> <p style="text-align: right;"><b>21</b></p>	<p><b>Happy Thanksgiving!</b></p> <p>9:00 <span style="color: green;">EF</span> Thanksgiving Day Parade</p> <p>9:45 <span style="color: blue;">HF</span> Wake Up Exercise</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: purple;">J</span> Legato Songs of Praise</p> <p>11:00 <span style="color: orange;">LL</span> History at a Glance</p> <p>1:30 <span style="color: orange;">LL</span> Picture Stories</p> <p>3:30 <span style="color: purple;">J</span> Legato Karaoke</p> <p>6:00 <span style="color: green;">EF</span> Blackjack</p> <p>7:00 <span style="color: green;">EF</span> Munchie Mania</p> <p style="text-align: right;"><b>22</b></p>	<p>9:45 <span style="color: blue;">HF</span> Sittercise</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: orange;">LL</span> Travel Club</p> <p>2:00 <span style="color: blue;">HF</span> What's in a Word?</p> <p>3:30 <span style="color: blue;">HF</span> Stretch &amp; Flex</p> <p>4:00 <span style="color: purple;">J</span> LEGATO Karaoke</p> <p>6:00 <span style="color: purple;">J</span> Legato Cher Concert</p> <p>6:30 <span style="color: blue;">HF</span> Family Feud™</p> <p>7:00 <span style="color: green;">EF</span> Evening Munchies</p> <p style="text-align: right;"><b>23</b></p>	<p>9:45 <span style="color: blue;">HF</span> GROUP EXERCISE</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: blue;">HF</span> Mind Joggers</p> <p>11:00 <span style="color: green;">EF</span> LCR</p> <p>1:30 <span style="color: purple;">J</span> Legato Drum Circle</p> <p>2:30 <span style="color: blue;">HF</span> Walking Club</p> <p>3:00 <span style="color: teal;">CE</span> Garden Club</p> <p>3:30 <span style="color: green;">EF</span> Hot Dice</p> <p>4:00 <span style="color: purple;">J</span> Legato &amp; Dancing</p> <p>6:00 <span style="color: green;">EF</span> The Bob Hope Show</p> <p>7:00 <span style="color: green;">EF</span> Munchie Mania</p> <p style="text-align: right;"><b>24</b></p>
<p>9:00 <span style="color: blue;">IS</span> Calvary Sunday service (DW)</p> <p>10:00 <span style="color: blue;">HF</span> Light Weights (LA)</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: blue;">HF</span> Make 'Em Smile</p> <p>1:00 <span style="color: yellow;">C</span> Sunday Football</p> <p>1:30 <span style="color: purple;">J</span> LEGATO Musical Bingo (LA)</p> <p>2:00 <span style="color: blue;">IS</span> Foundry Methodist Church (DW)</p> <p>2:30 <span style="color: blue;">HF</span> What's in a Word?</p> <p>3:30 <span style="color: blue;">HF</span> Walking Club</p> <p>4:00 <span style="color: teal;">CE</span> Creative Colours</p> <p>6:30 <span style="color: green;">EF</span> It's Showtime &amp; Snack</p> <p style="text-align: right;"><b>25</b></p>	<p>9:45 <span style="color: blue;">HF</span> Morning Stretch</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: blue;">HF</span> You Be The Judge</p> <p>1:30 <span style="color: blue;">IS</span> Hand and Back Massages</p> <p>1:30 <span style="color: orange;">LL</span> Mad Science</p> <p>2:30 <span style="color: orange;">LL</span> It's Puzzling</p> <p>3:30 <span style="color: blue;">HF</span> Walking Club</p> <p>4:00 <span style="color: purple;">J</span> Legato Bell Choir</p> <p>4:00 <span style="color: purple;">J</span> Legato Karaoke</p> <p>6:30 <span style="color: teal;">CE</span> Poetry Reading</p> <p>7:00 <span style="color: green;">EF</span> Monday Night Football</p> <p style="text-align: right;"><b>26</b></p>	<p>9:45 <span style="color: blue;">HF</span> Movin-N-Groovin</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>11:00 <span style="color: yellow;">C</span> Scrabble®</p> <p>11:00 <span style="color: yellow;">C</span> Shake Loose a Memory</p> <p>1:30 <span style="color: red;">CV</span> Let's Make Lotions!</p> <p>1:30 <span style="color: green;">EF</span> Bowling</p> <p>2:30 <span style="color: blue;">HF</span> Chair Exercise</p> <p>3:30 <span style="color: purple;">J</span> Legato Sing Along</p> <p>4:00 <span style="color: purple;">J</span> Bell Choir</p> <p>6:00 <span style="color: green;">EF</span> Bingo</p> <p>7:00 <span style="color: green;">EF</span> Munchie Mania</p> <p style="text-align: right;"><b>27</b></p>	<p>9:30 <span style="color: blue;">HF</span> Shop Till You Drop Outing</p> <p>9:45 <span style="color: blue;">HF</span> Walking Club</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack (DR)</p> <p>1:00 <span style="color: blue;">HF</span> Trivia</p> <p>1:30 <span style="color: blue;">IS</span> Calvary Bible Study</p> <p>2:30 <span style="color: blue;">HF</span> Sit-N-Be Fit</p> <p>3:00 <span style="color: teal;">CE</span> Gardening</p> <p>3:30 <span style="color: orange;">LL</span> Reminisce with Me</p> <p>6:00 <span style="color: green;">EF</span> Card &amp; Game Night</p> <p>7:00 <span style="color: green;">EF</span> Munchie Mania</p> <p style="text-align: right;"><b>28</b></p>	<p>9:45 <span style="color: blue;">HF</span> Wake Up Exercise</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack</p> <p>11:00 <span style="color: blue;">HF</span> Card Games</p> <p>1:30 <span style="color: purple;">J</span> Legato Bell Choir</p> <p>1:30 <span style="color: green;">EF</span> StoryWise™</p> <p>2:30 <span style="color: purple;">J</span> Legato Music Appreciation</p> <p>3:30 <span style="color: orange;">LL</span> Appreciation of History, Music, Art</p> <p>6:30 <span style="color: green;">EF</span> Broadway Shows</p> <p>7:00 <span style="color: green;">EF</span> Munchie Mania</p> <p style="text-align: right;"><b>29</b></p>	<p>9:45 <span style="color: blue;">HF</span> Wake Up Exercise</p> <p>10:30 <span style="color: blue;">HF</span> Snack Attack</p> <p>11:00 <span style="color: orange;">LL</span> Travel Club</p> <p>1:30 <span style="color: orange;">LL</span> Spanish Class</p> <p>2:00 <span style="color: blue;">HF</span> Riddle Me This</p> <p>3:00 <span style="color: purple;">J</span> Legato Lord of the Dance</p> <p>3:45 <span style="color: blue;">HF</span> Wheel of Fortune®</p> <p>6:00 <span style="color: purple;">J</span> Legato Brooks &amp; Dunn Concert</p> <p>7:00 <span style="color: green;">EF</span> Munchie Mania</p> <p style="text-align: right;"><b>30</b></p>	

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