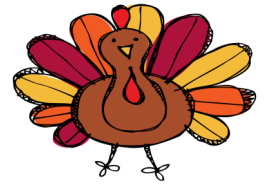


November 2024

Activity Calendar



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Church Services Catholic Service: Monday - Friday @ 8:30am / Sunday @ 9:00am (Chapel) United Methodist Service: Tuesdays @ 4:00pm (Chapel) Episcopal Service: Every Wednesday @ 4:00pm (Chapel) Protestant Service: Every Sunday @10:30am (Activity Room)					1 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 11:00 - Lunch Bunch: Crab Seafood Shack 🍷 2:30 - Darts 4:00 - Happy Hour 6:30 - Bingo	2 4:00 Water Walking
3 10:30 Protestant Service 2:00 New Stage 	4 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - The Power of Positivity Presentation 2:30 - Resident Council Semi Annual Meeting 7:00 - Opera in the Chapel at St. Dominic 🎭	5 8:30 - Trip to the Voting Polls 🗳️ 9:30 - Low Impact Cardio w/ KLove 10:00 - 11:00 - BP checks 1:00 - Happy Stitchers 2:30 - Trip to the Voting Polls 🗳️ 3:00 - Men's Bible Study 4:00 - Water Walking	6 9:00 - Water Aerobics 9:30 - Morning Stretch 9:30 - Catholic Inquiry Class (Dogwood Room) 10:00 - Water Aerobics 10:00 - Origin Bank 10:30 - First Baptist Madison Performance 1:00 - Hand and Foot	7 9:30 - Low Impact Cardio w/ KLove 11:00 - Mistletoe Marketplace 🛍️ 4:00 - Water Walking 2:30 - Walt Grayson Film: Looking Around Mississippi - Part 3	8 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 2:30 - Darts 4:00 - Happy Hour 6:30 - Bingo	9 4:00 Water Walking
10 10:30 Protestant Service 3:00 Symphony 	11 9:00 - Water Aerobics Morning Stretch Cancelled 10:00 - Water Aerobics 10:30 - Veterans Day Program 1:00- Movie Matinee - Midway 	12 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio w/ KLove 10:00 - Memory Writing Group 10:00 - 11:00 - BP checks 1:00 - Happy Stitchers 2:00 - Gardening with Fielder Rushing 4:00 - Water Walking 5:00 - Dinner Out: Mayflower	13 9:00 - Water Aerobics 9:30 - Morning Stretch 9:30 - Catholic Inquiry Class (Dogwood Room) 10:00 - Water Aerobics 11:30 - 1:00 - HAPS Meeting (non-resident activity) 11:00 - 1:00 - Honey for Sale 1:00 - Hand and Foot	14 9:30 - Low Impact Cardio w/ KLove 10:30 - Rehab Screening 1:00 - History Club 2:30 - Rehab Screening 4:00 - Water Walking	15 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - \$1 Bridge Game 2:30 - Darts 4:00 - Happy Hour 6:30 - Bingo	16 4:00 Water Walking 7:30 Symphony
17 10:30 Protestant Service	18 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Activity Committee Meeting 1:00 - Movie Matinee: An Unfinished Life	19 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio w/ KLove 10:00 - 11:00 - BP checks 10:30 - Financial Wellness Presentation 1:00 - Happy Stitchers 3:00 - Men's Bible Study 4:00 - Water Walking	20 9:00 - Water Aerobics 9:30 - Morning Stretch 9:30 - Catholic Inquiry Class (Dogwood Room) Last Class 10:00 - Origin Bank 10:00 - Water Aerobics 10:30 - Gratitude Group 1:00 - Hand and Foot	21 9:30 - Low Impact Cardio w/ KLove 10:30 - Apple Cider Social 2:00 - Mingle w/ Chef Michael 4:00 - Current Eventz 4:00 - Water Walking	22 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 2:00- Tablescapes 2:30 - Darts 4:00 - Happy Hour 6:30 - Bingo	23 4:00 Water Walking
24 10:30 Protestant Service	25 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: A Family Thanksgiving	26 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio w/ KLove 10:00 - 11:00 - BP checks 1:00 - Happy Stitchers 2:30 - Song Birds Music Program 4:00 - Water Walking	27 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Virtual Tour of Italy's Countryside 1:00 - Hand and Foot	28 NO ACTIVITIES 	29 9:00 - Water Aerobics 10:00 - Water Aerobics NO DARTS 4:00 - Happy Hour 6:30 - Bingo Activity Coordinators OFF No Morning Stretch	30 4:00 Water Walking
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