

Sunday

Monday

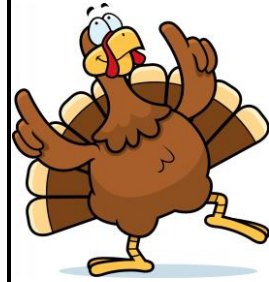
Tuesday

Wednesday

Thursday

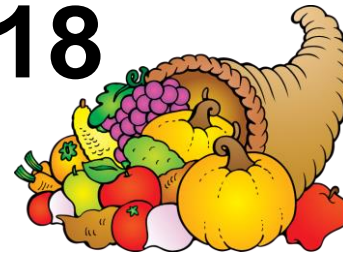
Friday

Saturday



# November 2018

## Wellness Calendar



<p>10am Personal Prayers LC 1pm-4pm Sunday Funday: Board Games and Cards V 2pm Homemade Air Freshener AS 7pm Mexican Train Dominoes AS</p> <p><b>The View Open 1pm-4pm</b></p>	<p><b>4</b> 10am Sitting Exercise FR 10:30am Trivia FR 2pm Bingo DR 3pm Jewelry Making – Napkin Holders AS 7pm Monday Night Movie: “Click” MT</p>	<p><b>5</b> 10am Nino Salvaggio 10am Drum Ball Beat FR 11:30am Better Balance FR 1pm Pinochle V 2pm Tech Help w/ Rae LL (sign-up with concierge prior to) 3pm Gentle Yoga FR 7pm Card Games in Café</p>	<p><b>6</b> 9am Veterans Appreciation Breakfast at AMVESTS Post 57 10am Dumbbell Upper Body Exercises FR 10:30am Bible Study w/ Pastor Adam* GR 12:15pm Trip to the Movies – A Star is Born 3pm Coupon Clipping for the Troops GR 7pm Puzzle Time GR <b>The View Open 3pm-6pm</b></p>	<p><b>7</b> 10am Target 10am Young at Heart FR 11:30am Arthritis Exercise FR 1:30pm Fall Prevention Workshop FR 2pm Book Club – Getting New Books! 3pm Knitting &amp; Crocheting AS 4pm Thursday Pub Trivia V <b>The View Open 3pm-7:30pm</b></p>	<p><b>1</b> 10am Sitting Exercise FR 10:30am Trivia FR 2pm Chocolate Confections AS 3pm Happy Hour V 7pm Movie &amp; Popcorn: “Message in a Bottle” MT <b>The View Open 3pm-7:30pm</b></p>	<p><b>2</b> 10am Classic Shows MT 1:30pm St. Margaret's Craft Show 2pm Bingo DR 3:30pm St. Lucy's Mass 4:15pm Our Lady of Hope Mass 7pm Yahtzee GR <b>The View Open 3pm-7:30pm</b></p>
<p>10am Personal Prayers LC 1pm-4pm Sunday Funday: Board Games and Cards V 2pm Honey Lip Exfoliator AS 7pm Mexican Train Dominoes AS</p> <p><b>The View Open 1pm-4pm Veteran's Day</b></p>	<p><b>11</b> 10am Casino Trip: MGM 2pm Bingo DR 2pm Belsono Hearing Services* AS 3pm Family Feud Game GR 7pm Monday Night Movie: “The Sound of Music” MT</p>	<p><b>12</b> 10am Trader Joes 10am Drum Ball Beat FR 11:30am Better Balance FR 1pm Pinochle V 2pm Miracle Physical Therapy Presentation &amp; Free Raffle* MT 3pm Gentle Yoga FR 3pm Rosary LC 7pm Card Games in Café</p>	<p><b>13</b> 10am Food Committee Meeting DR 10:30am Bible Study w/ Pastor Adam* GR 2pm Welcome Party &amp; Birthday Celebration w/ Magic Mike. DR 3pm Wii Bowling 7pm Puzzle Time GR <b>The View Open 3pm-6pm</b></p>	<p><b>14</b> 10am Salvation Army 10am Young at Heart FR 11:30am Arthritis Exercise FR 1:30pm Fall Prevention Workshop FR 1pm Something's Afoot – Murder Mystery Musical by The HOH Players 4pm Thursday Pub Trivia V 6:30pm Open Mic Night – GTKYN &amp; Singalong V <b>The View Open 3pm-7:30pm</b></p>	<p><b>8</b> 10am Sitting Exercise FR 10:30am Trivia FR 2pm Veterans Day Ceremony DR 3pm Happy Hour V 7pm Movie &amp; Popcorn: “Anna Karenina” MT <b>The View Open 3pm-7:30pm</b></p>	<p><b>9</b> 10am Calm Coloring &amp; Crosswords AS 2pm Bingo DR 3:30pm St. Lucy's Mass 4:15pm Our Lady of Hope Mass 7pm Scrabble GR <b>The View Open 3pm-7:30pm</b></p>
<p>10am Personal Prayers LC 1pm-4pm Sunday Funday: Board Games and Cards V 2pm Painting with Lacquer AS 7pm Mexican Train Dominoes AS</p> <p><b>The View Open 1pm-4pm</b></p>	<p><b>18</b> 10am Sitting Exercise FR 10:30am Trivia FR 2pm Bingo DR 3pm Jewelry Making – Button Necklaces AS 7pm Monday Night Movie: “Oceans Rising” MT</p>	<p><b>19</b> 10am Village Market 10am Drum Ball Beat FR 11:30am Better Balance FR 1pm Pinochle V 2pm Tech Help w/ Rae LL (sign-up with concierge prior to) 3pm Gentle Yoga FR 4:30pm-6pm Themed Dinner &amp; Music DR – Football Tailgate</p>	<p><b>20</b> 10am Dumbbell Upper Body Exercises FR 10:30am Bible Study w/ Pastor Adam* GR 2pm Catholic Mass w/ Father Jim* LC 3pm Progressive Relaxation MT 4pm Dinner Out: Luigi's 7pm Puzzle Time GR <b>The View Open 3pm-6pm</b></p>	<p><b>21</b> 10am Belle Isle Fall Leaves Tour &amp; Lunch at Sinbad's 10am Young at Heart FR 11:30am Arthritis Exercise FR 1:30pm Fall Prevention Workshop FR 2pm Chapel Service w/ Pastor Rolf* LC 3pm Book Club 4pm Thursday Pub Trivia V <b>The View Open 3pm-7:30pm</b></p>	<p><b>15</b> 10am Dollar Tree 10am Independent Exercise 2pm Cooking Group: Pumpkin Scones AS 3pm Happy Hour V 7pm Movie &amp; Popcorn: “The Flintstones” MT <b>The View Open 3pm-7:30pm</b></p>	<p><b>16</b> 10am Classic Shows MT 2pm Bingo DR 3pm Blind Taste Test w/ Raechel V 3:30pm St. Lucy's Mass 4:15pm Our Lady of Hope Mass 7pm Yahtzee GR <b>The View Open 3pm-7:30pm</b></p>
<p>10am Personal Prayers LC 1pm-4pm Sunday Funday: Board Games and Cards V 2pm Yarn Craft AS 7pm Mexican Train Dominoes AS</p> <p><b>The View Open 1pm-4pm</b></p>	<p><b>25</b> 10am Sitting Exercise FR 10:30am Trivia FR 2pm Bingo DR 3pm Resident Council Meeting DR 7pm Monday Night Movie: “Play Date” MT</p>	<p><b>22</b> 9am 92nd annual Macy's Thanksgiving Day Parade on NBC in Café/GR 10am Independent Exercise FR 2pm Knitting &amp; Crocheting AS 3pm Giving Thanks - Words of Appreciation AS <b>The View Closed Today Thanksgiving</b></p>	<p><b>23</b> 10am Sitting Exercise FR 10:30am Trivia FR 2pm Card Bingo V 3pm Happy Hour V 7pm Movie &amp; Popcorn: “I Love You, Man” MT <b>The View Open 3pm-7:30pm</b></p>	<p><b>24</b> 10am Calm Coloring &amp; Crosswords AS 2pm Bingo DR 3:30pm St. Lucy's Mass 4:15pm Our Lady of Hope Mass 7pm Scrabble GR <b>The View Open 3pm-7:30pm</b></p>	<p><b>17</b> 10am Classic Shows MT 2pm Bingo DR 3pm Blind Taste Test w/ Raechel V 3:30pm St. Lucy's Mass 4:15pm Our Lady of Hope Mass 7pm Yahtzee GR <b>The View Open 3pm-7:30pm</b></p>	<p><b>24</b> 10am Calm Coloring &amp; Crosswords AS 2pm Bingo DR 3:30pm St. Lucy's Mass 4:15pm Our Lady of Hope Mass 7pm Scrabble GR <b>The View Open 3pm-7:30pm</b></p>
<p>10am Personal Prayers LC 1pm-4pm Sunday Funday: Board Games and Cards V 2pm Yarn Craft AS 7pm Mexican Train Dominoes AS</p> <p><b>The View Open 1pm-4pm</b></p>	<p><b>26</b> 10am Sitting Exercise FR 10:30am Trivia FR 2pm Bingo DR 3pm Resident Council Meeting DR 7pm Monday Night Movie: “Play Date” MT</p>	<p><b>27</b> 10am Kroger 10am Spiritual Music w/ Christine* DR 10am Drum Ball Beat FR 11:30am Better Balance FR 1pm Pinochle V 2pm Cooking Demo w/ Chef Sarah DR 3pm Gentle Yoga FR 3pm Rosary LC 7pm Card Games in Café</p>	<p><b>28</b> 10am Chair Dancing FR 10:30am Bible Study w/ Pastor Adam* GR 10:30am Trip to Frankenmuth Lunch at Zehnder's Restaurant &amp; Shopping at Bronners Christmas Wonderland 7pm Puzzle Time GR <b>The View Open 3pm-6pm</b></p>	<p><b>29</b> 10am Meijer 10am Young at Heart FR 11:30am Arthritis Exercise FR 1:30pm Fall Prevention Workshop FR 2pm Lakeshore's Resident Art Show GR &amp; Café 4pm Thursday Pub Trivia V <b>The View Open 3pm-7:30pm</b></p>	<p><b>30</b> 10am Sitting Exercise FR 10:30am Trivia FR 11am Sunshine Visits 2pm Cooking: Homemade Healthy Snacks AS 3pm Happy Hour V 7pm Movie &amp; Popcorn: “The Lake House” MT <b>The View Open 3pm-7:30pm</b></p>	<p><b>Key for Rooms:</b> LC = Lakeshore Chapel MT = Movie Theater GR = Game Room AS = Art Studio LL = Lakeshore Library V = The View FR = Fitness Room DR = Dining Room RED = BUS TRIP BLUE = Fitness Classes</p>

