

November Garden Level Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:45 Exercise with Annette 2:30 Qi Gong	2 10:30 Qi Gong 1:00 Word Warp 2:30 Documentary DVD	3 9:45 Exercise with Annette 10:30 Resident Support Group - CH 1:00 Bingo 1:30 Spanish Speaking Group - AR 2:30 Qi Gong	4 10:30 Qi Gong 1:00 Password Game 2:30 Let's Move 6:00 Movie	5 9:45 Exercise with Annette 1:00 Word Warp 4:00 Special Happy Hour Celebration—OR	6 10:30 Qi Gong 1:00 Bingo 4:00 Catholic Mass - OR 6:00 Movie
7 1:30 Zumba Exercise- OR	8 9:45 Exercise with Annette 1:00 Bingo 2:30 Qi Gong	9 10:30 Qi Gong 1:00 Password Game 1:30 Book Mobile (outside of Of lobby) 2:30 Documentary DVD 6:00 Movie	10 9:45 Exercise with Annette 10:30 Resident Support Group - CH 1:00 Bingo 1:30 Spanish Speaking Group AR 2:00 Hearing Aid Check—WC 2:30 Qi Gong	11 Happy Veterans Day! 10:30 Qi Gong 1:00 Sharing Memories with Fran 2:30 PBS Documentary 6:00 Movie	12 9:45 Exercise with Annette 1:00 Word Warp 2:30 Qi Gong	13 10:00 David Field Performs 1:00 Bingo 4:00 Catholic Mass - OR 6:00 Movie
14 1:30 Episcopal Service – CH 1:30 Zumba Exercise- OR	15 9:45 Exercise with Annette 1:00 Bingo 2:30 Qi Gong	16 10:30 Qi Gong 1:00 Password Game 2:30 Documentary DVD 6:00 Movie	17 9:45 Exercise with Annette 10:30 Resident Support Group - CH 1:00 Bingo 1:30 Beading with Marcia - AR 1:30 Spanish Speaking Group - CH 2:30 Qi Gong	18 10:30 Qi Gong 1:00 Fall Art Project 6:00 Movie	19 9:45 Exercise with Annette 1:00 Word Warp 2:30 Qi Gong	20 10:30 Qi Gong 1:00 Bingo 4:00 Catholic Mass - OR 6:00 Movie
21 1:30 Zumba Exercise- OR	22 9:45 Exercise with Annette 1:00 Bingo 2:30 Qi Gong	23 10:30 Qi Gong 1:00 Password Game 2:30 Documentary DVD 1:30 Book Mobile (outside of Of lobby) 6:00 Movie	24 9:45 Exercise with Annette 10:30 Resident Support Group - CH 1:00 Bingo 1:30 Spanish Speaking Group - AR 2:30 Qi Gong	25 Happy Thanksgiving! 10:30 Qi Gong 2:00 Thanksgiving Movie 6:00 Movie	26 9:45 Exercise with Annette 1:00 Word Warp 2:30 Qi Gong	27 10:30 Qi Gong 1:00 Bingo 4:00 Catholic Mass - OR 6:00 Movie
28 1:30 Zumba Exercise - OR	29 9:45 Exercise with Annette 1:00 Bingo 2:30 Qi Gong	30 10:00 Conversations 1:00 Password Game 2:30 Documentary DVD 6:00 Movie		Hearing Aid Check Wed Nov. 10 2:00 PM Call (831)462-8260 To schedule Wellness Center Across from D204	Oaks Room - OR Acorn Room - AR Sign up Required (in Red) Chapel - CH Wellness Center - WC Sports Courtyard –SC	All activities take place in Garden Level activity room unless otherwise noted.