



Independent Living


November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>\$ Pay on your own</div><div><div>Locations:</div><div><div>AC</div>Arts & Crafts Room</div><div><div>AL</div>Assisted Living Lobby</div><div><div>ALD</div>Assisted Living Dining</div><div><div>DR</div>Discovery Room</div><div><div>FR</div>Fitness Room</div><div><div>GAM</div>Game Room</div><div><div>GR</div>Great Room</div><div><div>IL</div>Independent Living Lobby</div><div><div>ILD</div>Independent Living Dining</div><div><div>PR</div>Pool Room</div><div><div>SL</div>Solarium Social</div><div><div>TR</div>Theater Room</div><div><div>WC</div>Wellness Center</div></div></div>				<div>1</div> <div>9:30 Exercise Group GR</div> <div>10:30 Trivia IL</div> <div>11 Cooking Hour AL</div> <div>1:30 Balance & Strength GR</div> <div>2 Yoga TR</div> <div>3 Wii Games GAM</div> <div>6 Scrabble GAM</div>	<div>2</div> <div>9:30 Exercise Group GR</div> <div>10 Fred Meyer</div> <div>1:30 Cards GAM</div> <div>1:30 Balance & Strength GR</div> <div>2 Yoga TR</div> <div>2:30 Bingo GAM</div> <div>4 Ken's Cocktail Hour GR</div>	<div>3</div> <div>9:30 Exercise Group GR</div> <div>1:30 Balance & Strength GR</div> <div>2 Yoga TR</div> <div>3:30 BINGO! GAM</div> <div>6 Bridge GAM</div> <div>7 Movie Night TR</div>
<div>4</div> <div>Daylight Savings- Fall Back</div> <div>8:30 Shuttle to Emanuel Baptist Church</div> <div>9:30 Exercise Group GR</div> <div>10 Church Service TR</div> <div>12:15 Catholic Service TR</div> <div>2 Burlington United Reform Church</div> <div>3 Movie Matinee TR</div> <div>6 Travelogue TR</div>	<div>5</div> <div>9:30 Exercise Group GR</div> <div>10 Shopping trip: Haggen/Fred Meyer</div> <div>11:30 Zumba Gold GR</div> <div>12-2 Flu Shot Clinic DR</div> <div>6 Mexican Train GAM</div>	<div>6</div> <div>9:30 Exercise Group GR</div> <div>10 Bible Study TR</div> <div>10:30 Trivia GAM</div> <div>9-11 Flu Shot Clinic SL</div> <div>1:30 Balance & Strength TR</div> <div>6 Old Time Radio AL</div>	<div>7</div> <div>9:30 Exercise Group GR</div> <div>10 WSU Food Bingo! GR</div> <div>1:30 Balance & Strength TR</div> <div>2 Yoga TR</div> <div>6 Movie Night TR</div> <div>6 Bridge AL</div>	<div>8</div> <div>9:30 Exercise Group GR</div> <div>10:30 Trivia IL</div> <div>11 Cooking Hour AL</div> <div>1:30 Balance & Strength GR</div> <div>2 Yoga TR</div> <div>3 Wii Games GAM</div> <div>6 Scrabble GAM</div>	<div>9</div> <div>9:30 Exercise Group GR</div> <div>10 Fred Meyer</div> <div>1:30 Cards GAM</div> <div>1:30 Balance & Strength GR</div> <div>2 Yoga TR</div> <div>2:30 Bingo GAM</div> <div>4 Solarium Social</div> <div>RED, WHITE AND BLUE DAY</div>	<div>10</div> <div>9:30 Exercise Group GR</div> <div>1 Flag Presentation by BEHS</div> <div>NJROTC GR</div> <div>1:30 Balance & Strength GR</div> <div>2 Yoga TR</div> <div>6 Bridge GAM</div> <div>7 Movie Night TR</div>
<div>11</div> <div>8:30 Shuttle to Emanuel Baptist Church</div> <div>9:30 Exercise Group GR</div> <div>10 Church Service TR</div> <div>12:15 Catholic Service TR</div> <div>10-1:30 Veterans Day Brunch</div> <div>6 Veterans Day Movie Event TR</div>	<div>12</div> <div>9:30 Exercise Group GR</div> <div>10 Shopping trip: Haggen/Fred Meyer</div> <div>6 Mexican Train GAM</div>	<div>13</div> <div>9:30 Exercise Group GR</div> <div>10 Bible Study TR</div> <div>10 Fall Prevention Clinic GR</div> <div>10:30 Trivia GAM</div> <div>1:30 Balance & Strength TR</div> <div>2 Yoga TR</div> <div>3:30 Food Meeting ILD</div> <div>6 Old Time Radio AL</div>	<div>14</div> <div>9:30 Exercise Group GR</div> <div>10 WSU Food Bingo! GR</div> <div>11 Activity Committee Mtg GAM</div> <div>2pm Crafts with Juanda GR</div> <div>6 Movie Night TR</div>	<div>15</div> <div>9:30 Exercise Group GR</div> <div>10:30 Trivia IL</div> <div>11 Cooking Hour AL</div> <div>1:30 Five Wishes GR</div> <div>3 Wii Games GAM</div> <div>6 Scrabble GAM</div>	<div>16</div> <div>9:30 Exercise Group GR</div> <div>10 Fred Meyer</div> <div>1:30 Cards GAM</div> <div>1:30 Balance & Strength GR</div> <div>2 Yoga TR</div> <div>2:30 Bingo GAM</div> <div>4 Solarium Social</div>	<div>17</div> <div>9:30 Exercise Group GR</div> <div>1:30 Balance & Strength GR</div> <div>2 Yoga TR</div> <div>3:30 Smoothie Social GR</div> <div>6 Bridge GAM</div> <div>7 Movie Night TR</div>
<div>18</div> <div>8:30 Shuttle to Emanuel Baptist Church</div> <div>9:30 Exercise Group GR</div> <div>10 Church Service TR</div> <div>12:15 Catholic Service TR</div> <div>1:30 Chair Volleyball TR</div> <div>2 HOMETOWNERS GR</div> <div>3 Movie Matinee TR</div> <div>6 Travelogue TR</div>	<div>19</div> <div>9:30 Exercise Group GR</div> <div>10 Shopping trip: Haggen/Fred Meyer</div> <div>11:30 Zumba Gold GR</div> <div>3:30 Smoothie Social GR</div> <div>6 Mexican Train GAM</div>	<div>20</div> <div>9:30 Exercise Group GR</div> <div>10 Bible Study TR</div> <div>10:30 Trivia GAM</div> <div>1:30 Balance & Strength TR</div> <div>2 Resident Birthday party! GR</div> <div>6 Old Time Radio AL</div>	<div>21</div> <div>9:30 Exercise Group GR</div> <div>10 WSU Food Bingo! GR</div> <div>1:30 Balance & Strength TR</div> <div>2 Yoga TR</div> <div>6 Movie Night TR</div> <div>6 Bridge AL</div>	<div>22</div> <div>Happy Thanksgiving!</div> <div>12-2 Thanksgiving Dinner</div> <div>served in both Dining Rooms.</div> <div>Please RSVP guests</div> <div>6:30 Holiday Movie:</div> <div>It's a Wonderful Life TR</div>	<div>23</div> <div>9:30 Exercise Group GR</div> <div>10 Fred Meyer</div> <div>1:30 Cards GAM</div> <div>1:30 Balance & Strength GR</div> <div>2 Yoga TR</div> <div>2:30 Bingo GAM</div> <div>4 Solarium Social</div>	<div>24</div> <div>9:30 Exercise Group GR</div> <div>1:30 Balance & Strength GR</div> <div>2 Yoga TR</div> <div>3:30 Root Beer Floats GR</div> <div>6 Bridge GAM</div> <div>7 Movie Night TR</div>
<div>25</div> <div>8:30 Shuttle to Emanuel Baptist Church</div> <div>9:30 Exercise Group GR</div> <div>10 Church Service TR</div> <div>12:15 Catholic Service TR</div> <div>2 New Resident Social GR</div> <div>3 Movie Matinee TR</div> <div>6 Travelogue TR</div>	<div>26</div> <div>9:30 Exercise Group GR</div> <div>10 Shopping trip: Haggen/Fred Meyer</div> <div>3:30 Stories Shared with BEHS</div> <div>FBLA TR</div> <div>6 Mexican Train GAM</div>	<div>27</div> <div>9:30 Exercise Group GR</div> <div>10 Bible Study TR</div> <div>10:30 Trivia GAM</div> <div>1:30 Balance & Strength TR</div> <div>2 Yoga TR</div> <div>6 Old Time Radio AL</div>	<div>28</div> <div>9:30 Exercise Group GR</div> <div>10 WSU Food Bingo! GR</div> <div>1:30 Balance & Strength TR</div> <div>2 Yoga TR</div> <div>3 Poetry Group TR</div> <div>6 Movie Night TR</div> <div>6 Bridge AL</div>	<div>29</div> <div>9:30 Exercise Group GR</div> <div>10:30 Trivia IL</div> <div>11 Cooking Hour AL</div> <div>1:30 Balance & Strength GR</div> <div>2 Yoga TR</div> <div>3 Wii Games GAM</div> <div>6 Scrabble GAM</div>	<div>30</div> <div>9:30 Exercise Group GR</div> <div>10 Fred Meyer</div> <div>1:30 Cards GAM</div> <div>1:30 Balance & Strength GR</div> <div>2 Yoga TR</div> <div>2:30 Bingo GAM</div> <div>4 Solarium Social</div>	



Assisted Living

November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><p>\$ Pay on your own</p><p>Locations:</p><div><div>AC Arts & Crafts Room</div><div>AL Assisted Living Lobby</div><div>ALD Assisted Living Dining</div></div><div><div>DR Discovery Room</div><div>FR Fitness Room</div><div>GAM Game Room</div><div>GR Great Room</div><div>IL Independent Living Lobby</div></div><div><div>ILD Independent Living Dining</div><div>PR Pool Room</div><div>SL Solarium Social</div><div>TR Theater Room</div><div>WC Wellness Center</div></div></div>				1 11:00 Cooking Hour AL 1:30 Storytime AL 1:30 Balance & Strength TR 2:00 Yoga TR 4:00 Reflections AL	2 11:00 Arts & Crafts AL 1:30 Balance & Strength TR 2:00 Yoga TR 4:00 Balloon Tennis AL 4:00 Ken's Cocktail Hour: Hot Apple Pie GR 6:00 Wii AC	3 11:00 Trivia AL 1:30 Balance & Strength TR 2:00 Yoga TR 4:00 Old Time Comedy AL 7:00 Movie Night TR
4 Daylight Savings- Fall Back 10:00 Church Service TR 2 Burlington United Reform Church 12:15 Catholic Service TR 4:00 Social Hour 6:00 Travelogue TR	5 10:00 Haggens/Banking 11:30 Zumba Gold GR 12:00-2:00 Flu Shot Clinic DR 1:30 Walking Group AL	6 9:00-11:00 Flu Shot Clinic WC 10:00 Bible Study TR 11:00 Bingo AL 1:30 Balance & Strength TR 2:00 Yoga TR	7 9:00-11:00 Flu Shot Clinic WC 10:00 Bible Study TR 11:00 Knit and Crochet 1:30 Balance & Strength TR 2:00 Yoga TR	8 10:30 AL Residents Council TR 1:30 Storytime AL 1:30 Balance & Strength TR 2:00 Yoga TR 4:00 Reflections AL	9 11:00 Arts & Crafts AL 1:30 Balance & Strength TR 2:00 Yoga TR 4:00 Balloon Tennis AL 4:00 Solarium Social SL 6:00 Wii AC RED, WHITE & BLUE DAY	10 11:00 Trivia AL 1:00 BEHS JROTC Flag Presentation GR 1:30 Balance & Strength TR 2:00 Yoga TR 4:00 Old Time Comedy AL 7:00 Movie Night TR
11 10:00 Church Service TR 10:00-1:30 Veteran's Appreciation Brunch (Vet's eat free) 12:15 Catholic Service TR 4:00 Social Hour 6:00 Travelogue TR	12 10:00 Haggens/Banking 1:30 Walking Group AL	13 10:00 Fall Prevention GR 10:00 Bible Study TR 11:00 Bingo AL 1:30 Balance & Strength TR 2:00 Yoga TR 3:30 Food Meeting	14 10:00 WSU Nutrition 11:00 Activities Committee Meeting GAM 1:30 Trivia AL 2pm Crafts with Juanda GR 3:30 Sing-A-Long AL 6:00 Bridge AL	15 11:00 Cooking Hour 1:30-3:30 Hospice of the NW-Five Wishes 1:30 Balance & Strength TR 2:00 Yoga TR 4:00 Reflections AL	16 11:00 Arts & Crafts AL 1:30 Balance & Strength TR 2:00 Yoga TR 4:00 Balloon Tennis AL 4:00 Solarium Social SL 6:00 Wii AC	17 11:00 Trivia AL 1:30 Balance & Strength TR 2:00 Yoga TR 4:00 Old Time Comedy AL 7:00 Movie Night TR
18 10:00 Church Service TR 11:00 Chair Volleyball AL 12:15 Catholic Service TR 2:00 Hometowners: Tom & Joe GR 6:00 Travelogue TR	19 10:00 Haggens/Banking 11:30 Zumba Gold GR 1:30 Walking Group AL 3:30 Smoothie Social GR	20 10:00 Bible Study TR 11:00 Bingo AL 1:30 Balance & Strength TR 2:00 Yoga TR 2:00 Renegades: Resident Monthly Birthday Party GR	21 10:00 WSU Nutrition 11:00 Knit/Crochet AL 1:30 Trivia AL 1:30 Balance & Strength TR 2:00 Yoga TR 4:00 Chair Volleyball AL 6:00 Bridge AL	22 Thanksgiving Dinner 12-2pm 6:30 Holiday Movie, It's A Wonderful Life TR 	23 11:00 Arts & Crafts AL 1:30 Balance & Strength TR 2:00 Yoga TR 4:00 Balloon Tennis AL 4:00 Solarium Social SL 6:00 Wii AC	24 11:00 Trivia AL 1:30 Balance & Strength TR 1:30 Yoga TR 4:00 Old Time Comedy AL 7:00 Movie Night TR
25 10:00 Church Service TR 11:00 Chair Volleyball AL 12:15 Catholic Service TR 2:00 New Resident Social GR 6:00 Travelogue TR	26 10:00 Haggens/Banking 1:30 Walking Group AL 3:30 Resident Stories TR	27 10:00 Bible Study TR 11:00 Bingo AL 1:30 Balance & Strength TR 2:00 Yoga TR 3:00 Nail Spa AL	28 10:00 WSU Nutrition 11:00 Knit/Crochet AL 1:30 Trivia AL 1:30 Balance & Strength TR 2:00 Yoga TR 3:30 Sing-A-Long AL 6:00 Bridge AL	29 11:00 Cooking Hour AL 1:30 Storytime AL 1:30 Balance & Strength TR 2:00 Yoga TR 4:00 Reflections AL	30 11:00 Arts & Crafts AL 1:30 Balance & Strength TR 2:00 Yoga TR 4:00 Balloon Tennis AL 4:00 Solarium Social SL 6:00 Wii AC	