

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Legend

(AR) Activity Room
(FR) Family Room
(LB) Lobby
(DR) Dining Room
(RR) Resource Room
(CH) Clubhouse
** Sign up at the front desk
= Birthday

Schedule is subject to change at any time so remember to check our daily activity schedule posted on the community board and elevators.



1
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Blackjack (FR)
1:30 Entertainment (LB)
"Matt Gurley"
3:15 Cribbage (FR)
6:30 Hand & Foot (FR)

2
10:00 Chapel Service (AR)
11:15 Blood Pressure Checks (RR)
2:00 Cookies & Socializing (LB)
2:00 Rummikub (FR)
4:00 Wii Bowling (FR)
6:30 Skip-Bo (FR)

3 Daylight Saving Time Ends
9:00 Morning Exercise (AR)
1:15 31 Card Game (FR) w/ Sylvia
4:45 Joyce Plays Piano (LB)
6:30 Hand & Foot (FR)
6:30 Movie & Popcorn (AR)

Fall Back
Set your clocks back one hour before bed on Sunday, 11/3/24

Seahawks vs Rams @ 1:25 pm (FR)

4
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Wii Bowling (FR)
12:30—4 Bridge Group (AR)
2:15 Ice Cream Social (LB)
2:30 Rummikub (FR)
3:30 Walking Group (LB)
4:00 Life History Group (FR)
6:30 Hand & Foot (FR)

Carol F

5 Election Day
9:00 Walmart Shopping**
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Catholic Communion
1-3 Family Room Reserved
1:30 Mexican Train Dominoes (AR)
3:30 Kickball (AR)
4:15 Skip-Bo (FR)
6:30 Bingo (AR)

Connie C

6
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
9:30 Band Concert**
1:30 3-13 Card Game (FR)
2:00 Resident Council Meeting (AR)
3:00 Blackjack (FR)
4:15 Scrabble (FR)
4:45 Sing Along w/ Joyce (LB)
6:30 Hand & Foot (FR)

7
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Bible Study (AR)
10:30 Capital Mall**
2:00 Jewelry Making (AR)
3:00 Memory Lane (FR)
4:00 Horse Racing (AR)
6:30 Bingo (AR)

8
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Blackjack (FR)
2:00 Entertainment (LB)
"Robin Todd"
3:15 Cribbage (FR)
3:30 Scrabble (FR)
6:30 Hand & Foot (FR)

Sandy B

9
10:00 Chapel Service (AR)
11:15 Blood Pressure Checks (RR)
2:00 Cookies & Socializing (LB)
2:00 Rummikub (FR)
4:00 Wii Bowling (FR)
6:30 Skip-Bo (FR)

10
9:00 Morning Exercise (AR)
1:15 31 Card Game (FR) w/ Sylvia
4:45 Joyce Plays Piano (LB)
6:30 Hand & Foot (FR)
6:30 Movie & Popcorn (AR)

Joyce E

11 Veteran's Day
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Wii Bowling (FR)
12:30—4 Bridge Group (AR)
2:15 Ice Cream Social (LB)
2:30 Rummikub (FR)
3:30 Walking Group (LB)
4:00 Life History Group (FR)
6:30 Hand & Foot (FR)

18
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Wii Bowling (FR)
12:30—4 Bridge Group (AR)
2:15 Ice Cream Social (LB)
2:30 Rummikub (FR)
3:30 Walking Group (LB)
4:00 Life History Group (FR)
6:30 Hand & Foot (FR)

25
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Wii Bowling (FR)
12:30—4 Bridge Group (AR)
2:15 Ice Cream Social (LB)
2:30 Rummikub (FR)
3:30 Walking Group (LB)
4:00 Life History Group (FR)
6:30 Hand & Foot (FR)

Patsy O

12
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
9:30 Red Wind Casino**
10:00 Catholic Communion
1:30 Mexican Train Dominoes (FR)
3:30 Kickball (AR)
4:15 Skip-Bo (FR)
6:30 Bingo (AR)

19
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Catholic Communion
1:30 Mexican Train Dominoes (FR)
2:00 Entertainment (LB)
"Shelltown Strummers"
3:30 Kickball (AR)
4:15 Skip-Bo (FR)
6:30 Bingo (AR)

26
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Catholic Communion
1:30 Mexican Train Dominoes (FR)
2:00 Scenic Drive**
3:30 Kickball (AR)
4:15 Skip-Bo (FR)
6:30 Bingo (AR)

13
9:00 Sit & Be Fit (FR)
9:00 Morning Exercise (A R)
9:00 Water Aerobics (CH)
1:30 3-13 Card Game (FR)
10:00 Governor's Mansion**
4:15 Scrabble (FR)
4:45 Sing Along w/ Joyce (LB)
6:30 Hand & Foot (FR)

20
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
1:30 3-13 Card Game (FR)
11:00 Out to Lunch**
2:00 Chair Yoga (AR)
3:00 Blackjack (FR)
4:15 Scrabble (FR)
4:45 Sing Along w/ Joyce (LB)
6:30 Hand & Foot (FR)

27
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
1:30 3-13 Card Game (FR)
2:00 Chair Yoga (AR)
3:00 Residents Birthday Party (AR)
4:15 Scrabble (FR)
4:45 Sing Along w/ Joyce (LB)
6:30 Hand & Foot (FR)

14
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Bible Study (AR)
1:30 Craft Class (AR)**
3:00 Senior Services (AR) Presentation
4:00 Horse Racing (AR)
6:30 Bingo (AR)

21
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Bible Study (AR)
2:00 Card Making w/ Linda (AR)
3:00 Memory Lane (FR)
4:00 Horse Racing (AR)
6:30 Bingo (AR)

28 Happy Thanksgiving!



**No Transportation
No Housekeeping**

15
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Blackjack (FR)
2:00 Entertainment (LB)
"Charlie Brown"
3:15 Cribbage (FR)
3:30 Scrabble (FR)
6:30 Hand & Foot (FR)

22
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Blackjack (FR)
3:00 Happy Hour
3:15 Cribbage (FR)
3:30 Scrabble (FR)
6:30 Hand & Foot (FR)

29
9:00 Sit & Be Fit (FR)
9:00 Water Aerobics (CH)
9:00 Morning Exercise (AR)
10:00 Blackjack (FR)
2:00 Entertainment (LB)
"Joe Lawn"
3:15 Cribbage (FR)
3:30 Scrabble (FR)
6:30 Hand & Foot (FR)

16
10:00 Chapel Service (AR)
11:15 Blood Pressure Checks (RR)
2:00 Cookies & Socializing (LB)
2:00 Rummikub (FR)
4:00 Wii Bowling (FR)
6:30 Skip-Bo (FR)

23
10:00 Chapel Service (AR)
11:15 Blood Pressure Checks (RR)
2:00 Cookies & Socializing (LB)
2:00 Rummikub (FR)
4:00 Wii Bowling (FR)
6:30 Skip-Bo (FR)

30
10:00 Chapel Service (AR)
11:15 Blood Pressure Checks (RR)
2:00 Cookies & Socializing (LB)
2:00 Rummikub (FR)
4:00 Wii Bowling (FR)
6:30 Skip-Bo (FR)