

November 2021

Life at Cypress Place Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Doctor Transportation - VENTURA (8-11am & 1-3pm) NAIL SALON DAY <i>Pick up a Daily Chronicle in the Bistro</i> Victoria Rios - Dia de los Muertos display 10:00 Donuts & Coffee! 10:30 Chair Exercise 2:00 Bingo! 3:15 Netflix Series: The Crown 6:30 Mexican Train Dominoes</p>	<p>COVID BOOSTER SHOTS Doctor Transportation - VENTURA (1-3pm) NO HAIR SALON TODAY <i>Pick up a Daily Chronicle in the Bistro</i> Victoria Rios - Dia de los Muertos display 9:30 COVID BOOSTER SHOTS 2:00 Afternoon Pie Social/Trivial Pursuit 2:30 Kings in The Corner Card Game 2:30 Sing-along with Kay! 3:30 WHEEL OF FORTUNE 6:30 Ted Talk - How to Humor Your Stress</p>	<p><i>Pick up a Daily Chronicle in the Bistro</i> 3 Victoria Rios - Dia de los Muertos display 10:15 Balance & Strength Exercise Class Led by Instructor 10:15 Shopping - TRADER JOE'S 1:00 A Day at the Opera! 1:00 Shopping - Macy's/JC Penney 2:00 WORD CHALLENGE 2:30 Travelogue - Rick Steves Austrian & Italian Alps 6:30 Evening Game of Scrabble</p>	<p>Doctor Transportation - OXNARD (1-3pm) NO HAIR SALON TODAY NO SCENIC DRIVE TODAY <i>Pick up a Daily Chronicle in the Bistro</i> Victoria Rios - Dia de los Muertos display 9:30 Chair Exercise 10:30 Painting & Projects - Painting on canvas 1:00 Bible Study with Bill Abeyta 1:30 RADIO DAYS 2:00 Healthy Snack 3:15 Poetry Readings with Colleen 6:30 Hand & Foot Game</p>	<p><i>Pick up a Daily Chronicle in the Bistro</i> 5 Victoria Rios - Dia de los Muertos display 9:00 Banking Business 10:00 Catholic Communion 10:30 Chair Exercise 2:00 BINGO! 2:30 Sing-along with Kay on the Piano 3:30 HAPPY HOUR - Bob Ryemon 7:00 Friday Night Movie - Safe House</p>	<p>Hot Chocolate and Coffee in the Bistro every Saturday! <i>Pick up a Daily Chronicle in the Bistro</i> 10:30 Chair Exercise 1:30 31 Card Game 2:00 Healthy Snack 2:15 Saturday Matinee: Resident Choice 6:30 Board Game night!</p>	
<p>Daylight Savings Ends - Turn clocks back 1 hour <i>Pick up a Daily Chronicle in the Bistro</i> 7 10:30 Chair Exercise 1:30 31 Card Game 2:00 Fireside Social & Snacks 2:00 Pray The Rosary & Communion 3:00 Ventura Jubilee Fellowship Church Service 7:00 Sunday Night Movie - Space Cowboys</p>	<p>Doctor Transportation - VENTURA (8-11am & 1-3pm) NAIL SALON DAY <i>Pick up a Daily Chronicle in the Bistro</i> 8 10:30 Chair Exercise 2:00 Bingo! 3:15 Netflix Series: The Crown 3:30 For the Love of Reading Book Club 6:30 Mexican Train Dominoes</p>	<p>Doctor Transportation - VENTURA (1-3pm) <i>Pick up a Daily Chronicle in the Bistro</i> 9 10:15 Balance & Strength Exercise Class Led by Instructor 2:00 Afternoon Pie Social/Trivial Pursuit 2:30 Kings in The Corner Card Game 2:30 Sing-along with Kay! 3:30 WHEEL OF FORTUNE 6:30 Stand Up Comedy - Ricky Gervais - Humanity</p>	<p><i>Pick up a Daily Chronicle in the Bistro</i> 10 9:30 Alzheimer's Association Support Group 10:15 Shopping - CVS/RALPHS 10:30 Chair Exercise 11:30 New Resident Luncheon 1:00 A Day at the Opera! 1:00 Shopping - DOLLAR TREE 2:00 WORD CHALLENGE 2:30 Travelogue - Rick Steves Swiss Alps 3:00 Arts and Crafts - Painting on canvas 6:30 Evening Game of Scrabble</p>	<p>Doctor Transportation - OXNARD (1-3pm) <i>Pick up a Daily Chronicle in the Bistro</i> 11 VETERAN'S CORN HOLE TOURNAMENT VETERAN'S DAY 9:30 Chair Exercise 10:15 Scenic Drive - Pacific Coast Highway 10:30 Painting & Projects 1:00 Bible Study with Bill Abeyta 2:00 IL & AL Veteran's Corn Hole Tournament 3:15 Poetry Readings with Colleen 6:30 Hand & Foot Game</p>	<p><i>Pick up a Daily Chronicle in the Bistro</i> 12 9:00 Banking Business 10:00 Catholic Communion 10:30 Chair Exercise 2:00 BINGO! 2:30 Sing-along with Kay on the Piano 3:30 HAPPY HOUR - Bob Bishop 7:00 Friday Night Movie - Company of Heroes</p>	<p>Hot Chocolate and Coffee in the Bistro every Saturday! <i>Pick up a Daily Chronicle in the Bistro</i> 13 10:30 Chair Exercise 1:30 31 Card Game 2:00 Healthy Snack 2:15 Saturday Matinee: Resident Choice 6:30 Board Game night!</p>
<p><i>Pick up a Daily Chronicle in the Bistro</i> 14 10:30 Chair Exercise 1:30 31 Card Game 2:00 Fireside Social & Snacks 2:00 Pray The Rosary & Communion 3:00 Ventura Jubilee Fellowship Church Service 7:00 Sunday Night Movie - A Knight's Tale</p>	<p>Doctor Transportation - VENTURA (8-11am & 1-3pm) NAIL SALON DAY <i>Pick up a Daily Chronicle in the Bistro</i> 15 10:00 Donuts & Coffee! 10:30 Chair Yoga with Kathleen 2:00 Bingo! 3:15 Netflix Series: The Crown 6:30 Mexican Train Dominoes</p>	<p>Doctor Transportation - VENTURA (1-3pm) PODIATRIST - DR. TESTER <i>Pick up a Daily Chronicle in the Bistro</i> 16 SUPPER CLUB OUTING - TBD 9:00 Podiatrist - Dr. Tester 10:15 Balance & Strength Exercise Class Led by Instructor 2:00 Afternoon Pie Social/Trivial Pursuit 2:30 Kings in The Corner Card Game 2:30 Sing-along with Kay! 3:30 WHEEL OF FORTUNE 6:30 Betty White - The First Lady of Television</p>	<p><i>Pick up a Daily Chronicle in the Bistro</i> 17 10:15 Shopping - TRADER JOE'S 10:30 Chair Exercise 1:00 A Day at the Opera! 1:00 Shopping - WINCO 2:00 WORD CHALLENGE 2:30 Travelogue - Rick Steves French Alps & Lyon 3:00 Arts and Crafts - Table top decorations for Thanksgiving 6:30 Evening Game of Scrabble</p>	<p>Doctor Transportation - OXNARD (1-3pm) <i>Pick up a Daily Chronicle in the Bistro</i> 18 9:00 Banking Business 9:30 Chair Exercise 10:15 Scenic Drive - Somis Nut House 10:30 Painting & Projects - Table top decorations for Thanksgiving 1:00 Bible Study with Bill Abeyta 1:30 RADIO DAYS 2:00 Healthy Snack 3:00 Town Hall w/ Gina and Dept. Leaders 3:15 Poetry Readings with Colleen 6:30 Hand & Foot Game</p>	<p><i>Pick up a Daily Chronicle in the Bistro</i> 19 9:00 CHUMASH CASINO RESORT OUTING 10:00 Catholic Communion 10:30 Chair Exercise 2:00 BINGO! 2:30 Sing-along with Kay on the Piano 3:30 HAPPY HOUR - Pamela Vincent 7:00 Friday Night Movie - Air Force One</p>	<p>Hot Chocolate and Coffee in the Bistro every Saturday! <i>Pick up a Daily Chronicle in the Bistro</i> 20 UCLA VS USC - RAH, RAH, RAH 10:30 Chair Exercise 12:45 UCLA VS USC - FOOTBALL 1:30 31 Card Game 2:00 Healthy Snack 2:15 Saturday Matinee: Resident Choice 6:30 Board Game night!</p>
<p><i>Pick up a Daily Chronicle in the Bistro</i> 21 10:30 Chair Exercise 1:30 31 Card Game 2:00 Fireside Social & Snacks 2:00 Pray The Rosary & Communion 3:00 Ventura Jubilee Fellowship Church Service 7:00 Sunday Night Movie - Yes Man</p>	<p>Doctor Transportation - VENTURA (8-11am & 1-3pm) NAIL SALON DAY <i>Pick up a Daily Chronicle in the Bistro</i> 22 10:30 Chair Exercise 2:00 Bingo! 3:15 Netflix Series: The Crown 3:30 For the Love of Reading Book Club 6:30 Mexican Train Dominoes</p>	<p>Doctor Transportation - VENTURA (1-3pm) <i>Pick up a Daily Chronicle in the Bistro</i> 23 10:15 Balance & Strength Exercise Class Led by Instructor 2:00 Afternoon Pie Social/Trivial Pursuit 2:30 Kings in The Corner Card Game 2:30 Sing-along with Kay! 3:30 WHEEL OF FORTUNE 6:30 Stand Up Comedy - Ken Jeong - You Complete Me, Ho</p>	<p><i>Pick up a Daily Chronicle in the Bistro</i> 24 9:30 Alzheimer's Association Support Group 10:15 Shopping - CVS/RALPHS 10:30 Chair Exercise 1:00 A Day at the Opera! 1:00 Acoustic Hearing Aids Cleaning & Repair 1:00 Shopping - Kohl's/Michaels/Barnes&Nobles 2:00 WORD CHALLENGE 2:30 Travelogue - Rick Steves Egypt's Cairo 3:00 Arts and Crafts 6:30 Evening Game of Scrabble</p>	<p>Happy Thanksgiving <i>Pick up a Daily Chronicle in the Bistro</i> 25 9:30 Chair Exercise 11:30 THANKSGIVING CHAMPAGNE LUNCH 1:00 Bible Study with Bill Abeyta 1:00 Kevin Fox - Entertainment 6:30 Hand & Foot Game</p>	<p><i>Pick up a Daily Chronicle in the Bistro</i> 26 9:00 Banking Business 10:00 Catholic Communion 10:30 Chair Exercise 11:15 November Birthday Luncheon 2:00 BINGO! 2:30 Sing-along with Kay on the Piano 3:30 SOCIAL HOUR - Happy Hour without the live entertainment 7:00 Friday Night Movie - The Lincoln Lawyer</p>	<p>Hot Chocolate and Coffee in the Bistro every Saturday! <i>Pick up a Daily Chronicle in the Bistro</i> 27 10:30 Chair Exercise 1:30 31 Card Game 2:00 Healthy Snack 2:15 Saturday Matinee: Resident Choice 6:30 Board Game night!</p>
<p>Hanukkah Begins <i>Pick up a Daily Chronicle in the Bistro</i> 28 10:30 Chair Exercise 1:30 31 Card Game 2:00 Fireside Social & Snacks 2:00 Pray The Rosary & Communion 3:00 Ventura Jubilee Fellowship Church Service 7:00 Sunday Night Movie - Real Steel</p>	<p>Doctor Transportation - VENTURA (8-11am & 1-3pm) HANUKKAH NAIL SALON DAY <i>Pick up a Daily Chronicle in the Bistro</i> 29 10:00 Donuts & Coffee! 10:30 Chair Exercise 2:00 Bingo! 3:15 Netflix Series: The Crown 6:30 Mexican Train Dominoes</p>	<p>Doctor Transportation - VENTURA (1-3pm) HANUKKAH <i>Pick up a Daily Chronicle in the Bistro</i> 30 10:15 Balance & Strength Exercise Class Led by Instructor 2:00 Afternoon Pie Social/Trivial Pursuit 2:30 Kings in The Corner Card Game 2:30 Sing-along with Kay! 3:30 WHEEL OF FORTUNE 6:30 Docuseries - Sinatra - All or Nothing Part 1</p>				