

November 2023
Cap Sante Court Activities Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1111 32nd St. Anacortes, WA 98221 360-293-8088	AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	7:00 PE Breakfast - Self Serve 1 9:00 PE Morning Stroll / Resident Led 10:00 LL Circle Talk 1:00 LL Mexican Train Game- Resident led 1:00 LL RUMMIKUB 2:30 F LL BINGO- Resident Led	Transportation 9AM- 3PM 2 7:00 PE Breakfast - Self Serve 1:00 LL RUMMIKUB- Resident led 6:00 PE movie night- Hallmark Channel Once Upon a Time	7:00 PE Breakfast - Self Serve 3 1:00 LL RUMMIKUB 1:00 LL UNO 3:00 F AE Happy Hour- Danny Ward	7:00 PE Breakfast - Self Serve 4 12:00 PE Lunch 1:00 LL RUMMIKUB 5:00 F PE Dinner -
Daylight Saving Time Begins 5 7:00 PE Breakfast - Self Serve 12:00 PE Lunch 1:00 LL RUMMIKUB 5:00 F PE Dinner -	7:00 PE Breakfast - Self Serve 6 10:00 SS Powerful Prayer with Tonya 11:00 LL Adventure Outing- Scenic Drive 1:00 LL RUMMIKUB- Resident led	Election Day 7 Transportation 9AM- 3PM 7:00 PE Breakfast - Donut Tuesday 1:00 LL RUMMIKUB 1:30 F CC Senior Center- Silver Foxes Exercise Class	7:00 PE Breakfast - Self Serve 8 9:00 PE Morning Stroll / Resident Led 10:00 LL Circle Talk 1:00 LL Mexican Train Game- Resident led 1:00 LL RUMMIKUB 2:30 F LL BINGO- Resident Led	Transportation 9AM- 3PM 9 7:00 PE Breakfast - Self Serve 11:00 CC All About Hearing with Diana Fox 1:00 LL Harmonaires performing 6:00 PE Movie Night- Hallmark Channel Christmas in Tahoe	7:00 PE Breakfast - Self Serve 10 1:00 LL RUMMIKUB 1:00 LL UNO 3:00 F AE Happy Hour- Ward McCary	Veterans Day 11 7:00 PE Breakfast - Self Serve 12:00 PE Lunch 1:00 LL RUMMIKUB 5:00 F PE Dinner -
7:00 PE Breakfast - Self Serve 12 12:00 PE Lunch 1:00 LL RUMMIKUB 5:00 F PE Dinner -	7:00 PE Breakfast - Self Serve 13 10:00 SS Powerful Prayer with Tonya 11:00 LL Lunch Out On the Town: CoConut Kennys 1:00 LL RUMMIKUB- Resident led 1:00 F CC Resident Council Meeting	Transportation 9AM- 3PM 14 7:00 PE Breakfast - Donut Tuesday 1:00 CE Healthy Living Class - Martin Iverson 1:00 LL RUMMIKUB- Resident led 1:30 F PE Senior Center- Silver Foxes Exercise Class	7:00 PE Breakfast - Self Serve 15 9:00 PE Morning Stroll / Resident Led 10:00 LL Circle Talk 12:00 PE Birthday Celebration with Cake 1:00 LL RUMMIKUB- Resident led 2:30 F LL BINGO- Resident Led	Transportation 9AM- 3PM 16 7:00 PE Breakfast - Self Serve 1:00 LL RUMMIKUB 2:00 F LL Culinary Director Resident Forum- Kelly 6:00 PE Movie Night- Hallmark Channel A Heidel Berg Holiday	7:00 PE Breakfast - Self Serve 17 1:00 LL RUMMIKUB 1:00 LL UNO--Resident led 3:00 F AE Happy Hour- Steve Ellis	7:00 PE Breakfast - Self Serve 18 12:00 PE Lunch 1:00 LL RUMMIKUB 5:00 F PE Dinner -
7:00 PE Breakfast - Self Serve 19 12:00 PE Lunch 1:00 LL RUMMIKUB 5:00 F PE Dinner -	7:00 PE Breakfast - Self Serve 20 10:00 SS Powerful Prayer with Tonya 11:00 LL Adventure Outing- Scenic Drive 1:00 LL RUMMIKUB	Transportation 9AM- 3PM 21 7:00 PE Breakfast Self Serve-Donut Tuesday 1:00 LL RUMMIKUB 1:30 F PE Senior Center- Silver Foxes Exercise Class	7:00 PE Breakfast - Self Serve 22 9:00 PE Morning Stroll / Resident Led 10:00 LL Circle Talk 2:00 F LL Executive Director Resident Forum with Anita 2:30 F LL BINGO- Resident Led	Thanksgiving 23 Transportation 9AM- 3PM 7:00 PE Breakfast - Self Serve 1:00 LL RUMMIKUB 6:00 PE Movie Night-Hallmark Channel Resident Choice	7:00 PE Breakfast - Self Serve 24 1:00 LL RUMMIKUB- Resident led 1:00 LL UNO--Resident led 3:00 F AE Happy Hour -Esquires	7:00 PE Breakfast - Self Serve 25 12:00 PE Lunch 1:00 LL RUMMIKUB 5:00 F PE Dinner -
7:00 PE Breakfast - Self Serve 26 12:00 PE Lunch 1:00 LL RUMMIKUB- Resident led 5:00 F PE Dinner -	7:00 PE Breakfast - Self Serve 27 10:00 SS Powerful Prayer with Tonya 11:00 LL Lunch Out On the Town: Teriyaki Time 1:00 LL RUMMIKUB	Transportation 9AM- 3PM 28 7:00 PE Breakfast Self Serve- Donut Tuesday 1:00 LL RUMMIKUB- Resident led 1:30 F PE Senior Center- Silver Foxes Exercise Class	7:00 PE Breakfast - Self Serve 29 9:00 PE Morning Stroll / Resident Led 10:00 LL Circle Talk 1:00 LL RUMMIKUB 2:30 F LL BINGO- Resident Led	Transportation 9AM- 3PM 30 7:00 PE Breakfast - Self Serve 1:00 LL RUMMIKUB 6:00 PE Movie Night- Hallmark Channel Resident Choice	Please sign up for events in the activities binder at the front desk.	