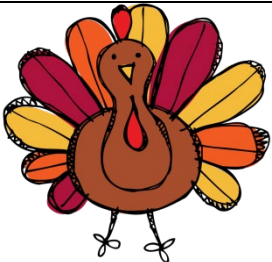






# Independent & Assisted Living Event Calendar **November 2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday To:</p>		<p>9:30 Chair Yoga with Jennifer <sup>1</sup></p> <p>2:30 <b>NETFLIX</b> Documentary:</p>	<p>9:30 Sit &amp; Fit <sup>2</sup></p> <p>10:00 Manor Mart open until 11:00</p> <p><b>2:30</b> Staff Meet and Greet, Resident Discussion and Bingo!</p>	<p>9:30 Chair Yoga with Jennifer <sup>3</sup></p> <p>10:00 Coffee and Conversation</p> <p><b>2:30 Autumn Charades and Apple Cider!</b></p>	<p>9:30 Sit and Fit <sup>4</sup></p> <p>11:00 Catholic Communion</p> <p><b>2:30</b> Grand Prize Bingo! King Size Candy Bars sponsored by the RCAC Kitchen!</p>	<p>9:30 Sit &amp; Fit <sup>5</sup></p> <p>2:00 Manor Mart open until 3:00</p> <p>2:30 Cards and Games on your own in the Cove</p>
<p>7:00 TV Mass Ch 14 <sup>6</sup></p> <p>10:00 TV Lutheran Church Ch. 7</p> <p>2:00 Movie In The Cove</p>	<p>9:30 Sit and Fit <sup>7</sup></p> <p><b>Manor Mart Open</b></p> <p><b>10:00-11:00</b></p>	<p>9:30 Chair Yoga with Jennifer <sup>8</sup></p> <p>2:30 Millie's Nail Oasis open until 4:00 </p>	<p>9:30 Sit and Fit <sup>9</sup></p> <p>10:00 Manor Mart open until 11:00</p> <p><b>2:30 Bingo Bash! Bingo Bucks!</b></p>	<p>9:30 Chair Yoga with Jennifer <sup>10</sup></p> <p>10:00 Coffee and Conversation</p> <p><b>2:30 November Fun Facts and Snack Table</b></p>	<p>Veterans Day <sup>11</sup></p> <p>9:30 Sit and Fit</p> <p>11:00 Catholic Communion</p> <p>2:30 Veteran's Day Program: Virtual Tour of Arlington National Cemetery and Awards Ceromy</p>	<p>9:30 Sit &amp; Fit <sup>12</sup></p> <p>2:00 Manor Mart open until 3:00</p> <p>2:30 Cards and Games on your own in the Cove</p>
<p>7:00 TV Mass Ch. 14 <sup>13</sup></p> <p>10:00 TV Lutheran Church Ch. 7</p> <p>2:00 Movie In The Cove</p>	<p>9:30 Sit and Fit <sup>14</sup></p> <p><b>Manor Mart Open</b></p> <p><b>10:00-11:00</b></p> <p>2:30 Cards &amp; Games</p>	<p>9:30 Chair Yoga with Jennifer <sup>15</sup></p> <p><b>2:30 November Birthday Party with Northern Comfort Band!</b></p>	<p>9:30 Sit &amp; Fit <sup>16</sup></p> <p>10:00 Manor Mart open until 11:00</p> <p>2:30 Bingo </p>	<p>9:30 Chair Yoga with Jennifer <sup>17</sup></p> <p>10:00 Coffee and Conversation</p> <p><b>2:30 Crafts n Creations: Thankful Turkey's</b></p>	<p>9:30 Sit and Fit <sup>18</sup></p> <p>11:00 Catholic Communion</p> <p>2:30 Friday Fun Flick with Popcorn: It's A Wonderful Life</p>	<p>9:30 Sit &amp; Fit <sup>19</sup></p> <p>2:00 Manor Mart open until 3:00</p> <p>2:30 Cards and Games on your own in the Cove</p>
<p>7:00 TV Mass Ch. 14 <sup>20</sup></p> <p>10:00 TV Lutheran Church Ch. 7</p> <p>2:00 Movie In The Cove</p>	<p>9:30 Sit and Fit <sup>21</sup></p> <p><b>Manor Mart Open</b></p> <p><b>10:00-11:00</b></p>	<p>9:30 Chair Yoga with Jennifer <sup>22</sup></p> <p>2:30 Millie's Nail Oasis open until 4:00 </p>	<p>9:30 Sit &amp; Fit <sup>23</sup></p> <p>10:00 Manor Mart open until 11:00</p> <p><b>2:30 Bingo Bash! Bingo Bucks!</b></p>	<p>Happy Thanksgiving <sup>24</sup></p> <p>8:00 Turkey Hunt</p> <p>9:30 Sit and Fit</p> <p>12:00 Thanksgiving Lunch?</p> <p>5:00 Special Dinner?</p>	<p>9:30 Sit and Fit <sup>25</sup></p> <p>11:00 Catholic Communion</p> <p><b>1:15 Live Music Performance by Peter Small!</b></p>	<p>9:30 Sit &amp; Fit <sup>26</sup></p> <p>2:00 Manor Mart open until 3:00</p> <p>2:30 Cards and Games on your own in the Cove</p>
<p>7:00 TV Mass Ch 14 <sup>27</sup></p> <p>10:00 TV Lutheran Church Ch</p> <p><b>2:30 Hootn' Annie String Band!</b></p>	<p>9:30 Sit and Fit <sup>28</sup></p> <p><b>Manor Mart Open</b></p> <p><b>10:00-11:00</b></p>	<p>9:30 Sit &amp; Fit <sup>29</sup></p> <p>2:30 <b>NETFLIX</b> Documentary:</p>	<p>9:30 Sit &amp; Fit <sup>30</sup></p> <p>10:00 Manor Mart open until 11:00</p> <p>2:30 Bingo </p>	<p><b>Staff Spotlight:</b></p>	<p><b>Silver Spotlight:</b></p>	<p><b>Turkey Hunt:</b></p> <p><b>Collect as many turkeys as you can and bring them to lunch the following day! The winner will receive a prize!</b></p>

