


























Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>NOVEMBER 2024</b>						
 Worry Less. <i>LIVE MOTZEL!</i>	<b>COLOR KEY</b> PHYSICAL                      SOCIAL INTELLECTUAL                SPIRITUAL HEALTH SERVICES VOCATIONAL                EMOTIONAL ENVIRONMENTAL  TOUCHTOWN CHANNEL 591 ALL PROGRAMS ARE SUBJECT TO CHANGE. CHECK YOUR CISCO PHONE FOR DAILY UPDATES	  	<b>ROOM REFERENCE:</b> ACR Arts & Crafts    L Lounge CA Clark Auditorium    LI Library CL Clinic                LMR Lounge Meeting CR Conference        MLR Mailroom DR Dining Room        MVR Motor Vehicle FC Fitness Center        PDR Private Dining FL Front Lobby        SA Sports Area HC Health Center        PP Polly's Pool	<b>SHOPPING TRIPS:</b> <b>Fridays</b> 9:30 Brick SHOP RITE & TARGET 9:30 Local BANKS 1:00 STOP & SHOP, Walgreens *Please sign up in the ACR book  <b>**PLEASE NOTE</b> on 11/29/24 there will be one trip out to Stop & Shop at 9:30 am ONLY. Banks are on their regular 9:30am schedule	<b>1</b> 9:00 Tone it Up, CA 9:00 & 11:30 Wii Bowling, FC 10:30 Aqua Balance, PP 12:30 Veterans Pizza Party, CA 1:00 Sit & Fit, FC 6:00 Shabbat Service, ch138 JBS 6:30 Pinochle, LMR 	<b>2</b> 10:00 Seated Yoga, 591 10:30 Bocce, SA 1:00 Book Discussion, ACR 7:00 Movie <i>The Menendez Brothers</i> ACR 8:00 Meditation video, 591  <b>*SET YOUR CLOCK BACK ONE            HOUR BEFORE BED</b> 
<b>3 DAYLIGHT SAVING ENDS</b>  TRANSPORTATION TO CHURCH SIGN UP IN THE ACTIVITY BOOK 9:15 St. Lukes Church, Bus 10:00 Stream Catholic Mass, CA 10:00 Posture Class 591 11:00 How Great Hymns 591 3:00 F Miller Lecture-N-Song, CA 8:00 Meditation Video, 591 	<b>4</b> 9:00 Tone It Up, CA 10:00 Jewelry SALE, FL 10:30 Pool Class, PP 11:15 Stretch & Strength, FC 1:00 Sit & Fit, CA 2:00 Sept/Oct/Nov Bday, CA 6:30 Poker, Library (LI) 6:45 Rosary, ACR	<b>5 PRESIDENTIAL ELECTION</b> 6am-8pm Polls open, CA 9:00 Balance & Posture, FC 9:30 Walking Group, FL 10:00 Knit/Social Club, ACR 10:30 Open Gym Time, FC 10:30 Wii Bowling, FC 11:15 Chorus Rehearsal, ACR 1:00 Seated Strength, FC 6:30 Poker, LMR	<b>6</b> 8:00 Bus departs for Lancaster, PA 9:00 Stretch, Relax, Renew, CA 9:45 Meditation, LMR 10:30 Pool Class, PP 1:00 Core Crunch, CA 2:00 Chair Volleyball, CA 	<b>7</b> 9:00 Balance Class, CA 9:30 Walking Group, FL 10:30 Open Gym Time, FC 1:00 Seated Strength, CA 2:00 Wii Bowling, FC 3:00 Rev Correnti Piano Concert CA 6:30 Poker, LMR 4:00 Home from Lancaster, PA 	<b>8</b> 9:00 Tone it Up, CA 9:00 & 11:30 Wii Bowling, FC 10:30 Aqua Balance, PP 1:00 Sit & Fit, CA 1-3:00 Sip & Paint, ACR 2:00 Chair Volleyball, CA 6:00 Shabbat Service, ch138 JBS 6:30 Pinochle, LMR 	<b>9</b> 10:00 Seated Yoga, 591 10:30 Bocce, SA 2:00 Movie <i>Young Victorian</i> , ACR 7:00 Movie <i>Young Victorian</i> , ACR 8:00 Meditation video, 591 
<b>10</b> TRANSPORTATION TO CHURCH SIGN UP IN THE ACTIVITY BOOK 9:15 St. Lukes Church, Bus 10:00 Stream Catholic Mass, CA 10:00 Posture Class 591 11:00 How Great Hymns 591 2:00 Opera dvd La Boheme, CA 8:00 Meditation Video, 591 	<b>11 VETERANS DAY</b> 9:00 Tone It Up, CA 10:30 Pool Class, PP 11:15 Stretch & Strength, FC 1:00 Sit & Fit, CA 2:00 Veterans Day Ceremony, CA 6:30 Poker, Library (LI) 6:45 Rosary, ACR 	<b>12</b> 9:00 Balance & Posture, FC 9:30 Walking Group, FL 10:00 Knit/Social Club, ACR 10:30 Open Gym Time, FC 10:30 Wii Bowling, FC 11:15 Chorus Rehearsal, CA 1:00 Seated Strength, CA 2:00 Urological Talk Dr Patel, CA 6:30 Poker, LMR 	<b>13</b> 9:00 Stretch, Relax, Renew, CA 9:45 Meditation, LMR 10:00 Marshalls/Home Goods, bus 10:30 Pool Class, PP 1:00 Core Crunch, FC 2:00 Root beer Float Social w/Gary Nokes, CA 	<b>14</b> 9:00 <u>NO</u> Balance Class 1:00 <u>NO</u> Seated Strength 2:00 Wii Bowling, FC 6:30 Poker, LMR	<b>15</b> 9:00 Tone it Up, CA 9:00 & 11:30 Wii Bowling, FC 10:30 Aqua Balance, PP 1:00 Sit & Fit, CA 2:00 Wine & Cheese Dance w/Zack Alexander, CA 6:00 Shabbat Service, ch138 JBS 6:30 Pinochle, LMR 	<b>16</b> 10:00 Seated Yoga, 591 10:30 Bocce, SA 2:00 Movie <i>In Good Company</i> , ACR 7:00 Movie <i>In Good Company</i> , ACR 8:00 Meditation video, 591 
<b>17</b> TRANSPORTATION TO CHURCH SIGN UP IN THE ACTIVITY BOOK 9:15 St. Lukes Church, Bus 10:00 Stream Catholic Mass, CA 10:00 Posture Class 591 11:00 How Great Hymns 591 1:00 OC Mall, bus 2:00 Pastor Kim – Methodist, ACR 8:00 Meditation Video, 591 	<b>18</b> 9:00 Tone It Up, CA 10:00 Jewelry SALE, FL 10:30 Pool Class, PP 11:00 Terone Jeweler, ACR 11:15 Stretch & Strength, FC 1:00 Sit & Fit, CA 2:00 Chair Volleyball, CA 6:30 Poker, Library (LI) 6:45 Rosary, ACR 	<b>19</b> 9:00 Balance & Posture, CA 9:30 Walking Group, FL 10:00 Knit/Social Club, ACR 10:30 Open Gym Time, FC 10:30 Wii Bowling, FC 11:15 Chorus Rehearsal, CA 1:00 Seated Strength, CA 2:00 Thanks for Giving Bingo, CA 6:30 Poker, LMR 	<b>20</b> 9:00 Stretch, Relax, Renew, CA 9:30 Emerys Farm Market, bus 9:45 Meditation, LMR 10:30 Pool Class, PP 1:00 Core Crunch, CA 2:00 The Joey Vincent Show, CA 3:00 Chess Club, LMR 	<b>21</b> 9:00 Balance Class, CA 1:00 Seated Strength, CA 2:00 Chair Volleyball, CA 2:00 Wii Bowling, FC 6:30 Poker, LMR	<b>22</b> 9:00 Tone it Up, CA 9:00 & 11:30 Wii Bowling, FC 10:30 Aqua Balance, PP 2:00 Turkey Trot, CA 1:00 Sit & Fit, CA 2:30 Sip & Savor Social, FL 6:00 Shabbat Service, ch138 JBS 6:30 Pinochle, LMR 	<b>23</b> 10:00 Seated Yoga, 591 10:30 Bocce, SA 2:00 Movie <i>Into the Fire The Lost            Daughter</i> , ACR 7:00 Movie <i>Into the Fire The Lost            Daughter</i> , ACR 8:00 Meditation video, 591 
<b>24</b> TRANSPORTATION TO CHURCH SIGN UP IN THE ACTIVITY BOOK 9:15 St. Lukes Church, Bus 10:00 Stream Catholic Mass, CA 10:00 Posture Class 591 11:00 How Great Hymns 591 8:00 Meditation Video, 591 	<b>25 International Hat Day</b> 9:00 Tone It Up, CA 10:30 Pool Class, PP 11:15 Stretch & Strength, FC 11:30 Lunch on Own, bus 1:00 Sit & Fit, CA 2:00 Chair Volleyball, CA 6:30 Poker, Library (LI) 7:00 Thanks & Giving Vesper Service, CA 	<b>26</b> 9:00 Balance & Posture, CA 9:30 Walking Group, FL 10:00 Knit/Social Club, ACR 10:30 Open Gym Time, FC 10:30 Wii Bowling, FC 11:15 Chorus Rehearsal, CA 1:00 Seated Strength, CA 2:30 Confessions, CR 3:00 Catholic Mass, CA 6:30 Poker, LMR	<b>27</b> 9:00 Stretch, Relax, Renew, CA 9:45 Meditation, LMR 10:30 Pool Class, PP 11:00 All Resident Meeting, CA 1:00 Core Crunch, CA 2:00 Chair Volleyball, CA	<b>28 THANKSGIVING DAY</b>  RESERVATIONS ARE REQUIRED IN THE DINING ROOM. SEATING TIMES: 12:00; 12:30; 2:00; 2:30 & 4:00pm  	<b>29</b> <b>9:30 Local Banks and Stop &amp; Shop ONLY</b> 9:00 Tone it Up, CA 9:00 & 11:30 Wii Bowling, FC 10:30 Aqua Balance, PP 1:00 Sit & Fit, CA 2:00 Chair Volleyball, CA 6:00 Shabbat Service, ch138 JBS 6:30 Pinochle, LMR	<b>30</b> 10:00 Seated Yoga, 591 10:30 Bocce, SA 2:00 Movie <i>The Wedding Planner</i> , ACR 7:00 Movie <i>The Wedding Planner</i> , ACR 8:00 Meditation video, 591 