November 2021
Independent Living Calendar

created with Sagely

THE MERIDIAN AT WATERWAYS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:00 PE Moving Mondays w/ Genesis Rehab [AR] 2:00 CE Monday Trivia [TH] 3:00 LL Movie Matinee - The Stand In w/ Drew Barrymore [TH] 4:00 PE WOW - Walk On Waterways [O] 7:00 LL Nightly Movie- The Stand In w/ Drew Barrymore [TH]	2 **Election Day** 11:00 PE Exercise with Weights [AR] 1:30 AE Music Therapy - Sing- A- Long [TH] 2:00 PE **Tai Chi w/ Andrea [AR]** 3:00 LL **Documentary - The Great Hack w/ Mark Zuckerberg [TH]** 7:00 LL Nightly Movie - Swing Vote w/ Kevin Costner [TH]	3 11:00 PE Stand & Balance with Gus from Genesis [AR] 1:30 CC Bingo - 1st Floor [AR] 3:00 AE Piano Sessions in the Bar [B] 4:00 LL **Social Hour - 8th Floor [B]** 7:00 LL Nightly Movie- The Ugly Truth w/ Katherine Heigl [TH]	4 10:00 SS **Shabbat w/ Rabbi Singer [TH]** 11:00 PE Chair Exercise with Almarie [AR] 1:30 CE Knitting Club [CK] 2:00 CC **TownHall Meeting w/ Randy** 3:00 **Emily from Allegiance w/ Name that Tune [TH]** 4:00 PE WOW - Walk On Waterways [O] 7:00 LL Nightly Movie- The Net w/ Sandra Bullock [TH]	5 11:00 PE Flex Friday- Yoga w/ Gus [AR] 1:30 AE Music Therapy- Chorus - Alive & Singing [B] 3:00 LL Movie Matinee - Breaking the Bank w/ Kelsey Grammer [TH] 4:00 LL **Happy Hour on the 8th floor [B]** 7:00 LL Nightly Movie- Breaking the Bank w/ Kelsey Grammer [TH]	6 11:00 PE Drum Fit Exercise- Working the Mind & Body [AR] 2:00 CC Bingo - 1st Floor [AR] 3:00 LL Movie Matinee - Language Lessons w/ Natalie Morales [TH] 7:00 LL Nightly Movie- Language Lessons w/ Natalie Morales [TH]
Daylight Saving Time Begins 7 10:30 SS **Sunday Service w/ United Church of Christ via ZOOM [TH]** 1:30 LL Bridge Game [AR] 2:00 PE Workout and Stretch [AR] 2:30 LL Music on the Patio [PA] 3:00 LL Movie Matinee - Hairspray w/ Nikki Blonsky [TH] 7:00 LL Nightly Movie- Hairspray w/ Nikki Blonsky [TH]	8 11:00 PE Moving Mondays w/ Genesis Rehab [AR] 2:00 CE Monday Trivia [TH] 3:00 LL Movie Matinee - Dear John w/ Channing Tatum [TH] 4:00 PE WOW - Walk On Waterways [O] 7:00 LL Nightly Movie- Dear John w/ Channing Tatum	9 11:00 PE Exercise with Weights [AR] 1:30 AE Music Therapy - Sing- A- Long [TH] 3:00 LL Movie Matinee - The Outlaw Josey Wales w/ Clint Eastwood [TH] 7:00 LL Nightly Movie- The Outlaw Josey Wales w/ Clint Eastwood [TH]	10 11:00 PE Stand & Balance with Gus from Genesis [AR] 1:30 CC Bingo - 1st Floor [AR] 3:00 AE Piano Sessions in the Bar [B] 4:00 LL **Social Hour - 8th Floor [B]** 7:00 LL Nightly Movie- Ella Fitzgerald w/Smokey Robinson	**Veterans Day** 11 10:00 SS **Shabbat w/ Rabbi Singer [TH]** 11:00 PE Chair Exercise with Corey [AR] 12:00 **Veteran's Day Luncheon- Honoring of our Vets [SO]** 1:30 CE Knitting Club [CK] 3:00 LL Movie Matinee -The Forgotten Battle w/ Gijs Blom [TH] 4:00 PE WOW - Walk On Waterways [O] 7:00 LL Nightly Movie- The Forgotten Battle w/Gijs Blom [TH]	12 11:00 PE Flex Friday- Yoga w/ Gus [AR] 1:30 AE Music Therapy- Chorus - Alive & Singing [B] 3:00 LL Movie Matinee - Stuck Together w/ Dany Boon [TH] 4:00 LL **Happy Hour on the 8th floor [B]** 7:00 LL Nightly Movie- Stuck Together w/ Day Boon [TH]	13 11:00 PE Drum Fit Exercise- Working the Mind & Body [AR] 1:15 CC Resident Activity Meeting [CK] 2:00 CC Bingo - 1st Floor [AR] 3:00 LL Movie Matinee - Joe Bell w/ Mark Wahlberg [TH] 7:00 LL Nightly Movie- Joe Bell w/ Mark Wahlberg [TH]
14 10:30 SS **Sunday Service w/ United Church of Christ via ZOOM [TH]** 1:30 LL Bridge Game [AR] 2:00 PE Workout and Stretch [AR] 2:30 LL Music on the Patio [PA] 3:00 LL Movie Matinee -The Guensey w/ Melissa McCarthy [TH] 7:00 LL Nightly Movie- The Guensey w/Melissa McCarthy	15 11:00 PE Moving Mondays w/ Genesis Rehab [AR] 2:00 CE Monday Team Trivia [TH] 3:00 LL Movie Matinee - Endless w/ Nicholas Hamilton [TH] 4:00 PE WOW - Walk On Waterways [O] 7:00 LL Nightly Movie- Endless w/ Nicholas Hamilton	16 11:00 PE Exercise with Weights [AR] 1:30 AE Music Therapy - Sing- A- Long [TH] 2:00 PE **Tai Chi w/ Andrea [AR]** 3:00 LL Movie Matinee - Starsky & Hutch w/ Ben Stiller [TH] 4:00 CC **Wine Tasting Hour [B]** 7:00 LL Nightly Movie- Starsky and Hutch w/ Ben Stiller	17 11:00 PE Stand & Balance with Gus from Genesis [AR] 1:30 CC Bingo - 1st Floor [AR] 3:00 AE Piano Sessions in the Bar [B] 4:00 LL **Social Hour - 8th Floor [B]** 7:00 LL Nightly Movie- The Bodyguard w/ Whitney Houston	18 10:00 SS **Shabbat w/ Rabbi Singer [TH]** 11:00 PE Chair Exercise with Corey [AR] 12:00 LL **Tasty Thursday Lunch - Beachcombers Resort [OU]** 1:30 CE Knitting Club [CK] 3:00 LL Movie Matinee - North by Northwest by Cary Grant [TH] 4:00 PE WOW - Walk On Waterways [O] 7:00 LL Nightly Movie- North by Northwest w/ Cary Grant	19 11:00 PE Flex Friday- Yoga w/ Gus [AR] 1:30 AE Music Therapy- Chorus - Alive & Singing [B] 3:00 LL Movie Matinee - No Future w/ Charlie Heaton [TH] 4:00 LL **Happy Hour on the 8th floor [B]** 7:00 LL Nightly Movie- No Future w/ Charlie Heaton [TH]	20 11:00 PE Drum Fit Exercise- Working the Mind & Body [AR] 2:00 CC Bingo - 1st Floor [AR] 3:00 LL Movie Matinee - Every Last One of Them w/ Richard Dreyfuss [TH] 7:00 LL Nightly Movie- Every Last One of Them w/ Richard Dreyfuss [TH]
21 10:30 SS **Sunday Service w/ United Church of Christ via ZOOM [TH]** 1:30 LL Bridge Game [AR] 2:00 PE Workout and Stretch [AR] 2:30 LL Music on the Patio [PA] 3:00 LL Movie Matinee - South of Heaven w/ Evangeline Lilly [TH] 7:00 LL Nightly Movie- South of Heaven w/ Evangeline Lilly [TH]	22 11:00 PE Moving Mondays w/ Genesis Rehab [AR] 2:00 CE Monday Trivia [TH] 3:00 LL Movie Matinee - Transformers w/ Shia Lebouf [TH] 4:00 PE WOW - Walk On Waterways [O] 7:00 LL Nightly Movie- Transformers w/Shia LaBeouf	23 11:00 PE Exercise with Weights [AR] 1:30 AE Music Therapy - Sing- A- Long [TH] 2:30 LL **2:30 Pie Tasting (Variety of Flavors) [CK]** 3:00 LL Movie Matinee - Rush Hour w/ Chris Tucker [TH] 7:00 LL Nightly Movie- Rush Hour w/ Chris Tucker	24 11:00 PE Stand & Balance with Gus from Genesis [AR] 1:30 CC Bingo - 1st Floor [AR] 3:00 AE Piano Sessions in the Bar [B] 4:00 LL **Social Hour - 8th Floor [B]** 7:00 LL Nightly Movie- The Myth of Fingerprints w/ Blythe Danner [TH]	**Thanksgiving** 25 10:00 SS **Shabbat w/ Rabbi Singer [TH]** 11:00 PE Chair Exercise with Corey [AR] 12:00 LL **Thanksgiving Luncheon** 3:00 LL Movie Matinee - An Old Fashioned Thanksgiving w/ Jacqueline Bisset [TH] 4:00 PE WOW - Walk On Waterways [O] 7:00 LL Nightly Movie- An Old Fashioned Thanksgiving w/Jacqueline Bisset [TH]	26 11:00 PE Flex Friday- Yoga w/ Gus [AR] 1:30 AE Music Therapy- Chorus - Alive & Singing [B] 3:00 LL Movie Matinee - The Many Saints of Newark w/ Ray Liottra [TH] 4:00 LL **Happy Hour on the 8th floor [B]** 7:00 LL Nightly Movie- The Many Saints of Newark w/ Ray Liotta	27 11:00 PE Drum Fit Exercise- Working the Mind & Body [AR] 2:00 CC Bingo - 1st Floor [AR] 3:00 LL Movie Matinee - 1st Floor [TH] 7:00 LL Nightly Movie- Framed By My Husband w/ Christine Chatelain
28 10:30 SS **Sunday Service w/ United Church of Christ via ZOOM [TH]** 1:30 LL Bridge Game [AR] 2:00 PE Workout and Stretch [AR] 2:30 LL Music on the Patio [PA] 3:00 LL Movie Matinee - A Summer's Place w/ Dorothy McGuire [TH] 7:00 LL Nightly Movie- A Summer Place w/ Dorothy McGuire	29 11:00 PE Moving Mondays w/ Genesis Rehab [AR] 2:00 LL **Trip to Galleria Mall [OU]** 3:00 LL Movie Matinee - QueenPin w/ Kristen Bell [TH] 4:00 PE WOW - Walk On Waterways [O] 7:00 LL Nightly Movie- QueenPin w/ Kristen Bell	30 11:00 PE Exercise with Weights [AR] 1:30 AE Music Therapy - Sing- A- Long [TH] 3:00 LL **Birthday Bash w/ Chris Autore [TH]** 7:00 LL Nightly Movie- The Age of Adaline w/ Blake Lively				

AE Artistic Expression
CC Community Connections
CE Continuing Education
LL Lifestyle & Leisure
PE Physical Engagement
SS Spiritual Support

Location Keys

Activities Room	AR
Bar	B
Country Kitchen	CK
Outdoors	O
Outing	OU
Patio	PA
Solarium	SO
Theater	TH