

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 Continental Breakfast 10:00 Circuit Training 12:30 Mahjong 3:00 Card Club	2 8:00 Continental Breakfast 10:00 Exercise w/Michelle 3:00 Mex Train Dominoes 4:30 Seated Exercise 6:30 Card Making Class	3 8:00 Continental Breakfast 10:00 Exercise w/Michelle 1:00 Lecture Series 3:00 Wine Wednesday	4 8:00 Continental Breakfast 10:00 Strength Training On-Demand 11a – 9p Autumn Festival 2:00 Card Making Class 4:30 Seated Exercise	5 8:00 Continental Breakfast 10:00 Tai Chi 11a – 9p Autumn Festival 12:30 Bridge Club 3:00 Happy Hour 6:00 Movie Night	6 8:00 Continental Breakfast 9:00 Resident Choice Spiro100 9a – 7p Autumn Festival TBA Neb v Ohio ST 2:00 Cards 6:00 Game Night
7 10:00 Walking Group 10a – 5p Autumn Festival 1:00 Netflix Movie 3:00 Shuffleboard 4:00 Poker	8 8:00 Continental Breakfast 10:00 Circuit Training 12:30 Mahjong 3:00 Card Club	9 8:00 Continental Breakfast 10:00 Exercise w/Michelle 3:00 Mex Train Dominoes 2:00 Chair Massages 4:30 Seated Exercise	10 8:00 Continental Breakfast 10:00 Exercise w/Michelle 1:00 Lecture Series 3:00 Wine Wednesday	Veterans Day 11 8:00 Continental Breakfast 10:00 Strength Training On-Demand 1:00 Cooking Class 2:00 Craft Group 4:30 Seated Exercise	12 8:00 Continental Breakfast 10:00 Tai Chi 12:30 Bridge Club 2:00 Chair Massages 5:00 Happy Hour – Blues Agent 7:00 Movie Night	13 8:00 Continental Breakfast 9:00 Resident Choice Spiro100 2:00 Cards 6:00 Game Night
14 10:00 Walking Group 1:00 Netflix Movie 1:00 Friendsgiving 3:00 Shuffleboard 4:00 Poker	15 8:00 Continental Breakfast 10:00 Circuit Training 12:30 Mahjong 3:00 Card Club	16 8:00 Continental Breakfast 10:00 Exercise w/Michelle 3:00 Mex Train Dominoes 4:30 Seated Exercise	17 8:00 Continental Breakfast 10:00 Exercise w/Michelle 1:00 Lecture Series 3:00 Wine Wednesday 4:30 Drinks & Dinner @ The Alpine Inn	18 8:00 Continental Breakfast 10:00 Strength Training On-Demand 2:00 Craft Group 4:30 Seated Exercise	19 8:00 Continental Breakfast 10:00 Tai Chi 12:30 Bridge Club 3:00 Happy Hour 6:00 Movie Night	20 8:00 Continental Breakfast 9:00 Resident Choice Spiro100 TBA Neb v Wisconsin 2:00 Cards 6:00 Game Night
21 10:00 Walking Group 1:00 Netflix Movie 3:00 Shuffleboard 4:00 Poker	22 8:00 Continental Breakfast 10:00 Circuit Training 12:30 Mahjong 3:00 Card Club	23 8:00 Continental Breakfast 10:00 Exercise w/Michelle 11:00 Fitness Orientation 3:00 Mex Train Dominoes 4:30 Seated Exercise	24 8:00 Continental Breakfast 10:00 Exercise w/Michelle 1:00 Lecture Series 3:00 Wine Wednesday	Happy Thanksgiving	26 8:00 Continental Breakfast 10:00 Tai Chi 12:30 Bridge Club 12:30 Neb v Iowa 3:00 Happy Hour 6:00 Movie Night	27 8:00 Continental Breakfast 9:00 Resident Choice Spiro100 2:00 Cards 6:00 Game Night
28 10:00 Walking Group 1:00 Netflix Movie 3:00 Shuffleboard 4:00 Poker Hanukkah Begins at Sundown	29 8:00 Continental Breakfast 10:00 Circuit Training 12:30 Mahjong 3:00 Card Club	30 8:00 Continental Breakfast 10:00 Exercise w/Michelle 1:00 Cooking Class 3:00 Mex Train Dominoes 4:30 Seated Exercise				

Ways to Wellness

- Physical
- Emotional
- Intellectual
- Spiritual
- Environmental
- Social
- Occupational

EVENTS

Autumn Festival
Arts & Craft Festival at Ralston Arena
Admission \$8 for Seniors
Thursday-Sunday

Friendsgiving
Residents gather and celebrate.
I will provide the turkeys. Please bring your favorite Thanksgiving dish to share.

Cooking Class
Crème de La 'crème cooking class.
Nov 11th & 30th. Space is limited, must RSVP to Jen by Nov 8th