


# November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1</b>	<b>2</b>	<b>3</b> <i>Daylight Saving Time Ends</i>
<p><u><b>Doctors Making House Calls:</b></u></p> <p><i>Monday, Tuesday Wednesday, Friday</i></p>	<p><b>DR-</b> Medallion Dining (1st Floor) <b>DR3-</b> Magnolia Dining (3rd Floor) <b>WC-</b> Wellness Center (2nd Floor) <b>GR-</b> Game Room (1st Floor) <b>L2-</b> Library (2nd Floor) <b>OFC-</b> Outside Fitness Center (Lower Level) <b>BR-</b> Boardroom (Lower Level)</p>	<p><b>FL-</b> Fireside Lounge (1st Floor) <b>T-</b> Theater (4th Floor) <b>L-</b> Lobby (1st Floor) <b>FC-</b> Fitness Center (Lower Level) <b>C-</b> Café (1st Floor) <b>P-</b> Back Patio (1st Floor)</p>		<p><b>9:00</b> <b>Banks</b> <b>10:00</b> SS Stability and Balance w/ Nourma (FC) <b>11:00</b> Jewelry Making (BR) <b>11:30</b> <b>Lunch and Treats at Dairy Queen</b> <b>1:15</b> Living Well Exercise w/ Legacy (FC) <b>2:00</b> Bingo! (T) <b>2:30</b> Train Dominoes (L2) <b>3:15-4:15</b> Happy Hour w/ Ed Lyons (T) <b>7:30</b> Shabbat Service (T)</p>	<p><b>10:30</b> Bingo! (T) <b>1:00</b> Hand &amp; Foot Card Game (L2) <b>1:00-2:30</b> Catholic Bible Study (BR) <b>2:00</b> Card Games (T) <b>4:00-5:00</b> Games with the Guys (GR) <b>7:30</b> Movie (T)</p>	<p><b>8:00-10:30</b> <b>Transportation to St. Michael's and Genesis UMC</b> <b>10:30</b> St. Michael's Mass (LIVE Stream) (T) <b>Sunday Brunch (11:30 and 1:00)</b> <b>Please make a reservation.</b> <b>2:30</b> <b>Protestant Communion w/ Cornerstone Presbyterian (FL)</b> <b>7:30</b> Movie (T)</p>
<b>4</b>	<b>5</b> <i>Election Day</i>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<p><b>9:30</b> A Stitch in Time (FL) <b>10:00</b> SS CIRCUIT Exercise w/ Nourma (FC) <b>10:00-12:00</b> <b>Food Lion</b> <b>12:30-1:30</b> <b>West Regional Library</b> <b>1:00</b> Bible Study (DR3) <b>1:30-3:00</b> <b>Publix</b> <b>2:30</b> Train Dominoes (L2) <b>2:30</b> Happy Music by Marie (T) <b>3:15-4:15</b> Wine and Cheese (L) <b>4:00</b> <b>Vote</b> <b>6:00</b> Rummikub (FL)</p>	<p><b>9:15</b> <b>Post Office</b> <b>10:30</b> Bingo (T) <b>11:30</b> <b>Vote</b> <b>12:30</b> Line Dancing (FC) <b>1:00</b> Poker Club (GR) <b>1:00</b> <b>Vote</b> <b>1:15</b> Living Well Exercise w/ Legacy (FC) <b>2:00</b> <b>Vote</b> <b>3:00</b> <b>Vote</b> <b>3:30</b> Teens and Technology (L2) <b>4:00</b> <b>Vote</b> <b>4:00</b> Hymns &amp; Scriptures w/ Jordan Lutheran (T)</p>	<p><b>9:00-1:00</b> <b>Shopping Shuttle</b> <b>1:00</b> Rummikub (FL) <b>1:00</b> Preston Bridge Club (GR) <b>1:00</b> Zumba Gold Chair Dance Exercise (FC) <b>2:00</b> Art Workshop w/ Tony D'Amico (FC) <b>2:30</b> Train Dominoes (L2) <b>3:15-4:15</b> Wine and Cheese (L) <b>7:00</b> Music with Teresa (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC) <b>10:00</b> Flower Arranging (DR) <b>10:00</b> Chair Yoga with Leslie (FC) <b>1:00</b> Great Courses: American Parks (T) <b>1:00</b> Beginner Canasta (L2) <b>2:30</b> Wii Bowling (T) <b>3:30</b> Rosary Service (T) <b>4:00</b> Catholic Communion (T) <b>7:30</b> Movie (T)</p>	<p><b>9:00</b> <b>Banks</b> <b>10:00-11:30</b> 321 Coffee &amp; Life Experiences Bakery (L) <b>11:00</b> <b>Lunch at Bojangles</b> <b>1:15</b> Living Well Exercise w/ Legacy (FC) <b>2:00</b> Bingo! (T) <b>2:30</b> Train Dominoes (L2) <b>3:15-4:15</b> Happy Hour w/ Tom Neuhauser (T)</p>	<p><b>10:30</b> Bingo! (T) <b>12:00-4:30</b> <b>Met Opera Live in HD: Madama Butterfly (\$27)</b> <b>1:00</b> Hand &amp; Foot Card Game (L2) <b>1:00-2:30</b> Catholic Bible Study (BR) <b>2:00</b> Card Games (T) <b>4:00-5:00</b> Games with the Guys (GR) <b>7:30</b> Movie (T)</p>	<p><b>8:00-10:30</b> <b>Transportation to St. Michael's and Genesis UMC</b> <b>10:30</b> St. Michael's Mass (LIVE Stream) (T) <b>Sunday Brunch (11:30 and 1:00)</b> <b>Please make a reservation.</b> <b>7:30</b> Movie (T)</p>
<b>11</b> <i>Veterans Day</i>	<b>12</b> <i>Podiatrist Visits</i>	<b>13</b>	<b>14</b>	<b>15</b> <i>Audiologist</i>	<b>16</b>	<b>17</b>
<p><b>9:30</b> A Stitch in Time (FL) <b>10:00</b> SS CIRCUIT Exercise w/ Nourma (FC) <b>12:30-1:30</b> <b>Veterans Luncheon of Honor (DR)</b> <b>1:00</b> Bible Study (DR3) <b>2:30</b> Train Dominoes (L2) <b>2:30-3:30</b> "Proud to be a Veteran" Musical Salute w/ the Smith Jazz Duo (T) <b>3:30-4:30</b> Wine and Cheese (L) <b>6:00</b> Rummikub (FL) <b>7:15</b> Sing-a-long with Lisa (L)</p>	<p><b>9:00</b> <b>Post Office</b> <b>10:00-12:00</b> <b>Food Lion</b> <b>10:30</b> Bingo (T) <b>12:30</b> Line Dancing (FC) <b>12:30-3:00</b> <b>Walmart</b> <b>1:00</b> Poker Club (GR) <b>1:15</b> Living Well Exercise w/ Legacy (FC) <b>2:30</b> Play Taboo (T) <b>3:15-4:15</b> Nostalgia Live Music Show (T) <b>6:00</b> Parkinson's Support Group (T and BR)</p>	<p><b>9:00-1:00</b> <b>Shopping Shuttle</b> <b>1:00</b> Rummikub (FL) <b>1:00</b> Preston Bridge Club (GR) <b>1:00</b> Zumba Gold Chair Dance Exercise (FC) <b>2:30</b> Train Dominoes (L) <b>3:15-4:15</b> Wine and Cheese (L) <b>7:00</b> Music with Barbara (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC) <b>10:00</b> Flower Arranging (DR) <b>10:00</b> Chair Yoga with Leslie (FC) <b>11:00</b> Pastries and Coffee (C) <b>12:00-1:00</b> <b>November Birthday Party (DR)</b> <b>1:00</b> Great Courses: American Parks (T) <b>1:00</b> Beginner Canasta (L2) <b>4:00</b> Catholic Communion (T) <b>7:30</b> Movie (T)</p>	<p><b>8:30-10:00</b> Audiology Clinic (WC) <b>9:00</b> <b>Banks</b> <b>10:00</b> SS Stability and Balance w/ Nourma (FC) <b>11:00</b> Jewelry Making (BR) <b>11:00-2:30</b> <b>NC Symphony Friday Favorites: New World Symphony</b> <b>1:15</b> Living Well Exercise w/ Legacy (FC) <b>2:00</b> Bingo! (T) <b>2:30</b> Train Dominoes (L2) <b>3:15-4:15</b> Happy Hour w/ Dan Blaisdell (T)</p>	<p><b>9:15 and 9:45-12:00</b> <b>Genesis UMC Ladies Brunch</b> <b>10:00</b> Book Club (DR3) <b>10:30</b> Bingo! (T) <b>1:00</b> Hand &amp; Foot Card Game (L2) <b>1:00-2:30</b> Catholic Bible Study (BR) <b>2:00</b> Card Games (T) <b>3:00</b> Bible Study w/ Glenn and Sudie (T) <b>4:00-5:00</b> Games with the Guys (GR) <b>7:30</b> Movie (T)</p>	<p><b>8:00-10:30</b> <b>Transportation to St. Michael's and Genesis UMC</b> <b>10:30</b> St. Michael's Mass (LIVE Stream) (T) <b>Sunday Brunch (11:30 and 1:00)</b> <b>Please make a reservation.</b> <b>4:00</b> MUSE Concert (T) <b>7:30</b> Movie (T)</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<p><b>9:30</b> A Stitch in Time (FL) <b>10:00</b> SS CIRCUIT Exercise w/Nourma (FC) <b>10:00-12:00</b> <b>Food Lion</b> <b>12:30-1:30</b> <b>West Regional Library</b> <b>1:00</b> Bible Study (DR3) <b>1:30-3:00</b> <b>Trader Joe's</b> <b>2:30</b> Train Dominoes (L2) <b>3:15-4:15</b> Wine and Cheese (L) <b>6:00</b> Rummikub (FL)</p>	<p><b>9:15</b> <b>Post Office</b> <b>10:30</b> Bingo (T) <b>12:30-2:30</b> <b>NC Museum of Art: Frida Kahlo, Diego Rivera, &amp; Mexican Modernism (\$18)</b> <b>1:00</b> Poker Club (GR) <b>1:15</b> Living Well Exercise w/ Legacy (FC) <b>2:30</b> Town Hall (T) <b>4:00</b> Hymns &amp; Scriptures w/ Jordan Lutheran (T)</p>	<p><b>9:00-1:00</b> <b>Shopping Shuttle</b> <b>1:00</b> Rummikub (FL) <b>1:00</b> Preston Bridge Club (GR) <b>1:00</b> Zumba Gold Chair Dance Exercise (FC) <b>2:00</b> Art Workshop w/ Tony D'Amico (FC) <b>2:30</b> Train Dominoes (L2) <b>3:15-4:15</b> Wine and Cheese (L) <b>7:00</b> Music with Sara (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC) <b>10:00</b> Flower Arranging (DR) <b>10:00</b> Chair Yoga with Leslie (FC) <b>11:00</b> Donuts and Coffee (C) <b>1:00</b> Beginner Canasta (L2) <b>1:00</b> L'Chaim Club (DR3) <b>1:00</b> Great Courses: American Parks (T) <b>2:30</b> Wii Bowling (T) <b>4:00</b> Catholic Communion (T) <b>7:30</b> Movie (T)</p>	<p><b>9:00</b> <b>Banks</b> <b>10:00</b> SS Stability and Balance w/ Nourma (FC) <b>11:00</b> <b>Lunch at Smithfield's</b> <b>1:15</b> Living Well Exercise w/ Legacy (FC) <b>2:00</b> Bingo! (T) <b>2:30</b> Train Dominoes (L2) <b>3:15-4:15</b> Happy Hour w/ Caroline Gregory (T)</p>	<p><b>10:30</b> Bingo! (T) <b>1:00</b> Hand &amp; Foot Card Game (L2) <b>1:00-2:30</b> Catholic Bible Study (BR) <b>2:00</b> Card Games (T) <b>4:00-5:00</b> Games with the Guys (GR) <b>7:30</b> Movie (T)</p>	<p><b>8:00-10:30</b> <b>Transportation to St. Michael's and Genesis UMC</b> <b>10:30</b> St. Michael's Mass (LIVE Stream) (T) <b>Sunday Brunch (11:30 and 1:00)</b> <b>Please make a reservation.</b> <b>2:00-3:00</b> Music with Teresa (piano) (L) <b>7:30</b> Movie (T)</p>
<b>25</b> <i>Dermatologist</i>	<b>26</b>	<b>27</b>	<b>28</b> <i>Thanksgiving</i>	<b>29</b>	<b>30</b>	
<p><b>9:30</b> A Stitch in Time (FL) <b>10:00</b> SS CIRCUIT Exercise w/ Nourma (FC) <b>10:00-12:00</b> <b>Food Lion</b> <b>12:30-3:00</b> <b>Walmart</b> <b>1:00</b> Bible Study (DR3) <b>2:30</b> Train Dominoes (L2) <b>2:30-4:00</b> Dermatologist (by appointment-WC) <b>3:15-4:15</b> Wine and Cheese (L) <b>6:00</b> Rummikub (FL) <b>7:15</b> Sing-a-long with Lisa (L)</p>	<p><b>9:15</b> <b>Post Office</b> <b>10:30</b> Bingo (T) <b>11:30-3:00</b> <b>Shopping at Crossroads of Cary</b> <b>1:00</b> Poker Club (GR) <b>1:00-2:00</b> Mobility Clinic (OFC) <b>1:15</b> Living Well Exercise w/Legacy (FC) <b>2:30</b> Play Taboo (T) <b>3:15-4:15</b> Terrific Tunes w/ Tom Neuhauser (L)</p>	<p><b>9:00-1:00</b> <b>Shopping Shuttle</b> <b>1:00</b> Rummikub (FL) <b>1:00</b> Preston Bridge Club (GR) <b>1:00</b> Zumba Gold Chair Dance Exercise (FC) <b>1:30</b> <b>Banks</b> <b>2:30</b> Train Dominoes (L2) <b>2:30</b> Flower Arranging (DR) <b>3:15-4:15</b> Wine and Cheese (L) <b>4:00</b> Catholic Communion (T) <b>7:00</b> Music with the Hancock Family (L)</p>	<p><b>Thanksgiving Lunch</b> <b>11:30 and 1:00</b> <b>(Please make a reservation.)</b>  <b>No evening meal served.</b> <b>2:00-3:00</b> Music with Teresa (L) <b>7:30</b> Movie (T)</p> 	<p><b>10:00</b> SS Stability and Balance w/ Nourma (FC) <b>1:15</b> Living Well Exercise w/ Legacy (FC) <b>2:00</b> JACKPOT Bingo! (T) <b>2:30</b> Train Dominoes (L2) <b>3:15-4:15</b> New Resident Welcome Social (T) <b>7:30</b> Italian Composers Concert w/ the Jacobowitz Duo (T)</p>	<p><b>10:30</b> Bingo! (T) <b>1:00</b> Hand &amp; Foot Card Game (L2) <b>1:00-2:30</b> Catholic Bible Study (BR) <b>2:00</b> Card Games (T) <b>3:00</b> Bible Study w/ Glenn and Sudie (T) <b>4:00-5:00</b> Games with the Guys (GR) <b>7:30</b> Movie (T)</p>	