

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Meet Your Neighbor 10:30 Spiro100 Fitness 12:00 Sunday Football 3:00 Movie & Popcorn	2 8:00 Continental Breakfast 10:30 Strength Training 1:00 Cookbook Compare & Share 4:00 Art Display	3 8:00 Continental Breakfast 9:00 Tai Chi 11:30 Calming Connections 3:00 Election Day Viewing 4:00 Around the World	4 8:00 Continental Breakfast 9:30 Yoga Flow 1:00 Creative Workshop 4:00 Wine Wednesday	5 8:00 Continental Breakfast 9:30 Zumba 10:30 Coffee & Current Events 4:00 BYOB Trivia	6 8:00 Continental Breakfast 9:30 Cardio Kickboxing 1:00 Shuffleboard 4:00 Happy Hour	7 8:00 Continental Breakfast 10:30 Spiro100 Fitness 2:00 Netflix Documentary 5:00 Starlight Movie
8 10:00 Meet Your Neighbor 10:30 Spiro100 Fitness 12:00 Sunday Football 3:00 Movie & Popcorn	9 8:00 Continental Breakfast 10:30 Strength Training 1:00 Holiday Shopping Swap 4:00 Flower Arrangements	10 8:00 Continental Breakfast 9:00 Tai Chi 1:00 Levy Lecture 4:00 Around the World	11 8:00 Continental Breakfast 9:30 Yoga Flow 1:00 Wellness Lecture 4:00 Wine Wednesday	12 8:00 Continental Breakfast 9:30 Strength Training 10:30 Coffee & Current Events 4:00 Cooking Demonstration	13 8:00 Continental Breakfast 9:30 Cardio Kickboxing 1:00 Scrabble 4:00 Happy Hour	14 8:00 Continental Breakfast 10:30 Spiro100 Fitness 2:00 Netflix Documentary
15 10:00 Meet Your Neighbor 10:30 Spiro100 Fitness 12:00 Sunday Football 3:00 Movie & Popcorn	16 8:00 Continental Breakfast 10:30 Strength Training 1:00 New Resident Informational 4:00 Art Display	17 8:00 Continental Breakfast 9:00 Tai Chi 1:00 Levy Lecture 5:00 Classical Cabaret	18 8:00 Continental Breakfast 9:30 Yoga Flow 1:00 Creative Workshop 4:00 Wine Wednesday	19 8:00 Continental Breakfast 9:30 Zumba 10:30 Coffee & Current Events 4:00 BYOB Bingo	20 8:00 Continental Breakfast 9:30 Cardio Kickboxing 1:00 Shuffleboard 4:00 Happy Hour	21 8:00 Continental Breakfast 10:30 Spiro100 Fitness 2:00 Netflix Documentary 5:00 Starlight Movie
22 10:00 Meet Your Neighbor 10:30 Spiro100 Fitness 12:00 Sunday Football 3:00 Movie & Popcorn	23 8:00 Continental Breakfast 10:30 Strength Training 1:00 Cookbook Compare & Share	24 8:00 Continental Breakfast 9:00 Tai Chi 4:30 Around the World	25 8:00 Continental Breakfast 9:30 Spiro100 Yoga Flow 4:00 Wine Wednesday	26 Thanksgiving 8:00 Continental Breakfast To-Go	27 8:00 Continental Breakfast To-Go	28 8:00 Continental Breakfast
29 10:00 Meet Your Neighbor 10:30 Spiro100 Fitness 12:00 Sunday Football 3:00 Movie & Popcorn	30 8:00 Continental Breakfast 10:30 Strength Training 1:00 Holiday Shopping Swap 4:00 Art Display					

EVENTS

Calming Connections

Create more body-mind connection, to help relieve stress, reduce anxiety and most importantly, to feel great! In this interactive class you will be encouraged to relieve stress and reduce anxiety from a holistic perspective; body and mind through movement; breathing, stretching and releasing, mindfulness practices, self-care and lifestyle suggestions, as well as meditations that can guide you to relax and feel better.

Classical Cabaret

Join mezzo-soprano Erika Sassmann and harpist Michael Maganuco on for an exciting evening of live music. Sassmann and Maganuco, both classically trained performers with diverse musical backgrounds, will present a wide variety of music to include opera, jazz, show tunes, and contemporary covers by popular artists like Joni Mitchell, Whitney Houston, and Adele. It will be memorable and unique musical experience that you won't want to miss!

Cooking Demonstration

Join us for an evening of wine, some bites and an interactive cooking demonstration! LUSH Evanston will be providing techniques and tips for cooking and entertaining guests. This menu will feature an Autumnal Salad, Spiced Rubbed, Roast Cornish Game Hen, Cauliflower Mash, Supergreens & Brown Butter Salted Pecan Chocolate Chip Cookies!