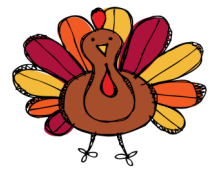




November 2022

Activity Calendar



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		8:30 - Yoga w/ Lee 1 9:30 - Low Impact Cardio 10:30 - Veterans Club 10:00 - 11:00 - BP checks 1:00 - Happy Stitchers 1:30 - Wii Bowling 2:30 - Wii Bowling 4:00 - Water Walking	9:00 - Water Aerobics 2 9:30 - Morning Stretch 9:30 - Origin Bank 10:00 - Water Aerobics 10:30 - Virtual Tour of Austria and the Alps 2:00 - Fact or Crap Trivia	9:30 - Low Impact Cardio 3 10:00 - Trip to Mistletoe Market 10:30 - Christmas Concert Rehearsal (Activity Room) 2:30 - Madison Library Digital Literacy Program: Internet Basics 4:00 - Water Walking	4 9:00 - Water Walking 9:30 - Morning Stretch 10:00 - Water Aerobics 11:00 - Lunch Bunch @ Yia Yia's Greek Restaurant 2:30 - Darts 4:00 - Happy Hour 6:30 - Bingo	5 4:00 Water Walking
6 10:30 Protestant Service	7 9:00 - Water Walking 9:30 - Morning Stretch 10:00 - Water Walking 10:30 - Christmas Concert Rehearsal (Chapel) 1:30 - Resident Council Semi Annual Meeting / Coffee with Lisa 3:00 - Croquet	8 8:30 - Yoga w/ Lee 8:30 - Trip to the Voting Polls 9:30 - Low Impact Cardio 10:00 - 11:00 - BP checks 10:30 - Yoga DVD 1:00 - Happy Stitchers 1:30 - Wii Bowling 2:30 - Wii Bowling 2:30 - Trip to the Voting Polls 4:00 - Water Walking 5:00 - Dinner Out @ Enzo	9 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Walking 10:30 - Virtual Tour of Austria & the Alps 1:00 - Hope Carr Watercolor Paint Class	10 9:30 - Low Impact Cardio 10:30 - Christmas Concert Rehearsal (Activity Room) 1:00 - History Club (David Vanlandingham) 2:30 - Ladder Ball 4:00 - Water Walking	11 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Veterans Day Program 1:00 - \$1 Bridge Game 2:30 - Darts 4:00 - Happy Hour 6:30 - Bingo	12 4:00 Water Walking
13 10:30 Protestant Service	14 9:00 - Water Walking 9:30 - Morning Stretch 10:00 - Water Walking 10:30 - Activity Committee Meeting (Dogwood Room) 10:30 - Christmas Concert Rehearsal (Activity Room) 1:00 - SCV Financial Review w/Scott Kersh 3:00 - Croquet	15 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio 10:00 - 11:00 - BP checks 10:00 - Trip to McNeely's Plastics 10:30 - Yoga DVD 1:00 - Happy Stitchers 1:30 - Wii Bowling 2:30 - Wii Bowling 4:00 - Water Walking	16 9:00 - Water Aerobics 9:00 - 12:00 - Craft Fair (Activity Room) 9:30 - Origin Bank 10:00 - Water Walking 2:00 - Gratitude Group (Activity Room)	17 9:30 - Low Impact Cardio 10:30 - Christmas Concert Rehearsal (Activity Room) 2:30 - Madison Library Literacy Program: Cyber Security	18 8:30 - Tablescapes Set - up 9:00 - Water Aerobics 10:00 - Water Aerobics 10:00 - Thankful Christmas at First Baptist Jackson 11:00 - Tablescapes Viewing for Residents 2:00 - Tablescapes Event 2:30 - Darts 4:00 - Happy Hour 6:30 - Bingo	19 4:00 Water Walking
20 10:30 Protestant Service	21 9:00 - Water Walking 9:30 - Morning Stretch 10:00 - Water Walking 10:30 - Christmas Concert Rehearsal (Activity Room) 1:00 - Movie Matinee: Jack and Jill 3:00 - Croquet 4:00 - Current Events Meeting	22 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio 10:00 - 11:00 - BP checks 10:30 - Yoga DVD 1:00 - Happy Stitchers 1:30 - Wii Bowling 2:30 - Wii Bowling 4:00 - Water Walking	23 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Walking 10:30 - Virtual Tour of Austria & the Alps	24 NO Activities 	25 NO Activities Enjoy your Holiday!	26 4:00 Water Walking
27 10:30 Protestant Service	28 9:00 - Water Walking 9:30 - Morning Stretch 10:00 - Water Walking 10:30 - Christmas Concert Rehearsal (Activity Room) 1:30 - Resident and Food Service Chili Cookoff 3:00 - Croquet	29 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio 10:00 - 11:00 - BP checks 10:30 - Yoga DVD 1:00 - Happy Stitchers 1:30 - Wii Bowling 2:30 - Wii Bowling 4:00 - Water Walking	30 9:00 - Water Aerobics 9:30 - Apple Cider Social 10:00 - Water Walking 1:00 - Hope Carr Watercolor Paint Class	Church Services Catholic Service: Monday - Friday 8:30am/Sunday 9:00am (Chapel) United Methodist Service: Every Tuesday 4:00pm (Chapel) Episcopal Service: Every Wednesday 4:00pm (Chapel) Protestant Service: Every Sunday 10:30am (Activity Room)		