

NOVEMBER 2021

November 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>B - Bistro, 1st Floor GR - Great Room, 1st Floor H - Hall by room 366 JK - Josephine's Kitchen TH - Town Hall, 2nd Floor</p>	<p>1</p> <p>9:30 Wake up and Move 10:30 A.M. Mind Benders 1:00 Core Fitness w/ Joel 2:00 Sustain the Brain 3:00 Chat with the Chef 4:00 Wheel of fortune 6:00 Featured Evening Movie</p>	<p>2 Election Day</p> <p>TH 9:30 Wake up and Stretch H 10:30 A.M. Mind Benders TH 1:00 Cardio Drumming 2:00 Poker Club TH 2:00 Mind Joggers B 3:00 Scategories With Carly TH 6:00 Non-Denominational Bible Study (virtual)</p>	<p>3</p> <p>TH 9:30 Wake up and Move TH 1:00 Core Fitness w/ Joel TH 2:00 Mind Your Mind: Memory TH 3:00 Farkle with Friends: A dice Game TH 6:00 Bible Study with Jo and Joe 6:15 Bridge Club</p>	<p>4</p> <p>TH 9:30 Wake up and Stretch H 10:30 A.M. Mind Benders TH 1:00 Cardio Drumming TH 2:00 Sustain the Brain 3:00 Happy Hour w/ Live Entertainment 6:00 Evening Movie: Big Daddy</p>	<p>5</p> <p>9:30 Wake up and Move 10:15 Art for All w/Lisa 1:00 Shopping: Target TH 1:00 Core Fitness w/ Joel 2:00 Monthly Tastings: Brandy 2:00 Catholic Communion 2:30 Math Mania TH 6:00 Evening Movie: The Princess Bride</p>	<p>6</p> <p>TH 9:30 Strong and Flexible 10:00 Bridge Club 10:30 Mental Fitness Packets TH 1:15 Prize Bingo 2:00 Poker Club TH 2:15 Snack and a Movie: Big 6:00 2nd Showing of Afternoon Movie</p>
<p>7 Daylight Saving Ends</p> <p>9:30 Vinyasa Flow 10:15 Scenic Walks Around the World 10:30 Mental Fitness Packets 1:00 Virtual Catholic Mass 2:00 Sweet Treat Sunday!!! 3:00 Virtual Bowling 6:00 Evening Movie: Queen Marie</p>	<p>8</p> <p>H 9:30 Wake up and Move TH 10:30 A.M. Mind Benders TH 1:00 Core Fitness w/ Joel TH 2:00 Sustain the Brain TH 6:00 Evening Movie: The Electric Life of Louis Wain</p>	<p>9</p> <p>TH 9:30 Wake up and Stretch TH 1:00 Cardio Drumming 2:00 Poker Club 2:30 Mister Mckinney's Historical Houston TH 6:00 Evening Movie: Cowboys and Aliens</p>	<p>10</p> <p>TH 9:30 Wake up and Move TH 1:00 Core Fitness w/ Joel 2:00 Brain Games: 9 Letter Words TH 6:00 Bible Study with Jo and Joe</p>	<p>11 Veterans Day</p> <p>TH 9:30 Yoga with Dave JK 11:30 Veterans Day Lunch TH 2:00 Sustain the Brain 3:00 Happy Hour w/ Live Entertainment GR 5:30 Elvis and Freinds</p>	<p>12</p> <p>9:30 Wake up and Move 12:00 Belmont Top Chef Competition 12:00pm-4:00pm TH 1:00 Core Fitness w/ Joel 2:00 Catholic Communion 4:30 Shabbat Service</p>	<p>13</p> <p>TH 9:30 Strong and Flexible TH 10:15 Love Church Houston 10:30 Mental Fitness Packets TH 1:15 Prize Bingo 2:00 Poker Club 2:15 Snack and Movie: Awakenings 6:00 2nd Showing of Afternoon Movie</p>
<p>14</p> <p>9:30 Vinyasa Flow 10:15 Force of Nature 10:30 Mental Fitness Packets 1:00 Virtual Catholic Mass 2:00 Sweet Treat Sunday!!! 3:00 Virtual Bowling 6:00 Evening Movie: The Healer</p>	<p>15</p> <p>TH 1:00 Core Fitness w/ Joel GR 2:00 Sustain the Brain TH 2:30 Thankfulness w/JFS 3:00 Crosswords 4:00 Wheel of fortune</p>	<p>16</p> <p>TH 9:30 Wake up and Stretch TH 1:00 Cardio Drumming 2:00 Poker Club 2:00 Word Teasers 3:00 Creative Writing: Haiku Poems</p>	<p>17</p> <p>9:30 Wake up and Move TH 1:00 Core Fitness w/ Joel TH 2:00 Health with an Attitude: Webinar TH 6:00 Bible Study with Jo and Joe 6:15 Bridge Club</p>	<p>18</p> <p>TH 9:30 Wake up and Stretch TH 1:00 Cardio Drumming TH 2:00 Sustain the Brain 3:00 Happy Hour w/ Live Entertainment 4:30 Casino Night: 23rd Anniversary Party 6:00 Movie: Ocean's Eleven</p>	<p>19</p> <p>1:00 Shopping: HEB TH 1:00 Core Fitness w/ Joel TH 2:00 Confession and Anointing of the Sick 2:30 Math Mania 4:30 Shabbat Service</p>	<p>20</p> <p>TH 9:30 Strong and Flexible 10:30 Mental Fitness Packets TH 1:15 Prize Bingo 2:00 Poker Club 2:15 Snack and Movie: Pretty Woman 6:00 2nd Showing of Afternoon Movie</p>

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21 9:30 Vinyasa Flow 10:15 Force of Nature 10:30 Mental Fitness Packets 1:00 Virtual Catholic Mass 1:30 Palmer Memorial Choir Sing along 2:00 Sweet Treat Sunday!!! 3:00 Virtual Bowling 6:00 Evening Movie: About Hope	22 TH 1:00 Core Fitness w/ Joel 2:00 Sustain the Brain 3:00 Group Crosswords 4:00 Wheel of fortune	23 TH 9:30 Wake up and Stretch TH 1:00 Cardio Drumming 2:00 Poker Club	24 TH 1:00 Core Fitness w/ Joel 2:00 Brain Games: 9 Letter Words TH 6:00 Bible Study with Jo and Joe 6:15 Bridge Club	25 Thanksgiving TH 9:30 Wake up and Stretch TH 2:00 Sustain the Brain 3:00 Happy Hour w/ Live Entertainment 6:00 Game Night: Monopoly	26 Black Friday TH 1:00 Outing: The Menil Collection TH 1:00 Core Fitness w/ Joel 2:00 Catholic Communion 3:00 Crafting with Jen 4:30 Shabbat Service	27 TH 9:30 Strong and Flexible 10:30 Mental Fitness Packets TH 1:15 Prize Bingo 2:00 Poker Club 2:15 Snack and Movie: Water and Elephants 6:00 2nd Showing of Afternoon Movie
28 Hanukkah Begins 9:30 Vinyasa Flow 10:15 Force of Nature 10:30 Mental Fitness Packets 1:00 Virtual Catholic Mass 2:00 Sweet Treat Sunday!!! 3:00 Virtual Bowling 6:00 Evening Movie: Green Fingers	29 TH 1:00 Core Fitness w/ Joel 2:00 Sustain the Brain 3:00 Chat w/Chef Jason 3:00 Crosswords 4:00 Wheel of fortune	30 TH 9:30 Wake up and Stretch TH 1:00 Cardio Drumming 2:00 Poker Club 2:00 Who, What, When 3:00 Resident Council				