

NOVEMBER 2021

NOVEMBER Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Belmont Balance (TH) 10:30 Mental Aerobics w/Kay (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Monday Bridge (F7-PL) 7:15 Movie- TBA (SR)	2 Election Day 9:30 Muscle Matters (TH) 10:30 Catholic Communion (F7 PL) 2:00 Boot Camp w/ Tom (TH) 3:00 Men's Bridge Games (F7) 7:15 Movie- TBA (SR)	3 9:30 Stretch (TH) 10:30 Music w/ Michael (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Current Events w/ Randy Mayeaux (TH) 3:00 Wednesday Bridge (F7-PL) 7:15 Movie- TBA (SR)	4 9:30 Cardio (TH) 10:30 Art w/ Reena (TH) 2:00 Boot Camp w/ Tom (TH) 3:00 Happy Hour with Marty (TH) 7:15 Movie- TBA (SR)	5 9:30 Core & Stability (TH) 10:30 BVTC Community Alzheimer's Walk (GR) 2:00 Stretch w/ Heidi (TH) 3:00 Device Tutoring (F4 CFL) 4:00 Rosary Prayers (PL) 7:15 Movie- TBA (SR)	6 9:00 Dallas Alzheimer's Walk (GR) 10:00 AquaFit (P) 5:00 Live Music with Dinner (5-7 PM) 7:15 Movie- TBA (SR)
7 Daylight Saving Ends 9:00 All Saints Catholic Mass (SR) 11:00 HPUMC Service (SR) 3:00 Bingo (TH) 7:15 Movie- TBA (SR)	8 9:30 Belmont Balance (TH) 10:30 Mental Aerobics w/Kay (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Monday Bridge (F7-PL)	9 9:30 Muscle Matters (TH) 10:30 *CANCELED* Catholic Mass 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Piano performance by Gusatavo (GR) 7:15 Movie- TBA (SR)	10 9:30 Stretch (TH) 10:30 Music w/ Michael (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Wellness Wednesday with Farahana (TH) 3:00 Wednesday Bridge (F7-PL)	11 Veterans Day 9:30 Cardio (TH) 10:30 Art w/ Reena (TH) 10:30 Grief Support Group (7th Floor Pool Lounge) 11:00 Veteran's Day Luncheon- RSVP (TH) 1:00 BVTC Choir with Michael (TH) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Happy Hour-	12 9:30 Core & Stability (TH) 10:00 Frontiers of Flight Museum (RSVP) 2:00 Stretch w/ Heidi (TH) 3:00 Device Tutoring (F4 CFL)	13 10:00 AquaFit (P) 1:00 Bistro Games (B) 3:00 Covenant Players Perform (GR) 5:00 Live Music with Dinner (5-7 PM)
14 9:00 All Saints Catholic Mass (SR) 11:00 First Baptist (SR) 3:00 Bingo (TH) 4:00 Live Worship Service- PCBC (GR)	15 9:30 Belmont Balance (TH) 10:30 Mental Aerobics w/Kay (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Monday Bridge (F7-PL) 4:00 New Resident Orientation (TH)	16 9:30 Muscle Matters (TH) 10:00 Discussion with Rabbi Wolk (TH) 10:30 Catholic Communion (F7 PL) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH)	17 9:00 Heart Health (TH) 9:30 Stretch (TH) 10:30 Music w/ Michael (TH) 1:00 Heart Healthy Diet (TH) 1:30 Exercise (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Current Events w/ Randy Mayeaux (TH) 3:00 Wednesday Bridge (F7-PL)	18 9:30 Cardio (TH) 10:30 Art w/ Reena (TH) 1:00 BV Chorus with Michael (TH) 1:00 BVTC Choir with Michael (TH) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Happy Hour- Doc Gibbs (GR)	19 9:30 Core & Stability (TH) 10:30 Big Beats with Carolyn Dobson (TH) 11:30 September Birthday Lunch - RSVP (JK) 2:00 Stretch w/ Heidi (TH) 3:00 Performance by Lisa Marie Ellis (GR)	20 10:00 AquaFit (P) 1:00 Bistro Games (B) 5:00 Live Music with Dinner (5-7 PM)

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21 9:00 All Saints Catholic Mass (SR) 11:00 First Baptist (SR) 3:00 Bingo (TH)	22 9:30 Belmont Balance (TH) 10:30 Mental Aerobics w/Kay (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Monday Bridge (F7-PL)	23 9:30 Muscle Matters (TH) 10:00 Harris Jewelry & Repair (B) 10:30 Book Club (F4-CFL) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH)	24 9:30 Stretch (TH) 10:30 Music w/ Michael (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Wednesday Bridge (F7-PL)	25 Thanksgiving Thanksgiving Day 1:00 BVTC Choir with Michael (TH) 1:00 Bistro Games (B)	26 Black Friday	27 10:00 AquaFit (P) 1:00 Bistro Games (B) 5:00 Live Music with Dinner (5-7 PM)
28 Hanukkah Begins 9:00 All Saints Catholic Mass (SR) 11:00 HPUMC Service (SR) 3:00 Bingo (TH)	29 Hannukah begins 9:30 Belmont Balance (TH) 10:30 Mental Aerobics w/Kay (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Monday Bridge (F7-PL)	30 9:30 Muscle Matters (TH) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 4:00 Resident Council (TH)				