

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November



|   |   |   |  |   |   |   |
|---|---|---|--|---|---|---|
|   |   |   |  |   | <p>1<br/>Fitness Fundamentals<br/>9:30am (MPR)<br/><br/>Dierbergs 11am</p>  | <p>2<br/> Day of the Dead<br/>Snacks in<br/>Room 100<br/>at 2pm.</p> |
| <p>3<br/></p>   | <p>4<br/>Resident Meeting<br/>10am (MPR)<br/><br/>Schnucks 11am</p>             | <p>5<br/>Chair Yoga<br/>10am (MPR)<br/><br/>Voting Shuttle 10am</p>             | <p>6<br/>Lunch at Pan D'Olive<br/>11:30am Departure.<br/><br/>Game Night 7pm<br/>(Room 100)</p>  | <p>7<br/>HasFit Fitness Class<br/>10am (MPR)</p>  | <p>8<br/>Fitness Fundamentals<br/>9:30am (MPR)<br/></p> |   |
| <p>10<br/></p> | <p>11<br/>Schnucks 11am<br/><br/><i>Veterans DAY</i><br/>Ceremony 2pm (MPR)</p> | <p>12<br/>Chair Yoga<br/>10am (MPR)<br/><br/>Resident Meeting<br/>2pm (MPR)</p> | <p>13<br/>Walgreens, Library, &amp;<br/>Bank Shuttle 12pm-2pm<br/><br/>Bingo 7pm (MPR)</p>   | <p>14<br/>HasFit Fitness Class<br/>10am (MPR)</p>   | <p>15<br/>Fitness Fundamentals<br/>9:30am (MPR)<br/><br/>Trader Joes 11am</p>   | <p>16<br/>Wine &amp; Cheese<br/>Happy Hour 3pm<br/>(MPR)</p>  |
| <p>17<br/></p> | <p>18<br/>Resident Meeting<br/>10am (MPR)<br/><br/>Schnucks 11am</p>            | <p>19<br/>Chair Yoga<br/>10am (MPR)</p>   | <p>20<br/>Kimmswick Boutique<br/>Shopping &amp; Blue Owl<br/>Lunch.<br/>Departure 11am.<br/><br/>Game Night 7pm<br/>(Room 100)</p>     | <p>21<br/>HasFit Fitness Class<br/>10am (MPR)<br/><br/>Birthday Happy Hour!<br/>3pm (MPR)</p>   | <p>22<br/>Coffee Concert at the<br/>Touhill. 9am Departure.<br/><br/>Fitness Fundamentals<br/>9:30am (MPR)</p>                              |   |
|   | <p>24<br/>Schnucks 11am<br/><br/>Resident Meeting<br/>2pm (MPR)</p>             | <p>25<br/>Chair Yoga<br/>10am (MPR)<br/><br/>Plant Joy &amp; Co<br/>2pm</p>     | <p>26<br/>Jefferson Barracks<br/>Telephone Museum &amp;<br/>Lunch a Bill Gianino's<br/>Departure at 10am.<br/><br/>Bingo 7pm (MPR)</p> | <p>27<br/><br/><i>Happy Thanksgiving</i><br/><br/>Limited Staff.</p> | <p>28<br/>Fitness Fundamentals<br/>9:30am (MPR)</p>   | <p>29<br/>30</p>  |