



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Recurring Programs: 12:00 Channel 591 In-Room Seated Stretch - Daily 3:00 Tuesdays Mahjong Resident Meet Up - 3rd FL Lounge 1:00 Wednesday's Watercolor Painting w/ Kayti - CAS 12:30 Thursday Learning Bridge w/ The Mehta's - 3rd FL Lounge	<b>INTERNATIONAL DRUM MONTH</b> <b>CAREGIVERS APPRECIATION MONTH</b> <b>DIABETES AWARENESS MONTH</b> <b>ADOPTION AWARENESS MONTH</b>	<b>11:00 November 7th Jag Creations Jewelry Vendor - FL</b>	<b>ALL SAINTS' DAY</b> 9:00 Yoga Stretch - FC 10:00 Catholic Mass - A 10:00 Shopping Outing - FL 11:00 Dominos - ML 11:00 Standing Drumming - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Paris- IFC 3:00 Ping Pong w/ Joey - A	10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 12:30 Bell Choir Rehearsal - ML 1:30 Tea & Chat - W Lounge 2:30 Chris Coogan, Pianist- ML
<b>Daylight Savings Time</b> Dining Room Brunch Served 11:45 - 2 10:00 Catholic Mass 10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 2:00 Afternoon Movie - A 6:00 Taize - IFC	9:00 Seated Yoga w/ Kayti- FC 9:30 Guided Meditation - FC 11:00 Seated Drumming w/ Cindy - FC 11:00 HealthPRO - A 1:00 Balance, Bands & Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:00 Pokeno w/ Joey - ML 1:30 Hook & Needle - 3rd FL 2:00 November Birthday Celebration-WL	9:00 Yoga Stretch - FC <b>10:00 Outing - Polls for Voting/Blackum School</b> 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML <b>3:00 Outing- Polls for Voting/Blackum School</b>	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 Ladies Poker w/ Joey - ML 11:00 Seated Drumming w/ Cindy - FC 2:00 Acey-Deucey w/ Joey 2:30 Resident Chorus Rehearsal - A 3:00 Worship Service w/ Rev. Rowe 3:30 Ukulele Rehearsal - FC	9:00 Yoga Stretch w/ Kayti - <b>10:00 Outing - Carousel Museum</b> 10:00 Happy Knitters - 4th FL 10:30 Aqua Zumba w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:00 WU - Beginners Spanish Class - ML 1:30 Strength Train Bone Health - FC 1:00 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - M 7:30 Co-Ed Poker w/ Joey - ML	9:00 Yoga w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat Led by Residents - IFC 3:00 Ping Pong - FC 4:15 Eucharistic Service - IFC	9:00 Yoga Stretch w/ Lisa - FC 10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 12:30 Bell Choir Rehearsal - ML 1:00 Channel 591 Afternoon Movie 1:30 Tea & Chat - W Lounge 3:00 Afternoon Movie - A <b>7:00 Outing - Bridgeport Symphony Pre-subscribed</b>
Dining Room Brunch Served 11:45 - 2 10:00 Catholic Mass - A 1:00 Channel 591 Afternoon Movie 2:30 Pinochle - 3rd FL 3:00 Tony Riccio, Entertainer - ML 4:00 Bingo - ML	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming - FC 1:00 Balance, Bands & Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 1:30 Pokeno w/ Joey - ML 3:00 Veterans Day Ceremony - A	9:00 Yoga Stretch w/ Kayti- FC 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance Thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey- ML 2:15 WU-Wine Travels w/ Jon Haight-WL 2:30 Horse Races w/ CL - A 7:00 Tom Sansone, Musician - ML	<b>World Kindness Day</b> 9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Catholic Mass - IFC 10:00 Shopping Outing - FL 11:00 Seated Drumming w/ Cindy - FL 11:00 WU - Ladies' Poker w/ Joey - ML 2:00 Acey-Deucey w/ Joey - ML 2:30 Resident Chorus Rehearsal - A 3:30 Ukulele Rehearsal - FC	9:00 Yoga Stretch w/ Lisa - FC 10:00 Happy Knitters - 4th FL 10:30 Aqua Fitness w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:00 WU - Beginners Spanish Class - ML 1:30 Strength Train Bone Health - FC 1:00 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - ML 3:30 New Resident Cocktail Party - A	9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - ML 10:00 Resident Council Meeting - 4th FL 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Paris- IFC 3:00 Andrew Magill, violinist - ML 3:00 Ping Pong - FC 4:15 Eucharistic Service - IFC	10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 12:30 Bell Choir Rehearsal - ML 1:30 Tea & Chat - W Lounge 3:00 Cookie Thomas, Entertainer - A
Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - A 1:00 Afternoon Movie Channel 591 2:30 Pinochle Resident - 3rd FL 3:00 Scott Hill, Guitarist and Students-A	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Balance, Bands, & Ballsw/ Kayti - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 1:30 Pokeno w/ Joey - ML 3:00 Interfaith Celebration - A	9:00 Yoga Stretch w/ Kayti - FC <b>10:30 Outing - Terrain Store in Westport</b> 10:30 Aqua Fitness - FC 11:00 LCR w/ Joey - ML 12:30 Balance Thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:00 Marcie Slepian, Art Lecturer - A 1:30 Strength Train Bone Health - FC 1:30 Veteran's Chat - 2nd FL 2:00 Family Feud w/ Joey - ML 3:00 Opera Greats from Vienna - A	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 10:30 Mark Albertson, Historian - A 11:00 Seated Drumming w/ Cindy - FC 1:00 WU - Beginners Spanish Class - ML 2:00 Word Game w/ Lisa 2:30 Resident Chorus Rehearsal - A 3:30 Ukulele Rehearsal - FC	9:00 Yoga Stretch w/ Kayti - FC 10:00 Town Hall w/ Joan King, E.D. - A 10:30 Aqua Fitness w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:00 WU - Beginners Spanish Class - ML 1:30 Strength Train Bone Health - FC 1:00 Blood Pressure Screening - WC 2:00 Bingo w/ Joey - ML 3:00 Literature, News&Faith/Rev Rowe	9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC <b>12:15 Outing - Quick Center</b> 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Shulman - IFC 3:00 Alzheimer's Talk - A 3:00 Ping Pong - FC 4:15 Eucharistic Service - IFC	10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 12:30 Bell Choir Rehearsal - ML 1:30 Tea & Chat - W Lounge 2:30 Afternoon Movie - A
Dining Room Brunch Served 11:45-2 10:00 Catholic Mass - A 2:30 Pinochle Resident Meet-Up - 3rd FL 2:00 Afternoon Movie - A 4:00 Bingo - ML	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Balance, Bands & Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Hook & Needle - 3rd FL 1:30 Pray the Rosary - IFC 3:00 Tree Trimming & Sing Along w/ Joey & Lynn - FL	9:00 Yoga Stretch w/ Kayti - FC 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance thru Ballet w/ - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML 3:00 Word Game w/ Cindy - ML	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti- FC 10:00 Shopping Outing - FL 11:00 Word Game - ML 11:00 Seated Drumming w/ Cindy- FC 1:00 WU - Beginners Spanish Class - ML 2:00 Laughter Yoga w/ Cindy - 2nd FL 2:30 Resident Chorus Rehearsal - A 3:00 Ukulele Rehearsal - FC	<b>THANKSGIVING DAY</b> Fitness Center Open 6:00 am to 8:00 pm 10:00 - Catholic Mass - A 11:45 - 2:00 Thanksgiving Brunch - DR 2:30 Channel 591 Afternoon Movie Enjoy the holiday!	9:00 Yoga w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat Led by Residents - IFC 3:00 Ping Pong - FC 4:15 Eucharistic Service - IFC	10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 12:30 Bell Choir Rehearsal - ML 1:30 Tea & Chat - W Lounge 3:30 Sedgwick Sisters - ML

# NOVEMBER 2024

## Independent Living



### ACTIVITY LOCATOR KEY

- A - AUDITORIUM
- AG - ART GALLERY
- CL - COMPUTER LOUNGE (1st Floor)
- CP - CAFE PATIO
- CAS - CREATIVE ART STUDIO

- DR - DINING ROOM
- DOC - DOCUMENTARY
- FL - FRONT LOBBY
- GC - GALLERY CAFE
- IFC INTERFAITH CHAPEL
- ML - MAIN LOUNGE
- RC - REHAB CLINIC
- WC - WELLNESS CLINIC
- WL - W LOUNGE

- 2ND FL - 2ND FLOOR LOUNGE
- 3RD FL - 3RD FLOOR LOUNGE
- 4TH FL - 4TH FLOOR LOUNGE
- SR - SCREENING ROOM
- YT - YOUTUBE

Please check "The Weekly" and Channel 591 for updates. Programs are subject to change.

