



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Please note that all life enrichment programs are subject to change. Please sign up for all outings with the Concierge before the date of the outings.</i></p> 		<p>10:00 Exercise Class (CC) 1</p> <p>11:00 Food Lion (Outing)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 2</p> <p>1:00 Crafts (3rd Floor) *</p> <p>2:00 Life Story/Memoir Writing Workshop (CC)*</p>	<p>10:00 Chair Zumba/ Peggy (CC) 3</p> <p>1:00 Prize Bingo (CC)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 4</p> <p>2:00 Art w/Emily (CC)*</p> <p>7:00 Friday Night Movie/Popcorn (THR)*</p>	<p>Independent Activity 5</p> <p>Activity</p> <p>7:00 Bingo (CC)*</p>
<p>Independent Activity 6</p> <p>2:00 Church Service (CC)*</p> <p>7:00 Movie of the Day (THR)*</p> <p><small>Daylight Saving Time Ends</small></p>	<p>9:00 Breakfast @ Cracker Barrel (Outing)*</p> <p>1:00 Bingo (CC)*</p> <p>2:00 National Cancer Awareness Wear Pink & walk (Square)</p>	<p>10:00 Exercise Class (CC) 8</p> <p>11:00 Harris Teeter (Outing)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 9</p> <p>1:00 Crafts (3rd Floor) *</p> <p>2:00 Monthly Birthday Social w/Music by Lana & Kim (DR)</p>	<p>10:00 Chair Zumba/ Peggy (CC) 10</p> <p>1:00 Prize Bingo (CC)*</p> <p>12 TO 3 Handmade Fall Crafts Sale by Carol Richardson (Hallway)</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 11</p> <p>1:00 Veterans Day Lunching w/Music Jena Chenkin (DR)*</p> <p>2:00 BYOB Connections (CC)*</p> <p>7:00 Friday Night Movie/Popcorn (THR)*</p> <p><small>Veterans Day (US) Remembrance Day (Canada)</small></p>	<p>Independent Activity 12</p> <p>Activity</p> <p>7:00 Bingo (CC)*</p>
<p>Independent Activity 13</p> <p>2:00 Church Service (CC)*</p> <p>7:00 Movie of the Day (THR)*</p>	<p>10:00 Exercise Class (CC) 14</p> <p>1:00 Bingo (CC)*</p> <p>2:00 Art w/Marcella (CC)*</p>	<p>10:00 Exercise Class (CC) 15</p> <p>11:00 Walmart (Outing)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 16</p> <p>1:00 Crafts (3rd Floor) *</p> <p>11:00 Harpoon Larry's Restaurant (Outing)*</p>	<p>10:00 Chair Zumba/ Peggy (CC) 17</p> <p>1:00 Prize Bingo (CC)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 18</p> <p>2:00 Art w/Emily (CC)*</p> <p>7:00 Friday Night Movie/Popcorn (THR)*</p>	<p>Independent Activity 19</p> <p>Activity</p> <p>7:00 Bingo (CC)*</p>
<p>Independent Activity 20</p> <p>2:00 Church Service (CC)*</p> <p>2:00 Movie of the Day (THR)*</p>	<p>10:00 Exercise Class (CC) 21</p> <p>1:00 Bingo (CC)*</p> <p>2:00 Thanksgiving Social (CC)*</p>	<p>10:00 Exercise Class (CC) 22</p> <p>11:00 Kroger (Outing)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>1:00 Crafts (3rd Floor) *</p> <p>2:00 Life Story/Memoir Writing Workshop (CC)*</p>	<p>23</p> <p>HAPPY THANKSGIVING 24</p>  <p><small>Thanksgiving Day (US)</small></p>	<p>10:00 Chair Zumba/ Peggy (CC) 25</p> <p>1:00 Prize Bingo (CC)*</p> <p>7:00 Friday Night Movie/Popcorn (THR)*</p>	<p>Independent Activity 26</p> <p>Activity</p> <p>5pm to 8pm Warwick Holiday Tree Lighting (Square)</p> <p>7:00 Bingo (CC)*</p>
<p>Independent Activity 27</p> <p>2:00 Church Service (CC)*</p> <p>7:00 Movie of the Day (THR)*</p>	<p>10:00 Exercise Class (CC) 28</p> <p>1:00 Bingo (CC)*</p> <p>2:00 Smoothie's Day (CC)*</p>	<p>10:00 Exercise Class (CC) 29</p> <p>11:00 to 2:00 Trip to Patrick Henry Mall (Outing)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>10:00 Exercise Class (CC) 30</p> <p>1:00 Crafts (3rd Floor) *</p> <p>2:00 Movie & Popcorn (THR)*</p>	 <p>November 2022</p> <p>The Arbors Independent Living</p>		