

November Independent Community Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Hearing Aid Check Wed Nov. 10 2:00 PM Call (831)462-8260 To schedule in Wellness Center Across from D204</p>	<p>1 10:45 Exercise with Annette 1:00 Catholic Bible Study - CH 2:00 Meditation Group - AR 7:15 Movie</p>	<p>2 9:45 Exercise with Annette 10:45 Exercise with Annette 10:00 Mens Bible Study-CH 3:40 Rosary - CH</p>	<p>3 9:00 Shopping Whole Foods & Rite Aid 9:30 Yoga with Lisa 10:45 Exercise with Annette 10:30 Resident Support Group - CH 11:00 Table Tennis - TP 1:30 Spanish Speaking Group - AR 7:00 Bingo</p>	<p>4 9:00 Del Monte Shopping Trip 9:30 Qi Gong 10:30 Sharing Life Stories w/Fran 2:00 Painting Class</p>	<p>5 10:45 Exercise w/Annette 4:00 Special Happy Hour Celebration 7:15 Movie</p>	<p>6 10:15 Qi Gong 11:00 Great Courses DVD "The Symphony" 11:00 Table Tennis - TP 4:00 Catholic Mass 7:15 Movie</p>
<p>7 10:00 Documentary DVD 1:30 Zumba Exercise 1:30 Table Games - AR 7:15 Movie</p>	<p>8 10:45 Exercise with Annette 1:00 Catholic Bible Study - CH 2:00 Meditation Group - AR 7:15 Movie</p>	<p>9 9:45 Exercise with Annette 10:45 Exercise with Annette 10:00 Mens Bible Study-CH 1:30 Book Mobile (outside of Of lobby) 2:30 Bingo 3:40 Rosary - CH</p>	<p>10 9:00 Shopping Nob Hill & CVS 9:30 Yoga with Lisa 10:45 Exercise with Annette 10:30 Resident Support Group - CH 11:00 Table Tennis - TP 1:30 Spanish Speaking Group - AR 2:00 Pacific Harbor Travel Meeting 2:00 Hearing Aid Check - WC 7:00 Bingo</p>	<p>11 Happy Veterans Day! 10:30 Qi Gong 3:00 Word Warp 7:15 Movie</p>	<p>12 10:45 Exercise with Annette 3:00 Jewish Cultural Club 7:15 Movie</p>	<p>13 10:15 Qi Gong 11:00 Great Courses DVD "The Symphony" 11:00 Table Tennis - TP 4:00 Catholic Mass 7:15 Movie</p>
<p>14 10:00 Documentary DVD 1:30 Episcopal Service – CH 1:30 Zumba Exercise 1:30 Table Games - AR 7:15 Movie</p>	<p>15 10:45 Exercise with Annette 1:00 Catholic Bible Study - CH 2:00 Meditation Group 7:15 Movie</p>	<p>16 9:00 Shopping Luckys & Rite Aid 9:45 Exercise with Annette 10:45 Exercise with Annette 10:00 Mens Bible Study-CH 2:30 Bingo 3:40 Rosary - CH</p>	<p>17 9:30 Yoga with Lisa 10:45 Exercise with Annette 10:30 Resident Support Group - CH 11:00 Table Tennis - TP 1:30 Beading with Marcia - AR 1:30 Spanish Speaking Group - CH 3:00 Word Warp 7:00 Bingo</p>	<p>18 9:30 Qi Gong 10:00 Shopping Dollar Tree 10:30 Sharing Life Stories w/Fran 1:30 Shopping Capitola Mall 2:00 Painting Class</p>	<p>19 10:45 Exercise with Annette 3:00 Guest Speaker 7:15 Movie</p>	<p>20 10:15 Qi Gong 11:00 Great Courses DVD "The Symphony" 11:00 Table Tennis - TP 4:00 Catholic Mass 7:15 Movie</p>
<p>21 10:00 Documentary DVD 1:30 Zumba Exercise 1:30 Table Games - AR 7:15 Movie</p>	<p>22 10:45 Exercise with Annette 1:00 Catholic Bible Study - CH 2:00 Meditation Group 7:15 Movie</p>	<p>23 9:00 Shopping Trader Joe's & Bed Bath and Beyond 9:45 Exercise with Annette 10:45 Exercise with Annette 10:00 Mens Bible Study-CH 1:30 Book Mobile (outside of Of lobby) 3:40 Rosary - CH</p>	<p>24 9:30 Yoga with Lisa 10:45 Exercise with Annette 10:30 Resident Support Group - CH 11:00 Table Tennis - TP 1:30 Spanish Speaking Group - AR 2:00 Painting Class 7:00 Bingo</p>	<p>25 Happy Thanksgiving! 10:30 Qi Gong 2:00 PBS Documentary 7:15 Thanksgiving Movie</p>	<p>26 10:45 Exercise with Annette 1:30 Jewish Cultural Club 3:30 Word Warp 7:15 Movie</p>	<p>27 10:15 Qi Gong 11:00 Great Courses DVD "The Symphony" 11:00 Table Tennis - TP 4:00 Catholic Mass 7:15 Movie</p>
<p>28 10:00 Documentary DVD 1:30 Zumba Exercise 1:30 Table Games - AR 7:15 Movie</p>	<p>29 10:45 Exercise with Annette 1:00 Catholic Bible Study - CP 2:00 Meditation Group 7:15 Movie</p>	<p>30 9:00 Shopping Whole Foods & Rite Aid 9:45 Exercise with Annette 10:45 Exercise with Annette 10:00 Mens Bible Study-CH 2:30 Bingo 3:40 Rosary - CH 4:00 Conversations</p>		<p><u>Blood Pressure checks</u> staffed by Stacy Smith-Paynter, RN Tuesdays from 1 to 2 PM <u>Wellness Center</u> Across from D201</p>	<p>Oaks Room—OR Acorn Room - AR Chapel - CH Sign up at Activity Desk (in red) Thomas Patio - TP Sports Courtyard - SC Wellness Center - WC</p>	<p>Activities take place in Oaks Room unless otherwise noted.</p>