

November 2021

Life at Cypress Place Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>DONUT DAY!</p> <p>Doctor Transportation - VENTURA (8-11am & 1-3pm) 1</p> <p>NAIL SALON DAY</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>10:00 Coffee & Donuts</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:45 Wheel of Fortune</p> <p>1:00 Chair Yoga</p> <p>1:00 Wii Bowling with Friends</p> <p>1:30 Word Puzzles in the Bistro</p> <p>2:00 Bistro Social & Healthy Snack</p> <p>2:00 Card Games with Friends</p> <p>2:30 Monday Matinee: Victoria & Abdul</p> <p>6:00 Evening Table Games</p>	<p>Doctor Transportation - VENTURA (1-3pm) 2</p> <p>HAIR SALON DAY</p> <p>9:00 Balance & Strength Exercise Class with Tonya</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:00 Sunshine Club Meeting</p> <p>10:45 Bingo</p> <p>1:00 Chair Yoga</p> <p>1:30 Travelogue: Ireland</p> <p>2:00 Root Beer Float Social</p> <p>2:30 RUMMIKUB</p> <p>3:30 Kings in the Corner Card Game</p> <p>6:00 Wii Sports</p>	<p>Booster Shot Clinic 9:30am - 1pm 3</p> <p>9:30 Booster Shot Clinic 9:30am - 1pm</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:15 Shopping - TRADER JOE'S</p> <p>1:00 Shopping - Macy's/JC Penney</p> <p>2:30 Fitnessize Exercise time change for today only</p> <p>3:00 WHEEL OF FORTUNE</p> <p>6:00 Evening Classics: I Love Lucy - Season 1</p>	<p>Doctor Transportation - OXNARD (1-3pm) 4</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:15 Creative Painting</p> <p>10:15 Scenic Drive - Somis Nut House</p> <p>1:00 Bible Study with Bill Abeyta</p> <p>1:00 Chair Yoga</p> <p>1:30 Wii Bowling</p> <p>2:30 HAPPY HOUR W/ BOB RYEMON</p> <p>6:00 Evening Table Games</p>	<p>9:00 Banking Business 5</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>10:00 Catholic Communion</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:45 Bingo</p> <p>1:00 Chair Yoga</p> <p>1:30 BUNCO</p> <p>2:00 Pie & Coffee Social</p> <p>2:30 Sing-along with Kay on the Piano</p> <p>6:00 Friday Night Movie: Awakenings</p>	<p>9:15 Fitnessize ~ Stretch & Tone 6</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:45 BINGO</p> <p>1:00 Chair Yoga</p> <p>1:30 Succulent Pumpkin Craft with our Friends from National Charity League</p> <p>2:30 Bistro Social and Snack</p> <p>3:00 Wii Sports</p> <p>6:00 Saturday Night Movie: RESIDENT CHOICE</p>
<p>Daylight Savings Ends - Turn clocks back 1 hour 7</p> <p>9:00 Live Sermon from River Community Church</p> <p>9:30 Sunday Funnies & Coffee</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:15 Fitnessize ~ Stretch & Tone</p> <p>1:00 Chair Yoga</p> <p>1:00 Wii Sports with Friends</p> <p>2:00 Pray The Rosary & Communion</p> <p>2:30 Bistro Social and Snack</p> <p>3:00 Ventura Jubilee Fellowship Church Service</p> <p>3:30 Table Games with Friends</p> <p>6:00 Sunday Night Movie: Going In Style</p>	<p>Doctor Transportation - VENTURA (8-11am & 1-3pm) 8</p> <p>NAIL SALON DAY</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:45 Wheel of Fortune</p> <p>1:00 Chair Yoga</p> <p>1:00 Wii Bowling with Friends</p> <p>1:30 Word Puzzles in the Bistro</p> <p>2:00 Bistro Social & Healthy Snack</p> <p>2:00 Card Games with Friends</p> <p>2:30 Monday Matinee: Rumor Has it...</p> <p>6:00 Evening Table Games</p>	<p>Doctor Transportation - VENTURA (1-3pm) 9</p> <p>HAIR SALON DAY</p> <p>9:00 Balance & Strength Exercise Class with Tonya</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:00 Sunshine Club Meeting</p> <p>10:45 Bingo</p> <p>1:00 Chair Yoga</p> <p>1:30 Travelogue: Malta</p> <p>2:00 Milkshake Social</p> <p>2:30 RUMMIKUB</p> <p>3:30 Kings in the Corner Card Game</p> <p>6:00 Wii Sports</p>	<p>PODIATRIST HERE TODAY 10</p> <p>9:00 Podiatrist - Dr. Bridget S Tester</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>9:30 Alzheimer's Association Support Group</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:15 Shopping - CVS/RALPHS</p> <p>10:45 Bean Bag Toss in Courtyard</p> <p>1:00 Chair Yoga</p> <p>1:00 Shopping - DOLLAR TREE</p> <p>2:15 Trivia & Popcorn Social</p> <p>2:45 WHEEL OF FORTUNE</p> <p>6:00 Evening Classics: I Love Lucy - Season 1</p>	<p>Doctor Transportation - OXNARD (1-3pm) 11</p> <p>VETERAN'S CORN HOLE TOURNAMENT</p> <p>VETERAN'S DAY</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:15 Creative Painting</p> <p>10:15 Scenic Drive - Pacific Coast Highway</p> <p>1:00 Bible Study with Bill Abeyta</p> <p>1:00 Chair Yoga</p> <p>1:30 Wii Bowling with Friends</p> <p>2:00 IL & AL Veteran's Corn Hole Tournament</p> <p>2:30 HAPPY HOUR W/ PAUL LENDERMAN</p> <p>6:00 Evening Table Games</p>	<p>9:00 Banking Business 12</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>10:00 Catholic Communion</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:30 BUNCO</p> <p>1:00 Chair Yoga</p> <p>2:00 Pie & Coffee Social</p> <p>2:30 Sing-along with Kay on the Piano</p> <p>2:45 BINGO</p> <p>6:00 Friday Night Movie: As Good As It Gets</p>	<p>9:15 Fitnessize ~ Stretch & Tone 13</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:45 BINGO</p> <p>1:00 Chair Yoga</p> <p>1:30 Wii Sports</p> <p>2:30 Bistro Social and Snack</p> <p>3:00 Table Games with Friends</p> <p>6:00 Saturday Night Movie: RESIDENT CHOICE</p>
<p>9:00 Live Sermon from River Community Church 14</p> <p>9:30 Sunday Funnies & Coffee</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:15 Fitnessize ~ Stretch & Tone</p> <p>1:00 Chair Yoga</p> <p>1:00 Wii Sports with Friends</p> <p>2:00 Pray The Rosary & Communion</p> <p>2:30 Bistro Social and Snack</p> <p>3:00 Ventura Jubilee Fellowship Church Service</p> <p>3:30 Table Games with Friends</p> <p>6:00 Sunday Night Movie: Serendipity</p>	<p>DONUT DAY!</p> <p>Doctor Transportation - VENTURA (8-11am & 1-3pm) 15</p> <p>NAIL SALON DAY</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>10:00 Coffee & Donuts</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:45 Wheel of Fortune</p> <p>1:00 Chair Yoga</p> <p>1:00 Wii Bowling with Friends</p> <p>1:30 Word Puzzles in the Bistro</p> <p>2:00 Bistro Social & Healthy Snack</p> <p>2:00 Card Games with Friends</p> <p>2:30 Monday Matinee: Ella Fitzgerald: Just One of Those Things</p> <p>6:00 Evening Table Games</p>	<p>Doctor Transportation - VENTURA (1-3pm) 16</p> <p>HAIR SALON DAY</p> <p>9:00 Balance & Strength Exercise Class with Tonya</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:45 Bingo</p> <p>1:00 Chair Yoga</p> <p>1:30 Travelogue: Nepal</p> <p>2:30 RUMMIKUB</p> <p>3:30 Kings in the Corner Card Game</p> <p>6:00 Wii Sports</p>	<p>O-Sabi Dinner Outing 17</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:15 Shopping - TRADER JOE'S</p> <p>10:45 Bean Bag Toss in Courtyard</p> <p>1:00 Chair Yoga</p> <p>1:00 Shopping - WINCO</p> <p>2:15 Trivia & Popcorn Social</p> <p>2:45 WHEEL OF FORTUNE</p> <p>4:30 Dinner Outing to O-Sabi Restaurant</p> <p>6:00 Evening Classics: I Love Lucy - Season 1</p>	<p>Doctor Transportation - OXNARD (1-3pm) 18</p> <p>9:00 Banking Business</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:15 Creative Painting</p> <p>1:00 Bible Study with Bill Abeyta</p> <p>1:30 Town Hall with Gina</p> <p>2:30 HAPPY HOUR W/ BOB BISHOP</p> <p>3:30 Wii Bowling with Friends</p> <p>6:00 Evening Table Games</p>	<p>CHUMASH CASINO RESORT OUTING 19</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>10:00 Catholic Communion</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:45 Bingo</p> <p>1:00 Chair Yoga</p> <p>1:30 BUNCO</p> <p>2:00 Pie & Coffee Social</p> <p>2:30 Sing-along with Kay on the Piano</p> <p>6:00 Friday Night Movie: RBG</p>	<p>9:15 Fitnessize ~ Stretch & Tone 20</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:45 BINGO</p> <p>1:00 Chair Yoga</p> <p>1:30 Wii Sports</p> <p>2:30 Bistro Social and Snack</p> <p>3:00 Table Games with Friends</p> <p>6:00 Saturday Night Movie: RESIDENT CHOICE</p>
<p>HAPPY BIRTHDAY JAN WEEKS 21</p> <p>9:00 Live Sermon from River Community Church</p> <p>9:30 Sunday Funnies & Coffee</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:15 Fitnessize ~ Stretch & Tone</p> <p>1:00 Chair Yoga</p> <p>1:00 Wii Sports with Friends</p> <p>2:00 Pray The Rosary & Communion</p> <p>2:30 Bistro Social and Snack</p> <p>3:00 Ventura Jubilee Fellowship Church Service</p> <p>3:30 Table Games with Friends</p> <p>6:00 Sunday Night Movie: This Little Love of Mine</p>	<p>Doctor Transportation - VENTURA (8-11am & 1-3pm) 22</p> <p>HAPPY BIRTHDAY HELEN NAUMANN</p> <p>NAIL SALON DAY</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:45 Wheel of Fortune</p> <p>12:30 Women's Club Bunco! 12:30 - 3pm</p> <p>1:00 Chair Yoga</p> <p>1:00 Wii Bowling with Friends</p> <p>1:30 Word Puzzles in the Bistro</p> <p>2:00 Bistro Social & Healthy Snack</p> <p>2:00 Card Games with Friends</p> <p>2:30 Monday Matinee: Flipped</p> <p>6:00 Evening Table Games</p>	<p>Doctor Transportation - VENTURA (1-3pm) 23</p> <p>HAIR SALON DAY</p> <p>9:00 Balance & Strength Exercise Class with Tonya</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:45 Bingo</p> <p>1:00 Crafting W/ Juliette</p> <p>2:30 RUMMIKUB</p> <p>3:30 Kings in the Corner Card Game</p> <p>6:00 Travelogue: Myanmar</p>	<p>Giving Back to our Local Firefighters Project 24</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>9:30 Alzheimer's Association Support Group</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:15 Shopping - CVS/RALPHS</p> <p>10:45 Bean Bag Toss in Courtyard</p> <p>1:00 Chair Yoga</p> <p>1:00 Shopping - Kohl's/Michaels/Barnes&Nobles</p> <p>1:45 Acoustic Hearing Aids Cleaning & Repair</p> <p>2:15 Trivia & Popcorn Social</p> <p>2:45 WHEEL OF FORTUNE</p> <p>6:00 Evening Classics: I Love Lucy - Season 1</p>	<p>HAPPY THANKSGIVING! 25</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:30 Wii Bowling</p> <p>11:30 THANKSGIVING CHAMPAGNE LUNCH & ENTERTAINMENT BY BOB RYEMON</p> <p>1:00 Bible Study with Bill Abeyta</p> <p>2:00 Afternoon Table Games</p> <p>6:00 Evening Movie: Holiday in the Wild</p>	<p>9:00 Banking Business 26</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>10:00 Catholic Communion</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:45 Bingo</p> <p>1:00 Chair Yoga</p> <p>1:30 BUNCO</p> <p>2:00 Pie & Coffee Social</p> <p>2:30 Sing-along with Kay on the Piano</p> <p>6:00 Friday Night Movie: Dear John</p>	<p>9:15 Fitnessize ~ Stretch & Tone 27</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:45 BINGO</p> <p>1:00 Chair Yoga</p> <p>1:30 Wii Sports</p> <p>2:30 Bistro Social and Snack</p> <p>3:00 Table Games with Friends</p> <p>6:00 Saturday Night Movie: RESIDENT CHOICE</p>
<p>9:00 Live Sermon from River Community Church 28</p> <p>9:30 Sunday Funnies & Coffee</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:15 Fitnessize ~ Stretch & Tone</p> <p>1:00 Chair Yoga</p> <p>1:00 Wii Sports with Friends</p> <p>2:00 Pray The Rosary & Communion</p> <p>2:30 Bistro Social and Snack</p> <p>3:00 Ventura Jubilee Fellowship Church Service</p> <p>3:30 Table Games with Friends</p> <p>6:00 Sunday Night Movie: Faith, Hope & Love</p>	<p>DONUT DAY!</p> <p>Doctor Transportation - VENTURA (8-11am & 1-3pm) 29</p> <p>NAIL SALON DAY</p> <p>9:15 Fitnessize ~ Stretch & Tone</p> <p>10:00 Coffee & Donuts</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:45 Wheel of Fortune</p> <p>1:00 Chair Yoga</p> <p>1:00 Wii Bowling with Friends</p> <p>1:30 Word Puzzles in the Bistro</p> <p>2:00 Bistro Social & Healthy Snack</p> <p>2:00 Card Games with Friends</p> <p>2:30 Monday Matinee</p> <p>6:00 Evening Table Games</p>	<p>Doctor Transportation - VENTURA (1-3pm) 30</p> <p>GIVING TUESDAY</p> <p>HAIR SALON DAY</p> <p>HANUKKAH</p> <p>9:00 Balance & Strength Exercise Class with Tonya</p> <p>10:00 Pick up a Daily Chronicle in the Bistro</p> <p>10:00 Sunshine Club Meeting</p> <p>10:45 Bingo</p> <p>1:00 Chair Yoga</p> <p>1:30 Travelogue: China</p> <p>2:00 Hot Apple Cider & Cookies Social</p> <p>2:30 RUMMIKUB</p> <p>3:30 Kings in the Corner Card Game</p> <p>6:00 Wii Sports</p>				