




November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LOCATION KEY</p> <p>AR – Activity Room DR – Dining Room L – Library MLR – Maple Leaf Room PDR – Private Dining Room SL – South Lounge</p>	<p>1</p> <p>10:00 Seated Yoga w/ Pat (SL)</p> <p>11:15 Lunch Outing: Bucco Di Beppo **</p> <p>2:00 Bingo (SL)</p> <p>3:15 Topic of the Day w/ Carrie: Parenthood (SL)</p>	<p>2</p> <p>10:30 Standing Exercise (SL)</p> <p>2:30 Resident Association Meeting (DR)</p> <p>3:45 Seeing Through Photographs with Leza (MLR)</p> <p>6:30 Movie Showing: Belfast</p>	<p>3</p> <p>10:30 Seated Exercise (SL)</p> <p>2:00 Hearing Aid Service w/ Sound Associates ** (AR)</p> <p>3:15 Early Stage Memory Loss Support & Discussion (SL)</p>	<p>4</p> <p>10:30 Standing Exercise (SL)</p> <p>11:15 Friday Mornings w/ David (MLR)</p> <p>2:00 Great Decisions w/ Jacob Bolotin: Populism (SL)</p> <p>5:00 Shabbat Dinner ** (PDR)</p>	<p>5</p> <p>2:00 Board Games and Cards (AR)</p> <p>6:00 Saturday Night Movie: The Secret Life of Bees</p>	<p>6</p> <p>10:30 Trivia and Treats w/ Leza (AR)</p> <p>2:00 Watercolor for Relaxation (MLR)</p>
<p>7</p> <p>9:30 Better Balance Class (SL)</p> <p>11:00 Brain Fitness (AR)</p> <p>2:00 Mindful Meditation w/ Carrie (L)</p> <p>3:00 Medicare Info Session (SL)</p>	<p>8</p> <p>10:00 Seated Yoga w/ Pat (SL)</p> <p>11:00 Movie Committee Meeting (MLR)</p> <p>2:00 Bingo (SL)</p> <p>3:15 Aging Group: What is a Person's Legacy? (SL)</p>	<p>9</p> <p>9:15 Shopping at U Village**</p> <p>10:30 Standing Exercise (SL)</p> <p>1:00 Scenic Drive: Mercer Island **</p> <p>6:30 Movie Showing: Glory (SL)</p>	<p>10</p> <p>10:30 Seated Exercise (SL)</p> <p>1:15 Seeing Through Photographs with Leza (MLR)</p> <p>3:15 Brain Fitness w/ Angelica (SL)</p>	<p><u>Veterans Day</u> 11</p> <p>10:30 Standing Exercise (SL)</p> <p>12:00 Veterans Day Lunch (DR)</p> <p>2:00 Jacob Bolotin Presents Current Events (SL)</p> <p>3:15 Poetry Appreciation Group (L)</p>	<p>12</p> <p>2:00 Board Games and Cards (AR)</p> <p>3:15 write your own Eulogy/Memoir w/ Catherine (MLR)</p> <p>6:00 Saturday Night Movie: The Moon is Down (SL)</p>	<p>13</p> <p>10:30 Trivia and Treats w/ Leza</p> <p>1:30 Name that Tune (AR)</p> <p>4:00 Seahawks Happy Hour w/ Leza (SL)</p>



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<p>14</p> <p>9:30 Better Balance Class (SL)</p> <p>10:30 Navigating the Metro Bus System (SL)</p> <p>2:00 Mindful Meditation w/ Carrie (L)</p> <p>3:00 David Smith</p>	<p>15</p> <p>10:00 Seated Yoga w/ Pat (SL)</p> <p>11:00 David Kaynor Lecture: Fall Birds (SL)</p> <p>2:00 Bingo (SL)</p> <p>3:15 Low Vision: Vision Matters (SL)</p>	<p>16</p> <p>10:30 Standing Exercise (SL)</p> <p>2:00 Brain Fitness (AR)</p> <p>5:00 November Birthday Dinner (DR)</p> <p>6:30 Movie Showing: Spotlight (SL)</p>	<p>17</p> <p>10:00 Museum of Pop Culture**</p> <p>10:30 Seated Exercise (SL)</p> <p>3:15 Documentary Hour (SL)</p>	<p>18</p> <p>10:30 Standing Exercise (SL)</p> <p>11:15 Friday Mornings w/ David (MLR)</p> <p>2:00 Jacob Bolotin Presents Current Events (SL)</p>	<p>19</p> <p>2:00 Board Games and Cards (AR)</p> <p>6:00 Saturday Night Movie: Australia (SL)</p>	<p>20</p> <p>10:30 Trivia and Treats w/ Leza (AR)</p> <p>2:00 Scrapbooking 101 (MLR)</p>
<p>21</p> <p>9:30 Balance Class(SL)</p> <p>11:00 Life Enrichment Department Chat (SL)</p> <p>2:00 Mindful Meditation (L)</p> <p>3:00 Community Health Chat (SL)</p>	<p>22</p> <p>10:00 Seated Yoga w/ Pat (SL)</p> <p>11:00 Cabaret Performance (SL)</p> <p>2:00 Bingo (SL)</p> <p>3:15 The Benefits of Gratitude (SL)</p>	<p>23</p> <p>9:15 Shopping at U Village**</p> <p>10:30 Standing Exercise (SL)</p> <p>1:15 Scenic Drive: Magnolia**</p> <p>6:30 Movie Showing: A Beautiful Mind (SL)</p>	<p><u>Thanksgiving Day</u> 24</p> <p>9:00am – 12:00pm Thanksgiving Day Parade (SL)</p> <p>11:00am – 2:00pm Thanksgiving Lunch</p> <p>3:00 Thanksgiving Trivia (AR)</p>	<p>25</p> <p>10:30 Standing Exercise (SL)</p> <p>1:30 Documentary Hour (SL)</p> <p>3:15 Poetry Appreciation Group (L)</p>	<p>26</p> <p>2:00 Board Games and Cards (AR)</p> <p>3:15 write your own Eulogy/Memoir w/ Catherine (MLR)</p> <p>6:00 Saturday Night Movie: Father Goose (SL)</p>	<p>27</p> <p>10:30 Name that Tune (AR)</p> <p>4:00 Seahawks Happy Hour w/ Leza (SL)</p>
<p>28</p> <p>9:30 Better Balance Class (SL)</p> <p>10:30 Enhanced Fitness Class (SL)</p> <p>2:00 Mindful Meditation (SL)</p> <p>3:00 David Smith Lecture (SL)</p>	<p>29</p> <p>10:00 Seated Yoga w/ Pat (SL)</p> <p>12:45 Seattle Public Library Bookmobile (SL)</p> <p>2:00 Bingo (SL)</p> <p>3:15 Ravenna Renovation Discussion (SL)</p>	<p>30</p> <p>10:30 Standing Exercise (SL)</p> <p>3:00 Chef's Corner (SL)</p> <p>5:30 Dinner at Salty's on Alki**</p> <p>6:30 Movie Showing: CODA (SL)</p>			<p><u>Librarian Office Hours & Tech Help</u></p> <p>Every Monday 11am-2pm</p> <p><u>Swimming</u></p> <p>Every Tuesday at 12pm**</p>	