













November 2023
Sample Community Calendar

explore | Independent Living

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
<div><p>INDEPENDENT LIVING BY SENIOR LIFESTYLE</p></div> <div>Location Keys Activity Room 1st AR Be Fit Lounge BF Community Room CR Courtyard 2nd CY Creative Studio CS Dining Room D Entertainment Room ER Front Lounge FL Outing OT Serenity Room S Sun Room SR Theater T</div>		<div><p>your <i>life</i>, your <i>style</i></p></div>				9:30 ● Catholic Communion w/ St. Bernard's [SR] 1 10:00 ● Yoga Stretch 11:00 🏠 Brain Health University Class [CR] 2:00 ● Crafters Corner [CS] 4:00 ● Happy Hour! [FL] 7:00 ● Evening Movie [T]		9:00 ● Technology Assistance with Mark Arnold [FL] 2 10:00 ● Seated Strength [BF] 11:00 ● Creative Writers Group [CS] 2:00 ● Food Committee Meeting [CR] 7:00 ● One Day University Lecture [T]		10:00 ● Balance Class [BF] 3 11:00 ● "A Novel Idea" Book Club [ER] 11:45 ● Lunch Bunch Outing [OT] 1:30 ● LCR Dice Game [1st AR] 4:00 ● Happy Hour! [FL] 6:30 ● Piano Music in the Lounge [FL]		9:30 ● Garden Walk [2nd CY] 4 10:00 ● We Got the BEAT Cardio [BF] 11:00 🏠 Brain Health University Class [CR] 1:30 ● Resident Led Trivia Group [FL] 3:00 ● BINGO [CR] 7:00 ● Evening Movie [T]			
<div>Resident Birthdays: (sample)</div> <div>2- Jane D.</div> <div>7-John J.</div> <div>23- Don C.</div> <div>26- Vivian T.</div>		Daylight Saving Time Begins 5 9:30 ● Garden Walk [2nd CY] 10:30 ● Non Denominational Service [CR] 1:30 Resident Led Table Games [1st AR] 2:30 ● Movie Matinee [T] 4:00 ● Skybox Sports Pub [SR]		10:00 ● Balance Class [BF] 6 11:00 🏠 Brain Health University Class [CR] 1:30 ● One Day University Lecture [T] 2:00 Bridge Club [CR] 3:00 ● Mindfulness Meditation [S] 7:00 ● Evening Movie [T]		Election Day 7 9:30 🚌 Community Errands [OT] 10:00 ● 30 Minute Abs [BF] 1:30 ● Resident Council [CR] 2:00 ● Tasty Tuesday Cooking Club [CS] 3:00 ● BINGO [CR] 7:00 ● Trivia Night! [CR]		9:30 ● Catholic Communion w/ St. Bernard's [SR] 8 10:00 ● Yoga Stretch 11:00 🏠 Brain Health University Class [CR] 2:00 ● Crafters Corner [CS] 4:00 ● Happy Hour! [FL] 7:00 ● Evening Movie [T]		9:00 ● Technology Assistance with Mark Arnold [FL] 9 10:00 ● Seated Strength [BF] 11:00 ● Creative Writers Group [CS] 3:30 ● New Resident Welcome Social [FL] 7:00 ● One Day University Lecture [T]		10:00 ● Balance Class [BF] 10 11:00 ● "A Novel Idea" Book Club [ER] 11:45 ● Lunch Bunch Outing [OT] 1:30 ● LCR Dice Game [1st AR] 4:00 ● Happy Hour! [FL] 6:30 ● Piano Music in the Lounge [FL]		Veterans Day 11 9:30 ● Garden Walk [2nd CY] 10:00 ● We Got the BEAT Cardio [BF] 11:00 🏠 Brain Health University Class [CR] 1:30 ● Resident Led Trivia Group [FL] 3:00 ● BINGO [CR] 7:00 ● Evening Movie [T]	
		9:30 ● Garden Walk [2nd CY] 12 10:30 ● Non Denominational Service [CR] 1:30 Resident Led Table Games [1st AR] 2:30 ● Movie Matinee [T] 4:00 ● Skybox Sports Pub [SR]		10:00 ● Balance Class [BF] 13 11:00 🏠 Brain Health University Class [CR] 1:30 ● One Day University Lecture [T] 2:00 Bridge Club [CR] 3:00 ● Mindfulness Meditation [S] 7:00 ● Evening Movie [T]		9:30 ● Museum Trip [OT] 14 10:00 ● 30 Minute Abs [BF] 2:00 ● Tasty Tuesday Cooking Club [CS] 3:00 ● BINGO [CR] 7:00 ● Trivia Night! [CR]		9:30 ● Catholic Communion w/ St. Bernard's [SR] 15 10:00 ● Yoga Stretch 11:00 🏠 Brain Health University Class [CR] 2:00 ● Crafters Corner [CS] 4:00 ● Happy Hour! [FL] 7:00 ● Evening Movie [T]		9:00 ● Technology Assistance with Mark Arnold [FL] 16 10:00 ● Seated Strength [BF] 11:00 ● Creative Writers Group [CS] 3:00 🐾 Diversity Feature [CR] 7:00 ● One Day University Lecture [T]		10:00 ● Balance Class [BF] 17 11:00 ● "A Novel Idea" Book Club [ER] 11:45 ● Lunch Bunch Outing [OT] 1:30 ● LCR Dice Game [1st AR] 4:00 ● Happy Hour! [FL] 6:30 ● Piano Music in the Lounge [FL]		9:30 ● Garden Walk [2nd CY] 18 10:00 ● We Got the BEAT Cardio [BF] 11:00 🏠 Brain Health University Class [CR] 1:30 ● Resident Led Trivia Group [FL] 3:00 ● BINGO [CR] 7:00 ● Evening Movie [T]	
		9:30 ● Garden Walk [2nd CY] 19 10:30 ● Non Denominational Service [CR] 1:30 Resident Led Table Games [1st AR] 2:30 ● Movie Matinee [T] 4:00 ● Skybox Sports Pub [SR]		10:00 ● Balance Class [BF] 20 11:00 🏠 Brain Health University Class [CR] 1:30 ● One Day University Lecture [T] 2:00 Bridge Club [CR] 3:00 ● Mindfulness Meditation [S] 7:00 ● Evening Movie [T]		9:30 🚌 Grocery Run [OT] 21 10:00 ● 30 Minute Abs [BF] 11:00 ● Dominoes [CR] 2:00 ● Tasty Tuesday Cooking Club [CS] 3:00 ● BINGO [CR] 7:00 ● Trivia Night! [CR]		9:30 ● Catholic Communion w/ St. Bernard's [SR] 22 10:00 ● Yoga Stretch 11:00 🏠 Brain Health University Class [CR] 2:00 ● Crafters Corner [CS] 4:00 ● Happy Hour! [FL] 6:00 ● The Key Event- Fine Dining Special Event [D]		Thanksgiving 23 9:00 ● Technology Assistance with Mark Arnold [FL] 10:00 ● Seated Strength [BF] 11:00 ● Creative Writers Group [CS] 2:30 ● Virtual Travel Program [CR] 7:00 ● One Day University Lecture [T]		10:00 ● Balance Class [BF] 24 11:00 ● "A Novel Idea" Book Club [ER] 11:45 ● Lunch Bunch Outing [OT] 1:30 ● LCR Dice Game [1st AR] 4:00 ● Happy Hour! [FL] 6:30 ● Piano Music in the Lounge [FL]		9:30 ● Garden Walk [2nd CY] 25 10:00 ● We Got the BEAT Cardio [BF] 11:00 🏠 Brain Health University Class [CR] 1:30 ● Resident Led Trivia Group [FL] 3:00 ● BINGO [CR] 7:00 ● Evening Movie [T]	
		9:30 ● Garden Walk [2nd CY] 26 10:30 ● Non Denominational Service [CR] 1:30 Resident Led Table Games [1st AR] 2:30 ● Movie Matinee [T] 4:00 ● Skybox Sports Pub [SR]		10:00 ● Balance Class [BF] 27 11:00 🏠 Brain Health University Class [CR] 1:30 ● One Day University Lecture [T] 2:00 Bridge Club [CR] 3:00 ● Mindfulness Meditation [S] 7:00 ● Evening Movie [T]		10:00 ● 30 Minute Abs [BF] 28 11:00 ● Health Talk Tuesday [CR] 2:00 ● Tasty Tuesday Cooking Club [CS] 3:00 ● BINGO [CR] 7:00 ● Trivia Night! [CR]		9:30 ● Catholic Communion w/ St. Bernard's [SR] 29 10:00 ● Yoga Stretch 11:00 🏠 Brain Health University Class [CR] 2:00 ● Crafters Corner [CS] 4:00 ● Happy Hour! [FL] 7:00 ● Evening Movie [T]		9:00 ● Technology Assistance with Mark Arnold [FL] 30 10:00 ● Seated Strength [BF] 11:00 ● Creative Writers Group [CS] 2:30 ● Monthly Birthday Celebration [CR] 7:00 ● One Day University Lecture [T]		<div> Better Together</div> <div> Outings</div> <div> _BRAIN HEALTH UNIVERSITY</div> <div> explore - Culture & the Arts</div> <div> explore - Leadership & Volunteerism</div> <div> explore - Lectures & Learning</div> <div> explore - Recreation & Entertainment</div> <div> explore - Spiritual Health & Religion</div> <div> explore - Strength & Vitality</div> <div> explore - Travels & Treks</div>			
WWW.SENIORLIFESTYLE.COM															
ACTIVITIES ARE SUBJECT TO CHANGE															
Your opinion is important to us. Share your feedback and suggestions about our new explore Independent Living program concept with your Resident Program Director.															