November 2023 In The Moment – Memory Sup	port				created SOOCIU
Sunday Mo	onday Tuesday	Wednesday	Thursday	Friday	Saturday
(Viahthouse Anacortes	AE Artistic Expression CC Community Connection CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	9:30 LL Morning Lounge [AL] 10:30 E Lighthouse News [AL] 11:00 PE Get Fit & Stay Strong [AL] 11:30 Lighthouse Singers 2:00 LL Bowling with Friends [AL] 3:30 PE Music and Dancing w/ Ann, Frank & Bob [AL] 6:30 LL Evening Movie [AL]	9:30 Morning Lounge [AL] 10:30 Lighthouse News [AL] 11:00 Chair Jogging & Walk Club [AL] 11:30 Remember When/Chores & Allowence AC/DL/TV [AL] 2:00 Blackjack Happy Hour 3:30 Music with Ward [AL] 6:30 Levening Movie [AL]	3:00 The Cafe 9:30 Morning Lounge [AL] 10:30 E Lighthouse News [AL] 11:00 PE Get Fit & Stay Strong [AL] 2:00 Friday Bingo 2:30 SS Activity Connect Small Group [AL] 3:00 The Cafe [AL] 6:30 Evening Movie [AL]	9:30 Morning Lounge [AL] 10:30 Lighthouse News [AL] 11:00 So Sos Workout [AL] 2:00 So Jim Weaver Entertains [AL] 3:00 Lives Well Lived w/Leila [AL] 3:30 The Walking Club [AL] 6:30 Livening Movie [AL]
[AL]	9:30 III Morning Lounge [AL] 10:30 ©E Lighthouse News [AL] 11:30 PE Musical Guest/ Ted Picketts [AL] on at the Movies [AL] Tour [OC] 2:00 SS Taste & Tell [AL] 4:00 PE The Reading Table [FT]	9:30 Morning Lounge [AL] 10:30 Lighthouse News [AL] 11:00 PE Get Fit & Stay Strong [AL] 2:00 The Game Room & Brain Strength [AL] 3:30 PE Music and Dancing w/ Ann, Frank & Bob [AL] 6:30 LEvening Movie [AL]	9:30 Morning Lounge [AL] 10:30 E Lighthouse News [AL] 11:00 PE Get Fit & Stay Strong [AL] 11:30 Trivia & What's That 2:00 L Blackjack Happy Hour 3:30 PE Music with Ward [AL] 6:30 L Evening Movie [AL]	[AL] 10:30 CC Lighthouse News 11:00 EE Get Fit & Stay Strong [AL]	9:30 Morning Lounge [AL] 10:30 E Lighthouse News [AL] 11:00 E Stretch & Flex [AL] 2:00 Veterns Day NW Harmony Singers [AL] 3:00 Celebrating our Lighthouse Veterans [AL] 3:30 E The Walking Club [AL] 6:30 E Evening Movie [AL]
2:00 Sports Lounge [AL] 11:30 AE Light H	10:30	10:30 E Lighthouse News [AL] 11:00 E Get Fit & Stay Strong [AL] 2:00 The Game Room & Brain	9:30 Morning Lounge [AL] 10:30 Lighthouse News [AL] 11:00 Lighthouse News [AL] 11:00 Lighthouse News [AL] 2:00 Lighthouse News [AL] 3:30 Lighthouse News [AL] 4:00 Lighthouse News [AL] 5:30 Lighthouse News [AL] 6:30 Lighthouse News [AL] 6:30 Lighthouse News [AL]	111.45 AE Ctor of the Month [AI]	9:30 Morning Lounge [AL] 10:30 Lighthouse News [AL] 11:00 Los 50s Workout [AL] 2:00 Los Jim Weaver Entertains [AL] 3:00 Loves Well Lived w/Leila [AL] 3:30 Loves Walking Club [AL] 6:30 Loves Wening Movie [AL]
2:00 Sports Lounge [AL] 11:30 AE Light H	[AL] 10:30 CE Lighthouse News [AL] 10:30 CE Lighthouse News [AL] 11:00 PE Get Fit & Stay Strong [AL] 12:00 SS Thanksgiving Family & Friends Get Together 2:00 LE Thankful Friends Party [AL] 2:30 CE Turkey Day Trivia [AL]	[AL] 10:30 CE Lighthouse News [AL] 11:00 PE Get Fit & Stay Strong [AL] 2:00 LL The Game Room & Brain Strength [AL]	Thanksgiving 9:30 Morning Lounge [AL] 10:30 E Lighthouse News [AL] 11:00 E Get Fit & Stay Strong [AL] 2:00 Unexpected Blessings ac/dl/tv [AL] 3:30 E Music with Ward [AL] 6:30 Evening Movie [AL]	9:30 Morning Lounge [AL] 10:30 Lighthouse News [AL] 11:00 E Get Fit & Stay Strong [AL] 2:00 Friday Bingo 2:30 SS Activity Connect Small Group [AL] 3:00 The Cafe [AL] 6:30 Evening Movie [AL]	9:30 Morning Lounge [AL] 10:30 Lighthouse News [AL] 11:00 PE 50s Workout [AL] 2:00 PE Jim Weaver Entertains [AL] 3:00 Li Lives Well Lived w/Leila [AL] 3:30 PE The Walking Club [AL] 6:30 Li Evening Movie [AL]
2:00 Sports Lounge [AL] 11:30 AE Light H	[AL] 10:30 E Lighthouse News [AL] 10:30 E Lighthouse News [AL] 11:00 E Get Fit & Stay Strong [AL] 2:00 L Art Christmas Tree's 3:30 E Chair Jogging & Walk Clu [AL] 2:Tour [OC] 4:00 E The Reading Table [FT]	10:30 E Lighthouse News [AL] 11:00 E Get Fit & Stay Strong [AL] 2:00 L The Game Room & Brain	9:30 Morning Lounge [AL] 10:30 Lighthouse News [AL] 11:00 E Get Fit & Stay Strong [AL] 11:30 Can you name these 1950's celebraties YouT 2:00 Blackjack Happy Hour 3:30 E Music with Ward [AL] 6:30 Levening Movie [AL]	Healthy Snacks & Hydration offered throughout each day!	Location Keys Activity Lounge AL Common living space by the fish tank FT Outside Community OC