

# NOVEMBER 2021

Whole Brain Fitness Calendar

Be Thankful and Thriving



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>CL</b> - Center for Learning 2nd Floor <b>CD</b> - Concierge Desk <b>GR</b> - Great Room 1st Floor <b>H</b> - Hallway Activity <b>JK</b> - Josephine's Kitchen 1st Floor <b>L</b> - Library 2nd Floor <b>O</b> - Outing <b>TH</b> - Town Hall 2nd Floor</p>	<p><b>1</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>CD</b> 10:30 Cranium Crunches Packet <b>TH</b> 1:30 Parkinson's Movement for Life Class <b>TH</b> 2:15 Documentary: The Royal House of Windsor Episode 1 <b>GR</b> 7:00 Scrabble Game</p>	<p><b>2 Election Day</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>TH</b> 10:30 Belmont Songbirds Choir Practice <b>O</b> 10:30 Scenic Drive <b>TH</b> 1:15 Parkinson's Workshop <b>TH</b> 1:30 Holiday Angels Tree Explanation <b>CL</b> 2:30 Beading &amp; Jewelry w/ Jim <b>GR</b> 7:00 Bingo Games</p>	<p><b>3</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>O</b> 10:30 COF Scenic Drive <b>TH</b> 10:30 Cranium Crunches w/ Jim <b>TH</b> 1:15 Parkinson's Workshop <b>GR</b> 1:30 Watch/Jewelry Repairman <b>GR</b> 1:30 You Be The Judge w/ Jim <b>JK</b> 2:30 Wine &amp; Cheese: Heather Braoudakas <b>GR</b> 3:30 Communion with Betsy <b>TH</b> 6:30 Movie Night: Angels &amp; Demons</p>	<p><b>4</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>TH</b> 10:30 Relaxation &amp; Meditation w/ Jim &amp; Sheila <b>GR</b> 11:00 Near Tech Help Desk For Your Tech Needs <b>CL</b> 1:30 Belmont Ambassadors Meeting: Wanna Be An Ambassador? Join Us!! <b>TH</b> 2:30 Fall Watercolor Card w/ Jim *Step by Step <b>GR</b> 7:00 Bingo Games</p>	<p><b>5</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>TH</b> 10:30 Drawing Class w/ Cheryl No Experience Needed!!! <b>O</b> 10:30 Outing to Dollar Tree <b>TH</b> 1:15 Parkinson's Workshop <b>TH</b> 2:00 Whole Brain Fitness Presentation w/ Jim <b>L</b> 4:00 Shabbat w/ Anita <b>GR</b> 7:00 Therapeutic Art &amp; Coloring</p>	<p><b>6</b></p> <p><b>TH</b> 10:00 Exercise Video <b>TH</b> 1:45 Bingo Games w/ Chris <b>TH</b> 2:30 Ann of Green Gables Mini Series <b>H</b> 2:30 Urbano's Culinary Cart <b>GR</b> 3:00 Jigsaw Puzzles <b>GR</b> 7:00 Chit Chat by the Fire</p>
<p><b>7 Daylight Saving Ends</b></p> <p><b>TH</b> 9:30 TV Catholic Mass <b>TH</b> 10:15 Exercise Video <b>GR</b> 1:45 Trivia Group w/ Chris <b>TH</b> 2:30 Movie Matinee: Harry Potter and the Sorcerer's Stone <b>GR</b> 3:00 Card Writers Club <b>GR</b> 6:30 Bridge Games <b>TH</b> 7:00 Cantor Daniel Gale in "Songs of Love" Zoom Concert Meeting ID: 896 1951 3571</p>	<p><b>8</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>TH</b> 10:30 Belmont Songbirds Choir Practice <b>GR</b> 1:30 Jim's Happy Hour: Chocolate Martini <b>TH</b> 1:30 Parkinson's Movement for Life Class <b>TH</b> 2:00 Pottery Painting Class <b>GR</b> 7:00 Scrabble Game</p>	<p><b>9</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>TH</b> 10:30 Relaxation &amp; Meditation w/ Jim &amp; Sheila <b>O</b> 10:30 Scenic Drive <b>TH</b> 1:15 Parkinson's Workshop <b>CL</b> 1:30 Uno Card Games w/ Jim <b>GR</b> 2:30 The Thanksgiving you DIDN'T Know... <b>GR</b> 7:00 Bingo Games</p>	<p><b>10</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>O</b> 10:30 COF Scenic Drive <b>TH</b> 10:30 Cranium Crunches w/ Jim <b>TH</b> 1:15 Parkinson's Workshop <b>GR</b> 1:30 Jeopardy Challenge w/ Jim <b>JK</b> 2:30 Wine &amp; Cheese: Sandi Haynes <b>GR</b> 3:30 Communion with Betsy <b>TH</b> 6:30 Movie Night: The Karate Kid</p>	<p><b>11 Veterans Day</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>TH</b> 10:30 Relaxation &amp; Meditation w/ Jim &amp; Sheila <b>GR</b> 11:00 Near Tech Help Desk For Your Tech Needs <b>GR</b> 1:30 Hot Topics w/ Jim <b>GR</b> 2:30 Veterans Presentation <b>GR</b> 7:00 Bingo Games</p>	<p><b>12</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>O</b> 10:30 Outing to Walgreens <b>TH</b> 1:15 Parkinson's Workshop <b>GR</b> 2:30 Art History: Expressionism Era <b>L</b> 4:00 Shabbat w/ Anita <b>GR</b> 7:00 Therapeutic Art &amp; Coloring</p>	<p><b>13</b></p> <p><b>TH</b> 10:00 Exercise Video <b>TH</b> 1:45 Bingo Games w/ Chris <b>TH</b> 2:30 Ann of Green Gables Mini Series <b>H</b> 2:30 Urbano's Culinary Cart <b>GR</b> 3:00 Jigsaw Puzzles <b>GR</b> 7:00 Chit Chat by the Fire</p>
<p><b>14</b></p> <p><b>TH</b> 9:30 TV Catholic Mass <b>TH</b> 10:15 Exercise Video <b>GR</b> 1:45 Trivia Group w/ Chris <b>TH</b> 2:30 Movie Matinee: Rebecca <b>GR</b> 3:00 Card Writers Club <b>GR</b> 6:30 Bridge Games</p>	<p><b>15</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>TH</b> 10:30 Belmont Songbirds Choir Practice <b>TH</b> 1:30 Parkinson's Movement for Life Class <b>GR</b> 2:00 Milkshake Madness <b>GR</b> 2:30 Word Mining w/ Jim <b>GR</b> 7:00 Scrabble Game</p>	<p><b>16</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>TH</b> 10:30 Relaxation &amp; Meditation w/ Jim &amp; Sheila <b>O</b> 10:30 Scenic Drive <b>O</b> 10:45 Lunch Bunch w/ Jim: Lou Malnati's <b>TH</b> 1:15 Parkinson's Workshop <b>CL</b> 1:30 Creative Writing w/ Jim <b>H</b> 2:30 1st Floor Resident's Block Party (Outside Room 119) <b>GR</b> 7:00 Bingo Games</p>	<p><b>17</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>O</b> 10:30 COF Scenic Drive <b>TH</b> 10:30 Cranium Crunches w/ Jim <b>TH</b> 1:15 Parkinson's Workshop <b>GR</b> 1:30 You Be The Judge w/ Jim <b>GR</b> 2:30 Wine &amp; Cheese: Mark Hoffman Piano <b>GR</b> 3:30 Communion with Betsy <b>TH</b> 6:30 Movie Night: Mowgli: Legend of the Jungle</p>	<p><b>18</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>TH</b> 10:00 Abe Lincoln &amp; Thanksgiving Presentation <b>TH</b> 10:30 Relaxation &amp; Meditation w/ Jim &amp; Sheila <b>GR</b> 11:00 Near Tech Help Desk For Your Tech Needs <b>CL</b> 1:30 Wanna Learn Penuckle?!! <b>TH</b> 2:30 Fall Watercolor Card w/ Jim *Step by Step <b>GR</b> 7:00 Bingo Games</p>	<p><b>19</b></p> <p><b>TH</b> 9:45 Be Fit &amp; Be Fabulous <b>TH</b> 10:30 Cranium Crunches w/ Jim <b>TH</b> 10:30 Drawing Class w/ Cheryl *No Experience Needed* <b>O</b> 10:30 Outing to Dollar Tree <b>TH</b> 1:15 Parkinson's Workshop <b>TH</b> 2:00 John Boda Presents: Hoagy Carmichael <b>L</b> 4:00 Shabbat w/ Anita <b>GR</b> 7:00 Therapeutic Art &amp; Coloring</p>	<p><b>20</b></p> <p><b>TH</b> 10:00 Exercise Video <b>TH</b> 1:45 Bingo Games w/ Chris <b>TH</b> 2:30 Ann of Green Gables Mini Series <b>H</b> 2:30 Urbano's Culinary Cart <b>GR</b> 3:00 Jigsaw Puzzles <b>GR</b> 7:00 Chit Chat by the Fire</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b> TH 9:30 TV Catholic Mass TH 10:15 Exercise Video GR 1:45 Trivia Group w/ Chris TH 2:30 Movie Matinee: A Dog's Way Home GR 3:00 Card Writers Club GR 6:30 Bridge Games	<b>22</b> TH 9:45 Be Fit & Be Fabulous TH 10:30 Belmont Songbirds Choir Practice TH 1:30 Parkinson's Movement for Life Class TH 2:15 Musical Monday: The King And I GR 7:00 Scrabble Game	<b>23</b> TH 9:45 Be Fit & Be Fabulous TH 10:30 Relaxation & Meditation w/ Jim & Sheila O 10:30 Scenic Drive TH 1:15 Parkinson's Workshop TH 2:00 Resident Council Meeting TH 3:00 Ladies Cocktail Hour w/ Jim GR 7:00 Bingo Games	<b>24</b> TH 9:45 Be Fit & Be Fabulous O 10:30 COF Scenic Drive TH 10:30 Cranium Crunches w/ Jim TH 1:15 Parkinson's Workshop GR 1:30 Jeopardy Challenge w/ Jim JK 2:30 Wine & Cheese Entertainment: Randy Walker GR 3:30 Communion with Betsy O 5:30 Botanic Garden Lightscape TH 6:30 Movie Night: Steve Jobs	<b>25 Thanksgiving</b> TH 10:00 Exercise Video Series JK 11:00 Thanksgiving 1st Seating JK 12:15 Thanksgiving 2nd Seating CD 2:00 Cranium Crunches Packet GR 7:00 Bingo Games	<b>26 Black Friday</b> TH 9:45 Be Fit & Be Fabulous O 10:30 Outing to Walgreens JK 12:00 Resident Birthday Lunch TH 1:15 Parkinson's Workshop GR 2:30 Art History: Socialist Realism Era L 4:00 Shabbat w/ Anita GR 7:00 Therapeutic Art & Coloring	<b>27</b> TH 10:00 Exercise Video TH 1:45 Bingo Games w/ Chris TH 2:30 Ann of Green Gables Mini Series H 2:30 Urbano's Culinary Cart GR 3:00 Jigsaw Puzzles GR 7:00 Chit Chat by the Fire
<b>28 Hanukkah Begins</b> TH 9:30 TV Catholic Mass TH 10:15 Exercise Video GR 1:45 Trivia Group w/ Chris TH 2:30 Movie Matinee: Yankee Doodle Dandy GR 3:00 Card Writers Club GR 4:00 Hanukkah Candle Lighting GR 6:30 Bridge Games	<b>29</b> TH 9:45 Be Fit & Be Fabulous TH 10:30 Belmont Songbirds Choir Practice TH 1:30 Parkinson's Movement for Life Class TH 2:00 Documentary Series GR 4:00 Hanukkah Candle Lighting GR 7:00 Scrabble Game	<b>30</b> TH 9:45 Be Fit & Be Fabulous TH 10:30 Relaxation & Meditation w/ Jim & Sheila O 10:30 Scenic Drive TH 1:15 Parkinson's Workshop CL 1:30 Creative Writing w/ Jim GR 4:00 Hanukkah Candle Lighting GR 7:00 Bingo Games	<b>Outings and Events</b> Please sign up with the concierge if you are interested in joining us for a scheduled outing. Most outings will have a cost associated with it. You will be charged the amount on your monthly bill. Outings will have only a certain number of spots available and you may be put on a waiting list if there aren't enough open spots. Make sure to sign up early!	<b>Birthdays</b> 11/1 - Wilfredo A. Kitchen 11/2 - Alicia L. PAL 11/4 - Stevany D. PAL 11/4 - Jerry G. 11/4 - Henry S. 11/5 - Eimee O. Server 11/6 - Antonio D. Kitchen 11/6 - Terry J. 11/8 - Molly T. PAL 11/9 - Christina B. Server 11/10 - Jenene P. Community Relations 11/10 - Joan L.	<b>Birthdays</b> 11/11 - Beryl R. 11/12 - Benjie D. PAL 11/12 - Essie L. 11/12 - Mary A. 11/13 - Carolyn I. Nurse 11/20 - Ismael R. Cook 11/22 - Joseph M. Driver 11/24 - David S. Driver 11/25 - Jay M. Sous Chef	"A September to remember. An October full of splendor. A November to treasure."