

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ways to Wellness Physical Emotional Intellectual Spiritual Vocational Social Occupational		1 8:00-10:00(GR) Breakfast 2:00(GR) Improv Group 3:30(YS) Chair Pilates 6:00(CR) Pro Poker	2 8:00-10:00(GR) Breakfast 9:30(YS) Advance Strength & Stretch 10:30(YS) BeMoved Dance 1:00(MT) Guided Meditation 3:30(GR) Wine & Cheese Wednesday	3 8:00-10:00(GR) Breakfast 9:30(YS) Total Body Strength 3:00(AR) Divine Mercy Chaplet 6:00 (CR) Beginner Poker 5:00(GR) Robert S. Ross Book Presentation: Ultimate Courage	4 8:00-10:00(GR) Breakfast 9:30(YS) Advance Strength & Stretch 1:00(MT) Resident Choice Movie 4:00(GR) Happy Hour	5 8:00-10:00(GR) Breakfast 9:15(YS) Dynamic Strength & Balance 10:00(LL) Walking Group 1:00 (GR) Medicare 101 1:00(MT) Resident Choice Movie 4:00(LL) Afternoon Trivia
6 10:00(LL) Walking Group 11:00(GR) Men's Morning Mtg 3:00(MT) Netflix Documentary: The movies that made us Dirty Dancing 6:00 Evening Coffee & Conversation	7 8:00-10:00(GR) Breakfast 9:30(YS) Advance Strength & Stretch 2:00(MT) Current Events 6:30(GR) Pinochle Night	8 8:00-10:00(GR) Breakfast 3:30(YS) Chair Pilates 4:30 (YS) Gym Equipment 101 6:00(CR) Pro Poker	9 8:00-10:00(GR) Breakfast 9:30(YS) Advance Strength & Stretch 9am-6pm (OFF) Candy Cane Bazar 10:30(YS) BeMoved Dance 1:00(MT) Guided Meditation 3:30(GR) Wine & Cheese Wednesday	10 8:00-10:00(GR) Breakfast 9am-4pm (OFF) Candy Cane Bazar 9:30(YS) Total Body Strength 3:00(AR) Divine Mercy Chaplet 6:00 (CR) Beginner Poker 6:30(GR) RSVP: Bunco Game Night	11 8:00-10:00(GR) Breakfast 9:30(YS) Advance Strength & Stretch 1:00(MT) Resident Choice Movie 11:30-1:00 (AR) RSVP: Watercolor 4:00(GR) Happy Hour	12 8:00-10:00(GR) Breakfast 9:15(YS) Dynamic Strength & Balance 10:00(LL) Walking Group 12:00(GR) Ladies' Afternoon Chats 1:00(MT) Resident Choice Movie 4:00(LL) Afternoon Trivia
13 10:00(LL) Walking Group 11:00(GR) Men's Morning Mtg 3:00(MT) Netflix Documentary: The Movies that made us Home Alone 6:00 Evening Coffee & Conversation	14 8:00-10:00(GR) Breakfast 9:30(YS) Advance Strength & Stretch 2:00(MT) Current Events 6:30(GR) Pinochle Night	15 8:00-10:00(GR) Breakfast 2:00(GR) Improv Group 3:30(YS) Chair Pilates 6:00(CR) Pro Poker	16 8:00-10:00(GR) Breakfast 9:30(YS) Advance Strength & Stretch 10:30(YS) BeMoved Dance 1:00(MT) Guided Meditation	17 8:00-10:00(GR) Breakfast 9:30(YS) Full Body Bootcamp 10:15(YS) Stretching/Yoga 2:30 (AR) Divine Mercy Chaplet 3:00 (GR) Monthly Resident Meeting 6:30(GR) Bingo Night	18 8:00-10:00(GR) Breakfast 9:30(YS) Advance Strength & Stretch 1:00(MT) Resident Choice Movie 4:00(GR) Thanksgiving around the World Potluck	19 8:00-10:00(GR) Breakfast 9:15(YS) Dynamic Strength & Balance 10:00(LL) Walking Group 12:00(GR) Ladies' Afternoon Chats 1:00(MT) Resident Choice Movie 4:00(LL) Afternoon Trivia
20 10:00(LL) Walking Group 11:00(GR) Men's Morning Mtg 3:00(MT) Netflix Documentary: The Movies that made us Ghostbusters	21 8:00-10:00(GR) Breakfast 9:30(YS) Advance Strength & Stretch 2:00(MT) Current Events 6:30(GR) Pinochle Night	22 8:00-10:00(GR) Breakfast 2:00(AR) RSVP: DIY Winter Wreath w/ Yussel 3:30(YS) Chair Pilates 6:00(CR) Pro Poker	23 8:00-10:00(GR) Breakfast 9:30(YS) Advance Strength & Stretch 10:30(YS) BeMoved Dance 1:00(MT) Guided Meditation 3:30(GR) Wine & Cheese Wednesday	24 	25 8:00-10:00(GR) Breakfast 12:00 - 4:00(GR) Board Game Afternoon 6:00 Evening Coffee & Conversation	26 8:00-10:00(GR) Breakfast 10:00(LL) Walking Group 12:00(GR) Ladies' Afternoon Chats 1:00(MT) Resident Choice Movie 4:00(LL) Afternoon Trivia
27 10:00(LL) Walking Group 11:00(GR) Men's Morning Mtg 3:00(MT) Netflix Documentary: The movies that made us Die Hard 4:00 (MT) Hope and Prophecy Candle	28 8:00-10:00(GR) Breakfast 9:30(YS) Advance Strength & Stretch 2:00(MT) Current Events 6:30(GR) Pinochle Night	29 8:00-10:00(GR) Breakfast 1:00(CR) Music Wellness 3:30(YS) Chair Pilates 6:00(CR) Pro Poker	30 8:00-10:00(GR) Breakfast 9:30(YS) Advance Strength & Stretch 10:30(YS) BeMoved Dance 1:00(MT) Guided Meditation 3:30(GR) Wine & Cheese Wednesday			(AR) Activity Room (CR) Club Room (GR) Great Room (LL) Lobby (MT) Movie Theater (YS) Yoga Studio

EVENTS

Book Presentation: The Ultimate Courage
 Join us for an evening with Robert S. Ross, as he reads from and discusses his latest novel *Ultimate Courage*, an amazing story of a family's courage through WWII, the Holocaust, and the years that follow.

Avidors' Thanksgiving Around the World: Potluck
 Bring your favorite dish from your country *or* favorite country you've visited to share and discover other international foods.

Music Wellness
 Do you love music? Could you use some joy and connection in your life? Come to our monthly music therapy group where we will spend time together in the music.
No music background required.