

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# NOVEMBER 2024

## East Building



9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] <b>1:30 TV Series w/ Snack and Hydration [AF]</b> <b>3:00 Puzzles &amp; Trivia [AR2]</b> <b>3:30 Voting Poll Outing [FD]</b> <small>Daylight Saving Time Ends</small>	9:00 Morning Hydration <b>9:30 Yoga w. Kathy [AR2]</b> 10:00 Current Events 10:30 Color me Happy [AR2] <b>1:30 Blackjack [AR2]</b> <b>3:00 La Loteria [AR2]</b>	9:30 Morning Hydration 10:00 Chair Exercise [AR2] 10:30 Trivia Tuesday [AR2] <b>1:30 Gratitude Tree Craft [AR2]</b> 3:00 Nickel Pokeno [AR2]	9:30 Morning Hydration 10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2] <b>1:30 Art w. Oilly [AR2] (Painting Mugs)</b> <b>3:00 BINGO! [AR2]</b>	9:30 Morning Hydration <b>10:00 Yoga w. Oilly [AR2]</b> 10:30 Current Events <b>1:00 Michaels Shopping Outing [FD]</b> <b>1:30 Movie &amp; Popcorn [AR2] (Dead Poet's Society)</b> <b>3:30 Nail by Oilly</b>	9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Brain Teasers [AR2] <b>1:30 BINGO! w/ John Mendoza [AR2]</b> <b>3:00 Happy Hour w/ Peggy Sing Along [DR3]</b>	9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Brain Teasers [AR2] <b>1:30 BINGO! [AR2]</b> <b>3:00 Happy Hour w/ Matthew [DR3]</b>	9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Brain Teasers [AR2] <b>1:30 BINGO! [AR2]</b> <b>3:00 Happy Hour w/ Slyvia [DR3]</b>	9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Brain Teasers [AR2] <b>1:30 BINGO! [AR2]</b> <b>3:00 GG Bucks Auction [AR2]</b>
9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] <b>1:30 TV Series w/ Snack and Hydration [AF]</b> <b>3:30 Scenic Tour [FD]</b>	9:00 Morning Hydration <b>9:30 Yoga w. Kathy [AR2]</b> 10:00 Current Events <b>11:00 Veteran's Day BBQ [ADR/3FP]</b> <b>1:30 Blackjack [AR2]</b> <b>3:00 Veteran's Day Bingo!</b> <small>Veterans Day Remembrance Day (Canada)</small>	9:30 Morning Hydration <b>10:00 The San Diego Veterans Museum Outing [FD]</b> 10:30 Trivia Tuesday [AR2] <b>1:30 Pinecone Turkey Craft [AR2]</b> 3:00 Nickel Pokeno [AR2]	9:30 Morning Hydration 10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2] <b>1:30 Art w. Oilly [AR2] (Marbled Fall Leaves Painting)</b> <b>3:00 BINGO! [AR2]</b>	<b>14</b> Birthday Celebration – New England 9:30 Morning Hydration <b>11:00 Birthday Celebration [DR3]</b> <b>1:00 Vons Shopping Outing [FD]</b> 1:30 Short Stories [AR2] 3:00 Karaoke – Guess that Tune [AR2]	9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Brain Teasers [AR2] <b>1:30 BINGO! [AR2]</b> <b>3:00 Happy Hour w/ Matthew [DR3]</b>	9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Brain Teasers [AR2] <b>1:30 BINGO! [AR2]</b> <b>3:00 Happy Hour w/ Slyvia [DR3]</b>	9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Brain Teasers [AR2] <b>1:30 BINGO! [AR2]</b> <b>3:00 Happy Hour w/ Slyvia [DR3]</b>	9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Brain Teasers [AR2] <b>1:30 BINGO! [AR2]</b> <b>3:00 GG Bucks Auction [AR2]</b>
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