

## November Holidays

All Saints' Day ~ 1st  
 Election Day ~ 6th  
 Veterans' Day ~ 11th  
 Thanksgiving ~ 22nd





# November 2018



## Life Enrichment Calendar

*To the end that my glory may sing  
 praise to Thee and not be silent. O Lord  
 my God, I will give thanks unto Thee  
 forever!*

*Psalm 30:12*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>Nail Care</u></b>  <b>by Sheila Winter</b>                      2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday                      10:00am - 3:00pm</p>  <p>(3<sup>rd</sup> floor Sharrard Room)</p> <p>Please call her to set up an appointment.                      (253) 709-2809</p>	<p><b><u>Healing</u></b>  <b>Hands Massage</b>                      Sherrie Miller, LMP</p> <p><i>A variety of massage services are offered</i></p>  <p>Please call her to set up an appointment.                      (206) 303-8744</p>	<p><b><u>Snacks Available</u></b></p> <p>Popcorn is provided in the Theater, during the 1:00 movie on Fridays.</p>  <p>A soda pop vending machine is available in the Theater, as well, for your enjoyment anytime.</p>	<p><b><u>Medical Appointment Transportation</u></b></p> <p>Every Tuesday</p>  <p>Please see book in Andrew's Library for times and areas covered, and sign up 24 hours in advance.</p>	<p>1</p> <p>8:30 Outing to YMCA Water Aerobics Class (*)                      8:45 Tai Chi (F)                      10:15 Pinnacle Circuit (F)  <b>10:30 Shopping @ Fred Meyer (*)</b>                      11:00 Super Senior Strength (F)                      11:45 Chair Exercises (F)  <b>1:00 Emergency Response Team Meeting (A)</b>  <b>2:00 Grief Support Group (S)</b>  <b>3:00 Presentation: Arctic National Wildlife Refuge (A)</b></p>	<p>2</p> <p>9:15 Cardio Circuit (F)                      10:00 Scenic Drive (*)                      10:15 Flexibility (F)                      11:15 Chair Exercises (F)                      12:30 Court Whist (JC)  <b>1:00 "Let There Be Light" Movie &amp; Popcorn (T)</b>                      3:00 Brain Fitness (JC)  <b>6:15 Outing to "Arsenic &amp; Old Lace" Production (*)</b>                      6:30 Movie 2nd showing (T)</p>	<p>3</p> <p>12:00 Pinochlers (HD)                      12:30 Bridge (FS)  <b>1:00 Lea Hill Quilters (JC)</b>  <b>1:00 "Knut &amp; Friends" Movie (T)</b>                      6:30 Movie 2<sup>nd</sup> Showing (T)</p> <p style="text-align: center;"><i>Set clocks back one hour at bedtime!</i></p>
<p>4</p> <p>6:30 Sunday Vespers (B)</p> <div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>50¢ OFF                      Your Deli next Sandwich                      11/30/18</p> </div>	<p>5</p> <p>9:15 Cardio Circuit (F)  <b>9:30 Resident Photo Shoot (FS)</b>                      10:15 Flexibility (F)                      10:30 Blood Pressure Clinic (JC)                      11:00 Chime Choir Rehearsal (A)                      11:15 Chair Exercises (F)  <b>12:00 Line Dancing (F)</b>                      12:30 Mahjong (FS)                      12:30 The Great Courses DVD Lecture Series: "How to Listen To and Understand Great Music" (T)  <b>2:00 BINGO (JC)</b>  <b>2:15/2:30 Lea Hill Singers (A)</b></p>	<p>6</p> <p>8:30 Outing to YMCA Water Aerobics Class (*)                      9:00 Self-Practice Tai Chi (F)                      10:00 Catholic Communion (B)                      10:15 Pinnacle Circuit (F)                      11:00 Interval Strength Training (F)  <b>11:00 Veterans' Luncheon @ AMHS (*)</b>                      11:45 Chair Exercises (F)                      1:00 Fun w/ Threads (FS)                      1:00 Bible Study (JC)  <b>2:00 Chat with Our Mayor (A)</b>  <b>3:00 Prayer Chain Group (CCC)</b>                      7:00 Resident ERT Radio Check                      7:15 Yoga &amp; Meditation (F)</p>	<p>7</p> <p>9:15 Cardio Circuit (F)                      10:15 Flexibility (F)  <b>11:00 Lunch Outing to Mizu Restaurant (*)</b>                      11:15 Chair Exercises (F)                      12:30 Bridge (JC)  <b>2:00 Drum Circle (A)</b>                      3:00 Hymn Sing (FS)  <b>6:30 Veterans' Day Presentation (A)</b></p>	<p>8</p> <p>8:30 Outing to YMCA Water Aerobics Class (*)                      8:45 Tai Chi (F)                      10:15 Pinnacle Circuit (F)  <b>10:30 Shopping @ Fred Meyer (*)</b>  <b>11:00 Super Senior Strength (F)</b>                      11:45 Chair Exercises (F)  <b>2:00 Towne Meeting (A)</b>  <b>2:30 Happy Hour (FS)</b></p>	<p>9</p> <p>9:15 Cardio Circuit (F)                      10:00 Scenic Drive (*)  <b>10:00 Greg's Abstract Art Class (JC)</b>                      10:15 Flexibility (F)                      11:15 Chair Exercises (F)                      12:30 Court Whist (JC)  <b>1:00 "Midnight Sun" Movie &amp; Popcorn (T)</b>                      3:00 Brain Fitness (JC)                      6:30 Movie 2nd showing (T)</p>	<p>10</p> <p><b>8:30 Outing to Veterans' Day Parade (*)</b>                      12:00 Pinochlers (HD)                      12:30 Bridge (FS)  <b>1:00 "Robot &amp; Frank" Movie (T)</b>                      6:30 Movie 2<sup>nd</sup> Showing (T)</p>

<p style="text-align: right;"><b>11</b></p> <p><b>11:30 November Prime Rib Brunch (HD)</b> 6:30 Sunday Vespers (B)</p>	<p style="text-align: right;"><b>12</b></p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) <b>12:00 Line Dancing (F)</b> 12:30 Mahjong (FS) 12:30 The Great Courses DVD Lecture Series: "How to Listen To and Understand Great Music" (T) <b>2:15/2:30 Lea Hill Singers (A)</b></p>	<p style="text-align: right;"><b>13</b></p> <p><b>7:30 Omelet Bar (HD)</b> 8:30 Outing to YMCA Water Aerobics Class (*) 9:00 Self-Practice Tai Chi (F) <b>9:00 OnSite Dermatology appointments (H)</b> 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) 1:00 Bible Study (B) <b>3:00 Movie Committee Meeting (T)</b> 7:00 Resident ERT Radio Check 7:15 Yoga &amp; Meditation (F) <b>7:15 Fencing Demo (FS)</b></p>	<p style="text-align: right;"><b>14</b></p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) <b>11:00 Lunch Outing to "Europa" German Restaurant</b> 11:15 Chair Exercises (F) 12:30 Bridge (JC) 3:00 Hymn Sing (FS)</p>	<p style="text-align: right;"><b>15</b></p> <p>8:30 Outing to YMCA Water Aerobics Class (*) 8:45 Tai Chi (F) 10:15 Pinnacle Circuit (F) <b>10:30 Shopping @ Fred Meyer (*)</b> <b>11:00 Super Senior Strength (F)</b> 11:45 Chair Exercises (F) <b>2:00 Grief Support Group (S)</b> <b>2:00 Paper Crafts with Emily (JC)</b> <b>3:00 Appraisal Event (A)</b></p>	<p style="text-align: right;"><b>16</b></p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility(F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) <b>1:00 Thirty-Minute Book Talk (AL)</b> <b>1:00 "The Leisure Seeker" Movie &amp; Popcorn (T)</b> 3:00 Brain Fitness (JC) <b>4:00 Dinner and Show "Autumn in New York" (A)</b> 6:30 Movie 2nd showing (T)</p>	<p style="text-align: right;"><b>17</b></p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) <b>1:00 "Fletch" Movie (T)</b> 6:30 Movie 2<sup>nd</sup> Showing (T)</p>
<p style="text-align: right;"><b>18</b></p> <p><b>2:15 Outing to "A Midsummer Night's Dream" Production (*)</b> 6:30 Sunday Vespers (B)</p>	<p style="text-align: right;"><b>19</b></p> <p>9:15 Cardio Circuit (F) <b>9:30 Resident Photo Shoot (FS)</b> 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) <b>12:00 Line Dancing (F)</b> 12:30 The Great Courses DVD Lecture Series: "How to Listen To and Understand Great Music" (T) <b>1:00 Lea Hill Book Club (JC)</b> <b>2:15/2:30 Lea Hill Singers (A)</b> <b>6:00 Guide Dog Visit (FS)</b></p>	<p style="text-align: right;"><b>20</b></p> <p>8:30 Outing to YMCA Water Aerobics Class (*) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) <b>10:45 Visiting Library (FS)</b> 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Fun w/ Threads (FS) <b>1:30 Resident Council (A)</b> <b>3:00 Good News! (T)</b> 7:00 Resident ERT Radio Check 7:15 Yoga &amp; Meditation (F)</p>	<p style="text-align: right;"><b>21</b></p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility ( F) 11:15 Chair Exercises (F) 12:30 Bridge (JC) <b>1:00 Cooking Class &amp; Nutrition Talk with Executive Chef Jerry and Dietician Mariya (HD)</b> <b>2:00 Drum Circle (A)</b> 3:00 Hymn Sing (FS) <b>4:15 Ladies' Happy Hour Dinner Outing (*)</b></p>	<p style="text-align: right;"><b>22</b></p> <div style="text-align: center;">  </div>	<p style="text-align: right;"><b>23</b></p> <p>9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility(F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) <b>1:00 "The Impossible" Movie &amp; Popcorn (T)</b> <b>1:30 Movement &amp; Functional Aging Class (F)</b> 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T)</p>	<p style="text-align: right;"><b>24</b></p> <p>12:00 Pinochlers (HD) 12:30 Bridge (FS) <b>1:00 "The Love Punch" Movie (T)</b> 6:30 Movie 2<sup>nd</sup> Showing (T)</p>
<p style="text-align: right;"><b>25</b></p> <p>6:30 Sunday Vespers (B)</p>	<p style="text-align: right;"><b>26</b></p> <p>9:15 Cardio Circuit (F) 10:15 Flexibility (F) 10:30 Blood Pressure Clinic (JC) 11:00 Chime Choir Rehearsal (A) 11:15 Chair Exercises (F) <b>12:00 Line Dancing (F)</b> 12:30 Mahjong (FS) 12:30 The Great Courses DVD Lecture Series: "How to Listen To and Understand Great Music" (T) <b>1:00 Outing to Trader Joe's (*)</b> <b>2:00 BINGO (JC)</b> <b>2:15/2:30 Lea Hill Singers (A)</b></p>	<p style="text-align: right;"><b>27</b></p> <p>8:30 Outing to YMCA Water Aerobics Class (*) 9:00 Self-Practice Tai Chi (F) 10:00 Catholic Communion (B) 10:15 Pinnacle Circuit (F) 11:00 Interval Strength Training (F) 11:45 Chair Exercises (F) 1:00 Bible Study (JC) 1:00 Fun w/ Threads (FS) <b>2:00 Bird Carving Presentation with Ed Bennett (A)</b> 7:00 Resident ERT Radio Check 7:15 Yoga &amp; Meditation (F)</p>	<p style="text-align: right;"><b>28</b></p> <p><b>9:00 Breakfast Outing to Hopjack's (*)</b> 9:15 Cardio Circuit (F) <b>10:00 Presentation by Comcast (A)</b> 10:15 Flexibility ( F) 11:15 Chair Exercises (F) 12:30 Bridge (JC) <b>1:00 Walker &amp; Cane Adjustment Clinic (A)</b> 3:00 Hymn Sing (FS) <b>3:00 Presentation by Comcast (A)</b> <b>6:00 Visit with Bentley (FS)</b></p>	<p style="text-align: right;"><b>29</b></p> <p>8:30 Outing to YMCA Water Aerobics Class (*) 8:45 Tai Chi (F) <b>9:00 Schryver Medical Lab (S)</b> 10:15 Pinnacle Circuit (F) <b>10:30 Shopping @ Fred Meyer (*)</b> <b>11:00 Super Senior Strength (F)</b> 11:45 Chair Exercises (F) <b>1:30 Parkinson's Support Group (B)</b> <b>2:00 Caregiver Support Group (CCC)</b></p> <p style="text-align: center;"><b>DECK THE HALLS!</b></p>	<p style="text-align: right;"><b>30</b></p> <p><b>8:00 Men's Breakfast Outing (*)</b> 9:15 Cardio Circuit (F) 10:00 Scenic Drive (*) 10:15 Flexibility (F) 11:15 Chair Exercises (F) 12:30 Court Whist (JC) <b>1:00 Agatha Christie's "The Mirror Cracked" Movie &amp; Popcorn (T)</b> <b>1:30 Movement &amp; Functional Aging Class (F)</b> 3:00 Brain Fitness (JC) 6:30 Movie 2nd showing (T) <b>CHRISTMAS BAZAAR</b></p>	<p style="text-align: center;"><b><u>DINNER &amp; SHOW</u></b></p> <p style="text-align: center;"><i>"Autumn In New York"</i></p> <p style="text-align: center;">Friday, November 16<sup>th</sup> Seating @ 4:00pm Assembly Hall</p> <p style="text-align: center;">Entertainment by:</p> <p style="text-align: center;"><b>Naomi Morgan Entertainment</b></p>

**First Floor**  
(\*) Outing/Outside  
(H) Holman Conference Room  
(FS) Fireside Room

**First Floor**  
(F) Fitness Center  
(P) Swimming Pool  
(AL) Andrew's Library

**Second Floor**  
(T) Theater  
(JC) John's Club  
(A) Assembly Hall

**Second Floor**  
(B) Burdine Chapel  
(HD) Hoben Dining Room  
(K) Klopfenstein Dining Room

**Third Floor**  
(C) Craft Room  
(S) Sharrard Room

**Other**  
(CCC) Care Center Chapel