

November 2023 Calendar

Independent Living - Life Enrichment & Wellness

Feeling Grateful



November Birthdays

David Henriquez 11/3	Linda Williams 11/17
Charles Ives 11/5	Dot Southwell 11/22
Jonna Yager 11/5	Lynda Thompson 11/22
John Karhu 11/6	Jim Faris 11/25
Janet Billey 11/7	Golda McKenny 11/27
Sonja Erickson 11/7	
Cathy Garland 11/8	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Helpful Reminders:</p> <p>The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&K Nails for a toenail cut for \$10.00. <i>Signup at the bulletin board.</i></p> <p>The Tower's bus can only accommodate 14 passengers. When signing up for outings each line represents one seat; please only one name per-line. If someone marks their name off that seat will be filled with the first alternate. Writing your name below the driver's does not create nor guarantee a seat on the bus.</p> <p>All activities on the calendar are subject to change. Check your weekly activities newsletter and bulletin board for additions, updates, changes and cancellations as well as a listing of movies for the week and programs airing on CH 99.</p>			<p>1</p> <p>9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:30 Stephen Turner Author of "The Bleachery" - HH 1:30 Full Body Stretch - HH 1:30 Fort Mill Ride Around 3:00 Church Service - HH 6:00 Card Games - CR</p>	<p>2</p> <p>9:30 Healthy Lower Body- HH 11:00 Neurobics - MT 1:30 Balance/ Core - HH 1:30 Harris Teeter 2:00 Book Review - CR 6:00 Dominoes - CR 7:00 Winthrop Chorale Concert</p>	<p>3</p> <p>10:00 Water walking and Stretch- P 11:00 Ted Talk on Gratitude - CR 11:30 Calendar quiz - L 11:45 Lunch at Flipside 2:00 Mindfulness w/Michelle-CR 3:00 CornHole - HH 6:00 Evening Stroll w/ Neighbor</p>	<p>4</p> <p>10:00 Holiday Market - HH 2:00 Saturday Matinee - MT Residents Choice 3:00 Rummikub - CR 4:00 Gratitude scavenger hunt 6:30 Bingo - HH</p>
			<p>National Author's Day</p>			
<p>5</p> <p>9:00 WPC Service CH98- CR 2:00 Board Games - CR 4:00 Vespers- HH 6:00 Friendly game of Pool - BR</p>	<p>6</p> <p>9:30 Healthy Upper Body - HH 10:30 Coffee and Highlights-CB 1:30 Full Body Stretch - HH 2:00 Nacho Social - MW 2:30 Aqua Move and Groove-P 3:30 CVS/Walgreens/Dollar Tree 6:00 Movie Night - MT</p>	<p>7</p> <p>9:30 Healthy Lower Body- HH 10:15 Lou Ardrey's Bible studt - HH 11:00 Brain Games - L 1:30 Balance and Core- HH 2:00 Table Topics w/ Mo - CR 3:00 Bingo - HH 6:30 Hymn Sing - HH 7:00 Toast Masters - CR ** TWO Voting times will be announced on Monday. One will be during the day and the other will be after dinner</p>	<p>8</p> <p>9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:30 Full Body Stretch - HH 3:00 Church Service - HH 3:45 Mocktail Party - L w/entertainment by Freddy 5:00 Dinner at Waldhorn 6:00 Card Games - CR</p>	<p>9</p> <p>9:30 Healthy Lower Body - HH 10:00 - 11:00 Health Clinic - CR By Agape Care, Blood Pressure 11:00 Neurobics - MT 11:30 Lunch w/Pastor Lee - DR 1:30 Balance/ Core - HH 1:30 Harris Teeter 2:00 Reading Club - CR 3:00 New resident reception - HH 6:00 Dominoes - CR</p>	<p>10</p> <p>8:30 Veterans Breakfast - Dr By invitation only 10:00 Water walking and Stretch- P 2:00 Veterans day Program Everyone is welcome! 3:00 CornHole - HH 6:00 Evening Stroll w/ Neighbor</p>	<p>11</p> <p>10:30 Choir Practice - HH 2:00 Saturday Matinee - MT Residents Choice 3:00 Rummikub - CR 3:00 Into the Woods, Jr 6:30 Bingo - HH</p>
						<p>Happy Veterans Day</p>

National Nacho Day

Election Day

Happy Veterans Day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 9:00 WPC Service CH98- CR 2:00 Board Games - CR 3:00 St. Anne's Catholic communion Service - HH w/ Deacon Andrew DaSilva 4:00 Vespers - HH 6:00 Friendly game of Pool- BR	13 9:30 Healthy Upper Body - HH 10:00 Kids Talent show- HH 10:30 Coffee and Highlights-CB 1:30 Full Body Stretch - HH 2:00 Fall Social - MW 2:30 Aqua Move and Groove-P 3:00 Kindness Crew - L 3:00 Newport Walmart 6:00 Movie Night - MT World Kindness Day	14 9:30 Healthy Lower Body- HH 10:00 Diabetes prevention seminar CF 10:15 Lou Ardrey's Bible studt - HH 11:00 Brain Games - L 11:00 Audiology - CR 1:30 Balance and Core- HH 2:00 Sweet and Salty w/Arzu-Cr 3:00 Bingo - HH 3:45 YCL Bookmobile - L 6:30 Hymn Sing - HH National Diabetes Day	15 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 11:00 Visual Mint Museum Tour -CR 1:30 Full Body Stretch - HH 3:00 Church Service - HH 5:00 Skybar 6:00 Card Games - CR	16 9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance/ Core - HH 1:30 Harris Teeter 2:30 Wellness Social 4:00 Sue and Bob Start - HH 6:00 Dominoes - CR	17 9:00 Donuts and Coffee - CB 10:00 Water walking and Stretch- P 11:00 Communtion Service in Health Center Chapel 11:30 Lunch at Olive Garden with shopping at Target 12:00 Lunch and Learn w/ Patina-CR 2:00 Mindfulness w/Michelle-CR 3:00 CornHole - HH 6:00 Evening Stroll w/ Neighbor	18 10:30 Choir Practice - HH 2:00 Saturday Matinee - MT Residents Choice 3:00 Rummikub - CR 3:30 Patrick Hudson - HH 6:30 Bingo HH
19 9:00 WPC Service CH98- CR 2:00 Board Games - CR 4:00 Vespers- HH 6:00 Friendly game of Pool - BR	20 9:30 Healthy Upper Body - HH 10:30 Coffee and Highlights-CB 1:30 Full Body Stretch - HH 2:00 Fall Social - MW 2:30 Aqua Move and Groove-P 3:30 CVS/Walgreens/Dollar Tree 6:00 Movie Night - MT	21 9:30 Healthy Lower Body- HH 10:00 Turkey Trot - HH 11:00 Brain Games - L 1:30 Balance and Core- HH 2:00 Sweet and Salty w/Arzu-CR 3:00 Bingo - HH 6:30 Hymn Sing - HH	22 9:00 Food Lion and Publix 9:00 BK Nails 9:30 Healthy Upper Body - HH 10:00 Share your favorite Thanks- giving recipe - CR 1:30 Full Body Stretch - HH 3:00 Church Service - HH 3:30 Wise Words Wednesday 4:00 Emily on Piano 6:00 Card Games - CR	23 9:00 Macy Day Parade- TV 11:00 Neurobics - MT 1:30 Post feast Gratitude walk 2:00 Reading Club - CR 3:00 Bored Box -L 6:00 Dominoes - CR Happy Thanksgiving	24 10:00 Water walk and Stretch - P 12:00 Reflection on Thanksgivings past- CR 1:30 Special Black out Bingo 3:30 Corn hole - HH 6:30 Evening Stroll w/ Neighbor	25 10:30 Choir Practice - HH 2:00 Saturday Matinee - MT Residents Choice 3:00 Rummikub - CR 6:30 Bingo - HH
26 9:00 WPC Service CH98- CR 2:00 Board Games - CR 4:00 Vespers- HH 6:00 Friendly game of Pool - BR	27 9:30 Healthy Upper Body - HH 10:30 Coffee and Highlights-CB 1:30 Full Body Stretch - HH 2:00 Fall Social - MW 2:30 Aqua Move and Groove-P 3:00 Newport Walmart 6:00 Movie Night - MT	28 9:30 Healthy Lower Body- HH 11:00 Brain Games - L 1:30 Balance and Core- HH 2:00 Sweet and Salty w/Arzu-CR 3:00 Bingo - HH 3:45 YCL Bookmobile - L 6:00 Teresa Eaman Performance-L 6:30 Hymn Sing - HH	29 9:00 Food Lion and Publix 9:30 Healthy Upper Body - HH 1:30 Full Body Stretch - HH 3:00 Church Service - HH 3:30 Ice Cream Social Hosted by Beltone 5:00 Dinner at Pier 51	30 9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance/ Core - HH 1:30 Harris Teeter 2:00 Reading Club - CR 3:00 Gratitude Tea Party- AS 6:00 Dominoes - CR	# + L - #Floor Lounge L - Lobby CB - Coffee Bar in the Dining Room CR - Community Room DR - Dining Room DRP - Dining Room Patio CY - Courtyard HH - Heritage Hall MT - Movie Theater BR - Billiard Room LL - Lower Level AS - Art Studio in the Lower Level WS - Woodshop in the Lower Level MDR - Manor Dining Room GR - Garden Room in the Health Center CW - Campus Wide Event CH 99 - Channel 99	