

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Look under “Weekly Events” for ongoing gatherings, services, & games.</p> <p><i>If your group has changes or disbands, please let the Activity Office know.</i></p>						
<p><i>4</i></p> <p>Daylight Savings Ends 10:00a Church Service MS</p>	<p><i>5</i></p> <p>9:30a Alterations Drop Off - CR 10:00a Guided Memoir - CR 1:30p Grocery Shopping, Trader Joe's - Lobby</p>	<p><i>6</i></p> <p>9:00a Eskatones Bell Choir - EGR 11:00a Lunch Bunch - Lobby 12:00p-1:30p Fall Polo Shirt Sale - DRF 1:30p iPhone Class- TV Room 3:30p Brain Gym - WGR 4:30p-6:00p Fall Polo Shirt Sale- DRF 7:00p Bingo - NAUD</p>	<p><i>7</i></p> <p>9:00a Bocce Championship - FC 10:00a Memoir Writer's Group - CR 11:30a-1:00p Fall Polo Shirt Sale- DRF</p>	<p><i>1</i></p> <p>3:00-4:30p Lucy Ward's Farewell Party - AUD</p>	<p><i>2</i></p> <p>8:30a Grocery Shopping, Bel Air- Lobby 9:15a Great Courses -TV Room 10:30a Barbershop Chorus - MS 1:30p Bank trip - Lobby 4:30p Shabbat Services - MS</p>	<p><i>3</i></p> <p>7:00p Movie - NAUD</p>
<p><i>11</i></p> <p>10:00a Church Service MS 7:00p Foreign Film Night Room - NAUD</p>	<p><i>12</i></p> <p>9:30a Alterations Pick-Up - Lobby 9:30a Morning Motivators - TV Rm 1:30p Grocery Shopping, Bel Air Lobby 3:00p Discussion Group - TV Room 5:30p Mondavi Center Concert Lobby</p>	<p><i>13</i></p> <p>8:00a ROMEO's - Lobby 9:00a Eskatones Bell Choir - EGR 10:30a Chef's Demo - NAUD 1:30p iPhone Class- TV Room 2:30p Food Service Com. - KC 7:00p Dementia Whisperer - NAUD 7:15p Eskaton Village Players - FC</p>	<p><i>14</i></p> <p>10:00a Family & Friends Caregiver Support Group - Music Room 10:00a Spiritual Life Committee - TV Rm 1:00p Fitness Wellness Recreation Committee -TV Room 2:30-4:00 Calendar Party - FS</p>	<p><i>8</i></p> <p>8:00a - Sonoma Trip - Lobby 10:00a Coffee with Greg - DRF 7:00p Opera - TV Room</p>	<p><i>9</i></p> <p>8:30a Grocery Shopping, Safeway Lobby 9:00a St Michael's—NAUD 9:15a Great Courses - TV Room 10:30a Barbershop Chorus - MS 1:30p Bank trip - Lobby 7:00p Entertainment - AUD</p>	<p><i>10</i></p> <p>7:00p Movie - NAUD</p>
<p><i>18</i></p> <p>10:00a Church Service MS</p>	<p><i>19</i></p> <p>10:00a Renaissance Class - NAUD 10:00a Guided Memoir - CR 1:30p Grocery Shopping, Safeway Lobby 3:00p Discussion Group - TV Room</p>	<p><i>20</i></p> <p>9:00a Eskatones Bell Choir - EGR 9:30a Welcome Committee - CR 3:30p Brain Gym - WGR 7:00p Bingo - NAUD</p>	<p><i>21</i></p> <p>10:00a Memoir Writer's Group - CR 4:00p Hearing Aid Service - MS</p>	<p><i>15</i></p> <p>7:00p Forum - NAUD</p>	<p><i>16</i></p> <p>8:30a Grocery Shopping, Bel Air - Lobby 9:00-12:00 OnSite Dermatology - A-200 9:15a Great Courses - TV Room 10:30a Barbershop Chorus - MS 1:00p Resident Association Meeting - NAUD 1:30p Bank trip - Lobby 2:30p-3:30p Kiddy Kappers 4:30p Birthday/Anniversary Reception - FS 7:00p Entertainment - AUD</p>	<p><i>17</i></p> <p>7:00p Movie - NAUD</p>
<p><i>25</i></p> <p>10:00a Church Service MS 7:00p Art Comm. Movie Room - TV Room</p>	<p><i>26</i></p> <p>10:30a Book Club -WGR 1:30p Grocery Shopping, Bel Air Lobby 3:00p Discussion Group - TV Room</p>	<p><i>27</i></p> <p>8:30a Birding Trip - Lobby 9:00a Eskatones Bell Choir - EGR 9:30a Garden Committee - WR 2:30p Kitchen Tour - DRF 7:15p Eskaton Village Players - FC</p>	<p><i>28</i></p> <p>5:00p Retired Nurses - Fireside Room</p>	<p>Thanksgiving Staff Holiday</p>	<p><i>23</i></p> <p>Staff Holiday 9:15a Great Courses -TV Room 10:30a Barbershop Chorus - MS</p>	<p><i>24</i></p> <p>7:00p Movie - NAUD</p>
<p><i>29</i></p> <p>4:30p Dinner on the Town - Lobby 7:00p Spiritual Life Speaker - NAUD</p>	<p><i>30</i></p> <p>8:30a Grocery Shopping, Bel Air Lobby 9:15a Great Courses -TV Room 10:30a Barbershop Chorus - MS 1:30p Bank trip - Lobby</p>					

Weekly Events

Activities and events not listed on the body of the calendar

Monday

11:15am Sing-Along Foyer
1:00pm Men's Drop-In Pool D292
6:30pm Pinochle WGR

Tuesday

11:15am Sing-Along Foyer
1:00pm Mah Jongg EGR

Wednesday

1:00 pm Duplicate Bridge GR's
6:45 pm Bible Study MS
7:00 pm Game Night GR's

Thursday

10:00 am Catholic Services Chapel
1st Thursday, Mass
11:15 am Sing Along Foyer
12:30 pm Men's Poker EGR
1:00pm Canasta A214

Friday

9:00am-3:00pm Stitching Group CR
(3rd Friday 9:00-2:30)
1:00pm Mah Jongg EGR

Saturday

Sunday

1:00pm Party Bridge GRMS
1:30 pm Hand and Foot EGR

Merchants National Bank

Monday - Friday
9:00 am - noon & 1:00 - 3:30 pm
Located off the Dining Room Foyer

ACR: Administration Conference Rm
CR: Craft Room
DR: Dining Room
DRF: Dining Room Foyer
EGR: East Game Room
FC: Fitness Center
FS: Fireside Room
GRMS: Game Rooms
KC: Key Club
MS: Music Room
NAUD: North Auditorium
SAUD: South Auditorium
WGR: West Game Room
WR: Windsor Room

Fitness Calendar: Nov 2018

Su	Mon	Tue	Wed	Thu	Fri	Sa
				1 9:00am: Water Aerobics 9:15am: Stretch&Stren. 10am: Chair Yoga 1:15pm: Better Balance 2:15pm: Tai Chi	2 8:30am: Strong&Stable 9:30am: Function. Fit 11am: SAUD Exercise 2pm: Water Aerobics with Judy Barnett	3
4 Ping-Pong @ 2pm	5 8:30am: Strong&Stable 9:30am: Function. Fit 11am: SAUD Exercise 2pm: Water Aerobics with Judy Barnett	6 9:00am: Water Aerobics 9:15am: Stretch&Stren. 10am: Chair Yoga 1:15pm: Better Balance 2:15pm: Tai Chi 3:00pm: Ping Pong	7 8:30am: Strong&Stable 9:30am: Function. Fit 11am: SAUD Exercise 2pm: Water Aerobics with Judy Barnett	8 9:00am: Water Aerobics 9:15am: Stretch&Stren. 10am: Chair Yoga 1:15pm: Better Balance 2:15pm: Tai Chi	9 8:30am: Strong&Stable 9:30am: Function. Fit 11am: SAUD Exercise 2pm: Water Aerobics with Judy Barnett	10
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25 Ping-pong @2pm	26 8:30am: Strong&Stable 9:30am: Function. Fit 11am: SAUD Exercise 2pm: Water Aerobics with Judy Barnett	27 9:00am: Water Aerobics 9:15am: Stretch&Stren. 10am: Chair Yoga 1:15pm: Better Balance 2:15pm: Tai Chi 3:00pm: Ping Pong	28 8:30am: Strong&Stable 9:30am: Function. Fit 11am: SAUD Exercise 2pm: Water Aerobics with Judy Barnett	29 9:00am: Water Aerobics 9:15am: Stretch&Stren. 10am: Chair Yoga 1:15pm: Better Balance 2:15pm: Tai Chi	30 8:30am: Strong&Stable 9:30am: Function. Fit 11am: SAUD Exercise 2pm: Water Aerobics with Judy Barnett	

Fitness Center Class Description

Better Balance-T/TH 1:15pm
Flexibility, posture, strength, balance and mobility.

Chair Yoga-T/TH 10am
Combines chair and floor exercise.

Functionally Fit-M/W/F 9:30am
Comprehensive fitness class which includes mobility, balance, stretching and strength.

Ping-Pong Tues@ 3pm, Sun @ 2pm
Come bounce some balls around.
Everybody welcome!

SAUD Exercise: M/W/F 11am
Chair based exercise before lunch

Stretch & Strength-T/TH 9:15
Chair based class designed to improve flexibility, strength, and balance.

Strong & Stable-M/W/F 8:30am
Challenging strength, balance, agility, and cardio workout.

Tai Chi
Designed to Improve Balance
T/TH 2:15

Water Aerobics-T/TH 9am
Water exercises with equipment taught by Judy Harrison

Water Aerobics-M/W/F 2pm
Water exercises with equipment taught by Judy Barnett