

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY TA - Abbey ActRm - Activity Room CH - Chapel Green - Green L - Lobby	8:30 Chair Fitness (TV Channel 970) 1 1:00 Balance Class (TV Channel 970) 3:00 Drawing Video (TV 970) 7:30 Movie: "Coco" (Channel 970)	8:30 Mat Yoga (TV Channel 970) 2 10:30 Bible Study (CH) 1:00 Tai Chi (TV Channel 970) 2:00 Seated Chair Yoga (TV Channel 970) 3:30 Lawn Bowling (Court) 7:30 Movie: "A Serious Man" (Channel 970)	8:30 Flex & Strength (TV Channel 970) 3 9:30 COFFEE WITH ADMIN (TV- 970) 12:00 "Introduction to the World of Tea" via Zoom from Shepherd University (ActRm) 1:00 Balance Class (TV Channel 970) 7:30 Movie: "13 Going on 30" (Channel 970)	8:30 Chair Fitness (TV Channel 970) 4 8:30 Trip: Van Gogh: The Immersive Experience (L) 10:30 Communion (CH) 1:00 Flex & Strength (TV Channel 970) 7:30 Thursday Night Residents' Program (Channel 970)	8:30 Mat Yoga (TV Channel 970) 5 10:00 Putting (Green) 1:00 Balance Class (TV Channel 970) 7:30 Movie: "Autumn Hearts" (Channel 970)	7:30 Movie: "Let Him Go" (Channel 970) 6
Daylight Savings Time Ends 7 2:00 Croquet 2:00, 3:30, 4:30 (Court) 4:00 Worship Service (TV Channel 970) 7:30 Movie: "The Lion King" (Channel 970)	8:30 Chair Fitness (TV Channel 970) 8 10:00 Residents' Association Meeting (TV Channel 970) 1:00 Balance Class (TV Channel 970) 3:00 Drawing Video (TV 970) 7:30 Rick Kinsey's Radio Program: "Dick Tracy in B-Flat" & "Purple Monster Strikes" (TV Channel 970)	8:30 Mat Yoga (TV Channel 970) 9 10:30 Bible Study (CH) 12:00 Mystique Group (TA) 1:00 Tai Chi (TV Channel 970) 2:00 Seated Chair Yoga (TV Channel 970) 3:00 Greenhouse Gatherings (Greenhouse) 3:30 Lawn Bowling (Court) 7:30 Movie: "Breaking News in Yuba County" (Channel 970)	8:30 Flex & Strength (TV Channel 970) 10 9:30 COFFEE WITH ADMIN (TV- 970) 12:00 "Vincent Van Gogh" via Zoom from Shepherd University (ActRm) 1:00 Balance Class (TV Channel 970) 7:30 Movie: "Good Morning, Viet Nam" (Channel 970)	Veterans Day 11 8:30 Chair Fitness (TV Channel 970) 10:30 Communion (CH) 1:00 Flex & Strength (TV Channel 970) 7:30 Thursday Night Residents' Program (Channel 970)	8:30 Mat Yoga (TV Channel 970) 12 10:00 Putting (Green) 1:00 Balance Class (TV Channel 970) 3:00 Music Meditation (ActRm) 7:30 Movie: "Moonrise Kingdom" (Channel 970)	7:30 Movie: "Some Kind of Heaven" (Channel 970) 13

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SUN	MON	TUE	WED	THUR	FRI	SAT
2:00 Croquet 2:00, 3:30, 4:30 (Court) 4:00 Worship Service (TV Channel 970) 7:30 Movie: "Up" (Channel 970) 14	8:30 Chair Fitness (TV Channel 970) 15 1:00 Balance Class (TV Channel 970) 3:00 Drawing Video (TV 970) 7:30 Movie: "Bringing Up Baby" (Channel 970)	8:30 Mat Yoga (TV Channel 970) 16 10:30 Bible Study (CH) 1:00 Tai Chi (TV Channel 970) 2:00 Seated Chair Yoga (TV Channel 970) 2:00 Trivia Time! (ActRm) 3:00 Gentlemen's Group with Jeannie (TA) 3:30 Lawn Bowling (Court) 7:30 Movie: "Johnny Carson King of Late Night" (Channel 970)	8:30 Flex & Strength (TV Channel 970) 17 9:30 COFFEE WITH ADMIN (TV- 970) 1:00 Balance Class (TV Channel 970) 3:00 Ladies Group with Jeannie (TA) 7:30 Movie: "Under the Tuscan Sun" (Channel 970)	8:30 Chair Fitness (TV Channel 970) 18 10:30 Communion (CH) 1:00 Flex & Strength (TV Channel 970) 7:30 Thursday Night Residents' Program (Channel 970)	8:30 Mat Yoga (TV Channel 970) 19 10:00 Putting (Green) 10:30 BINGO! on TV & in the Abbey (TV Channel 977/Abbey) 1:00 Balance Class (TV Channel 970) 3:00 Book Club (TA) 7:30 Movie: "Iron Man" (Channel 970)	7:30 Movie: "Miss Fisher & the Crypt of Tears" (Channel 970) 20
2:00 Croquet 2:00, 3:30, 4:30 (Court) 4:00 Worship Service (TV Channel 970) 7:30 Movie: "Finding Nemo" (Channel 970) 21	8:30 Chair Fitness (TV Channel 970) 22 1:00 Balance Class (TV Channel 970) 3:00 Drawing Video (TV 970) 7:30 Movie: "Love in a Cold Climate" (Channel 970)	8:30 Mat Yoga (TV Channel 970) 23 1:00 Tai Chi (TV Channel 970) 2:00 Seated Chair Yoga (TV Channel 970) 3:00 Greenhouse Gatherings (Greenhouse) 3:30 Lawn Bowling (Court) 7:30 Movie: "Frank Lloyd Wright" (Channel 970)	8:30 Flex & Strength (TV Channel 970) 24 9:30 COFFEE WITH ADMIN (TV- 970) 1:00 Balance Class (TV Channel 970) 7:30 Movie: "Music & Lyrics" (Channel 970)	Thanksgiving 25 7:30 Movie: "Friendsgiving" (Channel 970)	8:30 Mat Yoga (TV Channel 970) 26 10:00 Putting (Green) 1:00 Balance Class (TV Channel 970) 3:00 Music Meditation (ActRm) 7:30 Movie: "Phantom Thread" (Channel 970)	7:30 Movie: "On the Rocks" (Channel 970) 27
2:00 Croquet 2:00, 3:30, 4:30 (Court) 4:00 Worship Service (TV Channel 970) 7:30 Movie: "Happy Feet" (Channel 970) 28	Hanukkah 29 8:30 Chair Fitness (TV Channel 970) 1:00 Balance Class (TV Channel 970) 3:00 Drawing Video (TV 970) 7:30 Movie: "37 Days" (Channel 970)	8:30 Mat Yoga (TV Channel 970) 30 10:30 Advent Bible Study (CH) 1:00 Tai Chi (TV Channel 970) 2:00 Seated Chair Yoga (TV Channel 970) 3:30 Lawn Bowling (Court) 7:30 Movie: "Novem" (Channel 970)	LOCATION KEY TA - Abbey ActRm - Activity Room CH - Chapel Green - Green L - Lobby		Pet of the Month Hettie & Sable Owned by Sam & Joanna McCall	

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