

**SUN MON TUE WED THUR FRI SAT**

**LOCATION KEY**  
 CH - Chapel  
 CR - Community Room  
 COR - Conference Room  
 HC - Health Center  
 OR - Orchard Room  
 PL - Parking Lot  
 PRP - Plank Road Pub  
 TDR - Terrace Dining Room

11:30 Chapel Service (CH) <b>5</b>	VR - Villa Room WC - Wellness Center  9:15 Exercise Class (CR) <b>6</b> 10:00 LC Meeting (OR) 10:00 Mug Club (PRP) 1:00 *Groceries 1:30 Balance Class (CR) 2:30 <b>Group Games (CR)</b> 4:00 <b>Greatest Events of World War II in Colour</b>	10:00 Bible Study (CH) <b>7</b> 1:00 <i>In &amp; Out Clinic (HC)</i> 2:00 Knit & Crochet (PRP) 3:30 <b>Chorus Rehearsal (CR)</b>	8:30 *Caregiver Support (COR) <b>1</b> 9:15 Exercise Class: Seated Dumbbells (Community Room/CH 955) 1:00 Book Club with Maureen (OR) 3:00 Catholic Mass (CH)  9:15 Exercise Class: Seated Resistance Bands (Community Room/CH955) <b>8</b> 10:00 <b>Gift Shop End of Year Clearance Event (Gift Shop)</b> 2:30 <b>50 Cent Bingo (CR)</b>	9:15 NIA Exercise (CR) <b>2</b> 9:30 *Elite Hearing (WC) 10:30 <b>Good News Group (OR)</b> 1:00 <i>In &amp; Out Clinic (HC)</i> 2:00 <b>Santa's Reindeer Visit (PL)</b>  9:00 *Tech Connect Clinic (COR) <b>9</b> 9:15 NIA Exercise (CR) 10:30 *Craft Corner: Wax Sachets (VR) 10:30 Reader's Theater (CH) 1:00 <i>In &amp; Out Clinic (HC)</i> 2:00 <b>Veterans Day Social (PRP)</b>	9:15 Exercise Class (CR) <b>3</b> 12:00 Massage Therapy (1st Floor Wellness Clinic) 1:00 *Groceries 3:00 Catholic Mass (CH)  9:15 Seated Exercise (No Equipment) (Community Room/CH955) <b>10</b> 9:30 *Outing: <b>MSO Concert</b> 3:00 Catholic Mass (CH)	1:30 <b>Afternoon Movie: Rescued By Ruby (Rated TV-G) (CR)</b> <b>4</b>  <b>Veterans Day</b> 1:30 <b>Afternoon Movie: The Imitation Game PG-13 (CR)</b> <b>11</b>
11:30 Chapel Service (CH) <b>12</b>	9:15 Exercise Class (CR) <b>13</b> 10:00 DSC Meeting (OR) 10:00 Mug Club (PRP) 1:00 *Groceries 1:30 Balance Class (CR) 4:00 <b>Greatest Events of World War II in Colour</b>	10:00 Bible Study (CH) <b>14</b> 11:00 Plarn Group (OR) 1:00 <i>In &amp; Out Clinic (HC)</i> 3:30 <b>Chorus Rehearsal (CR)</b>	8:30 *Caregiver Support (COR) <b>15</b> 9:15 Exercise Class: Seated Dumbbells (Community Room/CH 955) 10:30 Ecumenical Service (CH) 1:30 Joan J's Book Report (OR) 2:00 <b>Guest Speaker: Pastor Paul Ihlenfeld (CR)</b>	8:30 *Men's Breakfast (TDR) <b>16</b> 9:15 NIA Exercise (CR) 2:00 <b>Harwood Health &amp; Wellness Fair (CR)</b>	9:15 Exercise Class (CR) <b>17</b> 11:00 Harwood Place Writing Group (CH) 12:00 Massage Therapy (1st Floor Wellness Clinic) 1:00 *Groceries 3:00 Catholic Mass (CH)	1:30 <b>Afternoon Movie: My Big Fat Greek Wedding 2 (Rated PG-13) (CR)</b> <b>18</b>
11:30 Chapel Service (CH) <b>19</b>	9:15 Exercise Class (CR) <b>20</b> 10:00 Mug Club (PRP) 10:30 <b>Stammtisch (OR)</b> 1:00 *Groceries 1:30 Balance Class (CR) 2:30 <b>Group Games (CR)</b> 4:00 <b>Greatest Events of World War II in Colour</b>	10:00 Bible Study (CH) <b>21</b> 1:00 <i>In &amp; Out Clinic (HC)</i> 2:00 <b>Birthday Treat (PRP)</b> 3:30 <b>Chorus Rehearsal (CR)</b>	9:15 Exercise Class (CR) <b>22</b> 1:00 <b>Holiday Craft Fair (CR)</b> 6:30 *Outing: <b>Nuncrackers at the Rep</b>	Thanksgiving 11:30 Chapel Service (CH) <b>23</b>	1:00 *Groceries 3:00 Catholic Mass (CH) <b>24</b>	1:30 <b>Afternoon Movie: The Choice (Rated PG-13) (CR)</b> <b>25</b>
11:30 Chapel Service (CH) <b>26</b>	9:15 Exercise Class (CR) <b>27</b> 10:00 Mug Club (PRP) 10:00 RAC Meeting (OR) 1:00 *Groceries 1:30 Balance Class (CR) 4:00 <b>Greatest Events of World War II in Colour</b>	10:00 Lutheran Communion (CH) <b>28</b> 1:00 <i>In &amp; Out Clinic (HC)</i> 3:30 <b>Chorus Rehearsal (CR)</b>	9:15 Exercise Class: Seated Dumbbells (Community Room/CH 955) <b>29</b> 2:00 <b>Entertainment, Music by Rockin' Randy (CR)</b>	9:15 NIA Exercise (CR) <b>30</b> 1:00 <i>In &amp; Out Clinic (HC)</i> 2:00 <b>Harwood Happy Hour (PRP)</b> 2:30 Smart Living Group (OR) 3:30 *Harwood Academy (CR)		

**November 2023**

Activity Calendar

