

2021 November Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>November 15th, 2021 New Lunch Time Change 12:00</p>	<p>10:00 Fresh Start Garden Club 10:30 Morning Stretch Light & lively 11:00 Weekly News Round 11:30 Brain Fitness w/ Bridget 2:00 Balance Barre Fitness 2:30 Tabletop Games 4:00 CL & Namaste Wellness Chair Yoga 4:30 It Happened This Week. 6:00 Songs We Love To Sing</p>	<p>10:00 Good News & Happenings 10:30 CL& Namaste Wellness Chair Pilates 11:00 Praying of the Rosary 11:30 Trivia Jeopardy Style 2:00 Community Good Works Edibles for The Eliot Kitchen 2:30 Jazz Musician Brian Kane 3:30 Bridge Club w/ Michael C. 4:00 Cranium Crunches 6:00 Bingo Game of Chance</p>	<p>10:00 Good News & Happenings 10:30 Move & Groove w/ L. Juitt 11:00 Picture Our Veterans 11:30 Not Just TV Saltbox TV 2:00 Bible Study w/ Rev Wade 2:30 Watercolor: Fall Landscapes 4:00 ESL Gratitude & Compassion Through Song w/ Angel S. 4:00 CL & Namaste Wellness Chair Pilates 6:00 Bingo Game of Chance</p>	<p>10:00 Good News & Happenings 10:30 CL & Namaste Wellness Chair Pilates 11:00 Golden Notes Choir Rehearsal 11:30 Tablet Tutorials 2:00 Cardio Zumba w/Carol 2:30 Stretch & Tone w/ Carol 4:00 The Artist At Work Bob Ross 6:00 Color For Mindfulness</p>	<p>10:00 The Kids Are Alright NVTH 11:00 The Nature Connection 11:30 Read Aloud Short Stories 2:00 Knitting & Lacing Circle 2:30 Likable Legends: The Men's Group 4:00 CL& Namaste Wellness Chair Tai Chi 4:30 Visual Relaxation w/ Nature 6:00 Karaoke "Kroo-ning"</p>	<p>10:00 Morning Stretch Hello 11:00 Patriotic Dance Moves w/ Bridget 11:30 Collage Creating 2:00 Weekend Matinee & Popcorn 4:00 Heart Felt Stories 6:00 Movie Choice</p>
<p>10:00 Prayers & Communion w/Blessed Trinity Parish 11:00 Name That Instrument 2:00 Listening Library: Call of the Wild 2:30 Animal Of The Month Bison 4:00 Bingo Game Of Chance 6:00 TV Choice</p>	<p>10:00 Good News & Happenings 11:00 Steps In Time Ballroom Dancing w/ Michael 11:30 Tablet Tutorials 2:00 Balance Barre Fitness 2:30 Monday Mocktail Mixer 4:00 CL & Namaste Wellness Chair Yoga 4:30 It Happened This Week. 6:00 Songs We Love To Sing</p>	<p>10:00 Good News & Happenings 10:30 CL& Namaste Wellness Chair Pilates 11:00 Communion Service 11:30 Stories Read Aloud: History Of Salt 2:00 Local Landmarks Tour w/ Amanda 2:30 Spelling Bee Challenge w/ Karen 3:30 Bridge Club w/ Michael C. 4:00 Picture This Discussion 6:00 Bingo Game Of Chance</p>	<p>10:00 Good News & Happenings 10:30 Morning Stretch 11:00 Bridges Golden Notes Tribute to Our Veterans 2:00 Joe Malone Presents Carol Channing & Julie Andrews 4:00 ESL Virginia War Memorial Presents Voices of WWI 4:00 CL & Namaste Wellness Chair Pilates 6:00 Bingo Game of Chance</p>	<p>10:00 Good News & Happenings 10:30 CL & Namaste Wellness Chair Pilates 11:00 Veterans Day: We Remember & Honor 11:30 Discussion Flag Folding 2:00 Cardio Zumba w/Carol 2:30 Stretch & Tone w/ Carol 4:00 Name That Bird & Trivia 6:00 Color For Mindfulness</p>	<p>10:00 The Kids Are Alright NVTH 11:00 Confection Connection Old Fashioned Pie Baking 11:30 Lucky Strikes: Bowling 2:00 That's Sew Crafty: Mitsy Kit Sewing Circle 2:30 Likable Legends: The Men's Group 4:00 CL & Namaste Wellness Chair Tai Chi 6:00 Karaoke "Kroo-ning"</p>	<p>10:00 Morning Stretch Hello 11:00 Virtual Travel Equality State Wyoming 11:30 Getting To Know You 2:00 Weekend Matinee & Movie Snacks 4:00 Manicures & Hand Massages 6:00 Movie Choice</p>
<p>10:00 Prayers & Communion w/Blessed Trinity Parish 11:00 Travel Home For The Holidays 2:00 Listening Library Call of the Wild 2:30 Writing Corner: Card Stamping 4:00 Bingo Game Of Chance 6:00 TV Choice</p>	<p>10:00 Good News & Happenings 11:00 Drumming Your Dreams 1:30 Have You Ever Discussion 2:00 Balance Barre Fitness w/ Gretchen 2:30 All About Kindness 4:00 CL & Namaste Wellness Chair Yoga 4:00 ESL BC Museum Animals in The Season 6:00 Songs We Love To Sing</p>	<p>10:00 Good News & Happenings 10:30 Men's Coffee w/ Al 10:30 CL& Namaste Wellness Chair Pilates 11:00 Praying of the Rosary 1:30 Minute Mind Exercises 2:00 Karaoke Krooning w/ Cindy 2:30 TED ED Talks 3:30 Bridge Club w/ Michael C. 4:00 Brain Fitness: Picture A Word 6:00 Bingo Game Of Chance</p>	<p>10:00 Good News & Happenings 10:30 Move & Groove w/ L. Juitt 11:30 Resident Council w/Erica 1:30 ESL Virginia Zoo Animal Care 2:00 Confection Connection: The Right "Stuff-Ing" 4:00 Spiritual Service w/ St. Marks & Rev. Wade 4:00 CL & Namaste Wellness Chair Pilates 6:00 Bingo Game of Chance</p>	<p>10:00 Good News & Happenings 10:30 CL & Namaste Wellness Chair Pilates 11:00 Golden Notes Choir 1:30 Reminisce 2:00 Word Game Challenge w/ Dawn 2:30 Likeable Legends: The Men's Group 4:00 ESL Artist Rusty Zimmerman Painting Live A Thanksgiving Celebration 6:00 Color For Mindfulness</p>	<p>10:00 The Kids Are Alright NVTH 11:00 The Nature Connection 1:30 Mind Stretchers 2:00 Knitting & Lacing Circle 2:30 Favorite Classics w/ Ted Powers 4:00 CL& Namaste Wellness Chair Tai Chi 4:30 Conversation Starters 6:00 Karaoke "Kroo-ning"</p>	<p>10:00 Morning Stretch Hello 11:00 Creative Crafts: Colors of Fall Bead Necklace 1:30 Name 10 2:00 Weekend Matinee & Popcorn 4:00 Heartfelt Stories 6:00 Movie Choice</p>
<p>10:00 Prayers & Communion w/Blessed Trinity Parish 11:00 Do You Hear What I Hear Autumn Edition 1:30 Math Fun 2:00 Confection Connection: Praline Pull Apart Bread 2:30 The Five Senses Poetry Writing 4:00 Bingo Game Of Chance 6:00 TV Choice</p>	<p>10:00 Good News & Happenings 11:00 Weekly News Round Up 1:30 You Be The Judge 2:00 Balance Barre Fitness 2:30 Holiday Craft: Centerpieces 4:00 CL & Namaste Wellness Chair Yoga 4:30 It Happened This Week. 6:00 Songs We Love To Sing</p>	<p>10:00 Good News & Happenings 10:30 CL& Namaste Wellness Chair Pilates 11:00 Praying of the Rosary 11:30 Holiday Craft: Centerpieces 1:30 ESL Maritime Museum -Historic Formation of the Coast Guard 2:00 One of A Kind Entertainment w/ Denise D. 3:30 Bridge Club w/ Michael C. 4:00 Virtual Walk Through Autumn 6:00 Bingo Game of Chance</p>	<p>10:00 Good News & Happenings 10:30 Morning Stretch 11:00 Debbie Block Presents Paul Newman & Joanne Woodward 1:30 Game: Tag Tom The Turkey 2:30 Virtual Celebrate Thanksgiving w/ Michael Goodwin 4:00 CL & Namaste Wellness Chair Pilates 6:00 Bingo Game of Chance</p>	<p>9:00 Macy's Day Parade & Scavenger Hunt 10:30 Whimsical Poem: T'was the night Before Thanksgiving 11:00 Holiday Reflections & Story Of Gratitude 1:30 NFL & Annual Nap Time 2:30 Virtual Celebrate Thanksgiving w/ Michael Goodwin #2 4:00 Stretch for Relaxation 6:00 Color For Mindfulness</p>	<p>10:00 Good News & Happenings 11:00 Creative Writing: One Word Stoires 2:00 That's Sew Crafty: Mitsy Kit Sewing Circle 1:30 This Or That 2:30 Likable Legends: The Men's Group 4:00 CL & Namaste Wellness Chair Tai Chi 4:30 Visual Relaxation w/ Nature 6:00 Karaoke "Kroo-ning"</p>	<p>10:00 Morning Stretch Hello 11:00 Finish The Lyrics w? Laurie Gabriel Sun Moon & Stars 1:30 Inquiring Minds 2:00 Weekend Matinee & Movie Snacks 4:00 Manicures & Hand Massages 6:00 Movie Choice</p>
<p>10:00 Prayers & Communion w/Blessed Trinity Parish 11:00 Name That Instrument #2 1:30 Spelling Bee Challenge 2:00 Fitness Fun 2:30 4:00 Lighting Of The Menorah 6:00 TV Choice</p>	<p>10:00 Good News & Happenings 11:00 Weekly News Round Up 1:30 More Mind Stretches 2:00 Balance Barre Fitness 2:30 Monday Mocktail Mixer 4:00 CL & Namaste Wellness Chair Yoga 4:00 ESL Ocean Wise Families & Killer Whales 4:30 Lighting Of The Menorah 6:00 Songs We Love To Sing</p>	<p>10:00 Good News & Happenings 10:30 CL& Namaste Wellness Chair Pilates 11:00 Praying of the Rosary 1:30 Conversation Starters 2:00 John Clark Presents Great American Music Experience 3:30 Bridge Club w/ Michael C. 4:00 ESL An Afternoon w/ Bernie M. 4:30 Lighting of the Menorah 6:00 Bingo Game Of Chance</p>				