November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Melissa 793-1353 **Michelle 793-1340** **Wendy 793-1312**	**Dinner Menu for Nov. 13** **Side Salad w/Dressing** **Lazy Mans Stuffed Cabbage** (meat cooked w/bite size pieces of cabbage in a tomato sauce) **Mashed Potatoes** **Vegetable** **Rolls** **Dessert** **$11.00 + tax per person** Please RSVP by calling 793-1317 NO LATER THAN November 8 to avoid a late sign-up fee	**Please sign up for ALL trips/events (in RED) that you wish to attend to help us with planning.** **Calendar is subject to change…**	**IL Rec Dept. will be taking pictures throughout the month to display in the Wellness Center. Pictures, of various activities whether it be a craft or a fitness program or during an outing off of campus etc., will be taken.**		**1** **8:30-**Allegheny Crepes & Creamery for breakfast then Ollie's Store, etc. **9:15**-Chair Stretching (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00**-Water Volleyball **1:15**-Intro to Fitness Room **4:30**-Terrace Hour (Cafe) **6:00**-Card Club (Library)	**2** **NO Bingo today** **10:00**-Needlework (Great Room) **10:00**-Table Tennis, Darts and Shuffleboard (LGR) **3:00**-Card Club (LGR - NOTE THE LOCATION FOR TODAY)
3 **10:30**-Chapel Worship "Celebration of Life" Service (BMC) **3:00**-Card Club (Library)	**4** **9:15**-Silver Cardio OR Walking Program (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00**-Water Volleyball **12:45-**Birthday Party (by invitation ONLY) Cafe **1:00**-Bible Study (Library) **2:00**-Cognitive Fitness (Library) **6:00**-Card Club (Library)	**5** **9:30**-Giant Eagle **9:45**-Silver Toning (LGR) **1:15**-Yoga (LGR) **2:00-**Men's Snack & Pack - Moose Meat (Café) **3:00-**Water Volleyball Rules Meeting (Library) **7:00**-Vespers (BMC)	**6** **9:15-**Zumba Gold (LGR) **10:00**-Swing into Shape (LGR) **10:00-**Shopping at Big Lots & Lunch at Eat and Park then shopping at Village Closet on the way back home **10:30**-Water Arthritis (Pool) **11:00**-Water Volleyball **1:15**-Line Dancing (LGR) **2:00**-Book Club/Paula (2nd floor meeting room)	**7** **9:30**-Trip to Dollar General, Peach Hill Farm Market & Zimmerman's Bulk Store **9:45**-Silver Toning (LGR) **11:00**-Chats with Charlie (GCC) **1:00**-Scrabble (Player's Club) **1:15**-Senior Nutrition (Rec Room) Note the location **2:00**-Julie Nevel, Author, singer, songwriter, and Christian Music artist (GCC) **3:30**-Chapel Choir Practice (BMC)	**8** **9:15**-Chair Stretching (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00**-Water Volleyball **1:30-**Movie "Marley & Me" (GCC) **4:30**-Terrace Hour (Cafe) **6:00**-Card Club (Library) RSVP by calling 793-1317 before the end of today to avoid a late sign-up fee for the November Dinner which will be on Nov. 13	**9** **10:00**-Table Tennis, Darts and Shuffleboard (LGR) **10:00**-Needlework (Great Room) **2:00**-Bingo (Library) **3:00**-Card Club (Library)
10 **10:30**-Chapel Worship (BMC) **3:00**-Card Club (Library)	**11** **Veteran's Day** **9:15**-Silver Cardio OR Walking Program (LGR) **10:00**-Swing into Shape (LGR) **10:00-12:00-**All VETERANS stop by for a treat & coffee (Rec Room) **10:30**-Water Aerobics **11:00**-Water Volleyball **1:00**-Residents' Association Quarterly Meeting (GCC) **3:00-**Make your own Pizza (Rec Room) **6:00**-Card Club (Library)	**12** **9:30**-Wal-Mart **9:45**-Silver Toning (LGR) **1:15**-Yoga (LGR) **2:00-**Chatty Chicks Harvest Party – wear your fall colors (Café) **3:00**-Alzheimers Support Group (Club Room) **7:00**-Vespers (BMC)	**13** **World Kindness Day** **9:00-**Wake up with Wendy (Rec Room) **9:00-**Massages by Ashley (LMT) begin at 9:00 (room across from fitness room) **9:15**-Zumba Gold (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Arthritis (Pool) **10:30**-Blood Pressure Screening (Community Nursing Office) **11:00**-Water Volleyball **11:30-**"Dining for Dollars" at Traditions Restaurant **1:15**-Line Dancing (LGR) **2:00-** Turkey Craft (Rec Room) **4:30**-IL Dinner (Cafe)	**14** **9:45**-Silver Toning (LGR) **11:30-**Lunch outing at Athenion Cafe **1:00**-Scrabble (Player's Club) **1:15**-Senior Nutrition (Library) Note the location **2:00**-Lutheran Communion (BMC) **3:30**-Chapel Choir Practice (BMC)	**15** **9:15**-Chair Stretching (LGR) **10:00**-Swing into Shape (LGR) **10:00-**Trip to Zimmerman's Taxidermy Show Room **10:30**-Water Aerobics **11:00**-Water Volleyball **1:15**-Intro to Fitness Room **2:00-**Christmas Card Making (Rec Room) **4:30**-Terrace Hour (Cafe) **6:00**-Card Club (Library)	**16** **10:00**-Needlework (Great Room) **10:00**-Table Tennis, Darts and Shuffleboard (LGR) **2:00**-Bingo (Library) **3:00**-Card Club (Library)

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17 **10:30**-Chapel Worship (BMC) **3:00**-Card Club (Library)	**18** **9:15**-Silver Cardio OR Walking Program (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00**-Water Volleyball **1:00**-Bible Study (Library) **2:00**-Cognitive Fitness (Library) **3:00-**Hot Cider (Rec Room) **6:00**-Card Club (Library)	**19** **9:30**-Giant Eagle **9:45**-Silver Toning (LGR) **1:15**-Yoga (LGR) **2:00-**Flower arrangement demo by Pat Wolf (resident) – attendees have a chance to win it (Café) **7:00**-Vespers (BMC)	**20** **9:15**-Zumba Gold (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Arthritis (Pool) **11:00**-Water Volleyball **11:30-**Shopping at Sam's Club **12:30**-Blood Pressure Screening (Community Nursing Office) **1:15**-Line Dancing (LGR) **2:00**-Food Demo/Food Focus Group (Cafe) – NOTE THE CHANGE IN LOCATION FOR TODAY **5:45-**Grief Support Group (Library) **6:30**-"Swinging Squares" Square Dancers (GCC)	**21** **9:45**-Silver Toning (LGR) **11:00**-Chats with Charlie (GCC) **1:00**-Scrabble (Player's Club) **1:15**-Senior Nutrition (Rec Room) Note the location **2:30**-Thanksgiving Dessert Social (Library & Cafe) **3:00**-Catholic Mass (BMC) **3:45**-Chapel Choir Practice (BMC)	**22** **9:15**-Chair Stretching (LGR) **10:00**-Shopping at Logan Town Center **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00**-Water Volleyball **4:30**-Terrace Hour (Cafe) **6:00**-Card Club (Library) **6:30**-Cove Community Chorus Dress Rehearsal (Spring Cove Middle School)	**23** **10:00**-Table Tennis, Darts and Shuffleboard (LGR) **10:00**-Needlework (Great Room) **2:00** Bingo (Library) **3:00**-Card Club (Library)
24 **10:30**-Chapel Worship (BMC) **3:00**-Card Club (Library)	**25** Afternoon at the Movie Theater to see "A Beautiful Day in the Neighborhood" - departure time to be announced (Carmike 12) **9:00-**Pastries with Guys and Gals (Coffee Shop) **9:15**-Silver Cardio OR Walking Program (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Aerobics **11:00**-Water Volleyball **1:00**-Bible Study (Library) **2:00**-Cognitive Fitness (Library) **6:00**-Card Club (Library)	**26** **9:30**-Wal-Mart **9:45**-Silver Toning (LGR) **11:00**-Religious Life Committee Meeting (BMC) **1:15**-Yoga (LGR) **2:00**-Parkinson's Support Group w/Jody Hurley (Library) **2:00-**Make and take Turkey Cheeseball (Rec Room) **7:00**-Vespers (BMC)	**27** **9:00-**Wake up with Wendy (Rec Room) **9:00-**Massages by Ashley (LMT) begin at 9:00 (room across from fitness room) **9:15**-Zumba Gold (LGR) **10:00**-Swing into Shape (LGR) **10:30**-Water Arthritis (Pool) **11:00**-Water Volleyball **2:00**-Thanksgiving Worship Service (BMC) **3:00**-Circle of Friends "Count your blessings" (Rec Room)	**28** **Happy Thanksgiving!!!** **1:00**-Scrabble (Player's Club)	**29** **10:30**-Water Aerobics – stations on your own **11:00**-Water Volleyball "on your own" **4:30-**Terrace Hour (Cafe) **6:00**-Card Club (Library)	**30** **10:00**-Needlework (Great Room) **10:00**-Table Tennis, Darts and Shuffleboard (LGR) **2:00**-Bingo (Library) **3:00**-Card Club (Library)

Monday Quilting – all experienced quilters welcome (Quilting area on 2nd floor of Southview) – this is EVERY Monday