


November 2020

AL Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Begins 1 10:00 Cafe Talk with Bryce [WSC] 11:00 LL Puzzles w/ Venese [WSC] 11:00 Workout with Ciera - 1st Floor [AR] 1:30 LL Bingo w/ Fun Surprises - 1st Floor [AR]	2 11:00 PE Moving Mondays w/ Venese [AR] 11:00 PE Shape Yourself with Ciera [AR] 1:30 CE Games - Scrabble/ Taboo/Checkers/ Jenga etc. [LI] 2:30 CE Trivia with Genesis [CK]	Election Day 3 10:15 Shabbat Service - 1st Floor [TH] 11:00 PE Exercise with Weights [AR] 11:00 AE Yoga and Meditation with Chloe [AR] 1:30 AE Music Therapy - Sing- A- Long [TH] 2:00 PE Exercise Class with Venese [AR]	4 11:00 PE Workout Wednesdays with Almarie - 1st floor [AR] 11:00 PE Workout Wednesdays with Genesis [AR] 1:30 PE Bridge Game - 1st Floor [AR] 2:00 CC Bingo - 1st Floor [AR] 2:30 LL Piano Sessions with - 8th Floor [B]	5 11:00 PE Exercise Class- Yoga w/Chloe [AR] 11:00 PE Get Fit Where You Sit with Ciera - 1st Floor [AR] 1:30 LL Arts & Crafts with Ciera - 1st Floor [AR] 1:30 CE Knitting Club [CK] 2:00 PE Exercise with Venese [AR]	6 11:00 PE Fitness Friday - Stand and Balance w/ Genesis [AR] 11:00 PE Fitness with Genesis - 1st Floor [AR] 1:00 AE Music Therapy- Chorus - Alive & Singing [B] 1:10 PE Chorus "Alive & Singing"	7 11:00 PE Sweaty Saturdays- Cardio Workout [AR] 11:00 Yoga and Meditation with Chloe [AR] 1:30 LL Bridge Game (Always looking for players) - 1st Floor [AR] 1:30 Movie Matinee - 1st Floor [TH]
8 10:00 Cafe Talk with Bryce [WSC] 11:00 LL Puzzles w/ Venese [WSC] 11:00 Workout with Ciera - 1st Floor [AR] 1:00 Planting on the Patio w/ Venese [PA]	9 11:00 PE Moving Mondays w/ Venese [AR] 11:00 PE Shape Yourself with Ciera [AR] 1:30 CE Games - Scrabble/ Taboo/Checkers/ Jenga etc. [LI] 2:30 CE Trivia with Genesis [CK]	Donation Tuesday 10 11:00 PE Exercise with Weights [AR] 11:00 AE Yoga and Meditation with Chloe [AR] 1:30 AE Music Therapy - Sing- A- Long [TH] 2:00 PE Exercise Class with Venese [AR] 3:00 LL Movie Matinee - Bird w/Forest Whitaker [TH]	Veterans Day 11 11:00 PE Workout Wednesdays with Almarie - 1st floor [AR] 11:00 PE Workout Wednesdays with Genesis [AR] 12:00 CE Veteran's Day Lunch/Ceremony 1:30 PE Bridge Game - 1st Floor [AR]	12 11:00 PE Exercise Class- Yoga w/Chloe [AR] 11:00 PE Get Fit Where You Sit with Ciera - 1st Floor [AR] 1:30 LL Arts & Crafts with Ciera - 1st Floor [AR] 1:30 CE Knitting Club [CK] 2:00 PE Exercise with Venese [AR]	13 11:00 PE Fitness Friday - Stand and Balance w/ Genesis [AR] 11:00 PE Fitness with Genesis - 1st Floor [AR] 1:00 AE Music Therapy- Chorus - Alive & Singing [B] 1:10 PE Chorus "Alive & Singing"	14 11:00 PE Sweaty Saturdays- Cardio Workout [AR] 11:00 Yoga and Meditation with Chloe [AR] 1:30 LL Bridge Game (Always looking for players) - 1st Floor [AR] 1:30 Movie Matinee - 1st Floor [TH]
15 10:00 Cafe Talk with Bryce [WSC] 11:00 LL Puzzles w/ Venese [WSC] 11:00 Workout with Ciera - 1st Floor [AR] 1:30 LL Bingo w/ Fun Surprises - 1st Floor [AR]	16 11:00 PE Moving Mondays w/ Venese [AR] 11:00 PE Shape Yourself with Ciera [AR] 1:30 CE Games - Scrabble/ Taboo/Checkers/ Jenga etc. [LI] 2:30 CE Trivia with Genesis [CK]	Donation Tuesday 17 10:15 Shabbat Service - 1st Floor [TH] 11:00 PE Exercise with Weights [AR] 11:00 AE Yoga and Meditation with Chloe [AR] 1:30 AE Music Therapy - Sing- A- Long [TH] 2:00 PE Exercise Class with Venese [AR]	18 11:00 PE Workout Wednesdays with Almarie - 1st floor [AR] 11:00 PE Workout Wednesdays with Genesis [AR] 1:30 PE Bridge Game - 1st Floor [AR] 2:00 CC Bingo - 1st Floor [AR] 2:30 LL Piano Sessions with - 8th Floor [B]	19 11:00 PE Exercise Class- Yoga w/Chloe [AR] 11:00 PE Get Fit Where You Sit with Ciera - 1st Floor [AR] 12:00 LL Tasty Thursday-Beg for More [CK] 1:30 LL Arts & Crafts with Ciera - 1st Floor [AR] 1:30 CE Knitting Club [CK]	20 11:00 PE Fitness Friday - Stand and Balance w/ Genesis [AR] 11:00 PE Fitness with Genesis - 1st Floor [AR] 1:00 AE Music Therapy- Chorus - Alive & Singing [B] 1:10 PE Chorus "Alive & Singing"	21 11:00 PE Sweaty Saturdays- Cardio Workout [AR] 11:00 Yoga and Meditation with Chloe [AR] 1:30 LL Bridge Game (Always looking for players) - 1st Floor [AR] 1:30 Movie Matinee - 1st Floor [TH]

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