

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 8:00 Continental Breakfast 9:30 Strength and Stretch 11:00 Play Bridge/Cards 2:00 Current Events 7:15 Monday Night Football	2 8:00 Continental Breakfast 9:30 Yoga 10:30 Pilates/Barre 2:00 Improvisation Group 4:00 Coffee and Chat w Cristina 6:00 Poker Night	3 8:00 Continental Breakfast 10:30 BeMoved Dance 3:30 Wine Down Wednesday 5:30 Glenview Historical Society Presentation on Naval Air Station 6:30 Flamingo App: Bring Phone	4 8:00 Continental Breakfast 9:30 Flex and Groove 10:30 Full Body Bootcamp 2:00 Chair Massages	5 8:00 Continental Breakfast 9:30 Strength and Stretch 11:30 Watercolor Class 1:00 Movie & Popcorn 3:00 Happy Hour	6 8:00 Continental Breakfast 10:00 Coffee w Neighbors 11:00 Engaging While Aging 12:00 Ladies' Chats 1:00 Movie Matinee 4:00 Afternoon Trivia	
7 10:00 Walking Group 11:00 Men's Morning Mtg 1:00 Netflix Doc 7:20 Sunday Night Football	8 8:00 Continental Breakfast 9:30 Strength and Stretch 11:00 Play Bridge/Cards 2:00 Current Events 7:15 Monday Night Football	9 8:00 Continental Breakfast 9:30 Yoga 10:30 Upper Body 3:30 Meditate/Stretch	10 8:00 Continental Breakfast 10:30 BeMoved Dance 3:30 Wine Down Wednesday 5:30 Live Comedy at Avidor: Feat. The Laughing Academy	Veterans Day 11 8:00 Continental Breakfast 9:30 Flex and Groove 10:30 Full Body Bootcamp 1:00 Veterans Day Doc: Father Soldier Son	12 8:00 Continental Breakfast 9:30 Strength and Stretch 1:00 Movie & Popcorn 3:00 Happy Hour	13 8:00 Continental Breakfast 10:00 Coffee w Neighbors 12:00 Ladies' Chats 1:00 Movie Matinee 4:00 Afternoon Trivia	
14 10:00 Walking Group 11:00 Men's Morning Mtg 1:00 Netflix Doc 7:20 Sunday Night Football	15 8:00 Continental Breakfast 9:30 Strength and Stretch 11:00 Play Bridge/Cards 2:00 Current Events 4:30 Tai Chi 7:15 Monday Night Football	16 8:00 Continental Breakfast 9:30 Yoga 10:30 Pilates/Barre 2:00 Improvisation Group 3:30 Meditate/Stretch 6:00 Poker Night	17 8:00 Continental Breakfast 10:30 BeMoved Dance 1:00 Volunteer Work: Holiday Gift Wrapping 5:30 Friendsgiving: Sign up at the front desk for a dish	18 8:00 Continental Breakfast 9:30 Flex and Groove 10:30 Full Body Bootcamp 5:00 Discussion/Sing w Rabbi Nancy	19 8:00 Continental Breakfast 9:30 Strength and Stretch 11:30 Watercolor Class 1:00 Movie & Popcorn 3:00 Extra Happy Hour: Celebrate November Birthdays	20 8:00 Continental Breakfast 10:00 Coffee w Neighbors 11:00 Engaging While Aging 12:00 Ladies' Chats 1:00 Movie Matinee 4:00 Afternoon Trivia	
21 10:00 Walking Group 11:00 Men's Morning Mtg 1:00 Netflix Doc 7:20 Sunday Night Football	22 8:00 Continental Breakfast 9:30 Strength and Stretch 11:00 Holiday Gift Wrapping 2:00 Current Events 7:15 Monday Night Football	23 8:00 Continental Breakfast 1:00(AR) Gratitude Journal 3:30 Meditate/Stretch 6:00 Bingo and Pizza	24 8:00 Continental Breakfast 10:30 BeMoved Dance 1:00 Watch A Holiday Movie: The Holiday 3:30 Wine Down Wednesday	OFFICE CLOSED 25 HAPPY THANKSGIVING!	OFFICE CLOSED 26	27 8:00 Continental Breakfast 10:00 Coffee w Neighbors 12:00 Ladies' Chats 1:00 Movie Matinee 4:00 Afternoon Trivia	
START OF HANUKKAH! 28 10:00 Walking Group 11:00 Men's Morning Mtg 1:00 Netflix Doc 7:20 Sunday Night Football	29 8:00 Continental Breakfast 9:30 Strength and Stretch 11:00 Play Bridge/Cards 2:00 Current Events 7:15 Monday Night Football	30 8:00 Continental Breakfast 10:30 Strength and Stretch 2:00 Book Club Meeting 3:30 Meditate/Stretch					Ways to Wellness Physical Emotional Intellectual Spiritual Environmental Social Occupational

EVENTS

Glenview Historical Society Presentation (Nov 3)

Veterans Day is this month! Did you know that there was a Naval Air Station right here in Glenview? The air base operated training aircraft as well as seaplanes on nearby Lake Michigan during World War II. Come listen to Bev from the Glenview Historical Society teach us about the station's history.

Live Comedy: Laughing Academy (Nov 10)

Are you ready to laugh until it hurts? Well, this is the event for you! Two comedians from The Laughing Academy in Glenview will be performing stand-up comedy for us. You better sit down because this stand-up is going to be good!

Holiday Gift Wrapping (Nov 17)

Get in the holiday spirit by helping the Youth Services of the local area! We will be heading off-site to wrap presents for those in need. **Sign up is required as there is a maximum of 12 residents.** Must be able to provide own transportation or carpool with other residents. Let us know if you are willing to drive.