

NOVEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Shopping Trip: Jewel/Walgreens (Sign Up at Front Desk) 9:30 Check Out Books with Indian Trails Librarian 10:00 Strength & Stretching 10:30 Morning Mingle: Brain Teasers & Current Events 1:00 Memoir Writing Class with Author,	2 10:00 Tai Chi 10:30 Morning Mingle: Brain Teasers & Current Events 1:30 Meet "Grady the Labradoodle" Therapy Dog for Buffalo Grove Police Dept. 2:30 Music Appreciation with Jim Kendros: "Beautiful Violin Music to be Thankful For"	3 10:00 Strength & Stretching 10:30 Shabbat Service with Rabbi Sandra 12:45 Meet "Grady the Labradoodle" Therapy Dog with the WGN News Crew 1:30 Movie: "The Unsinkable Molly Brown" 3:30 Happy Hour 5:30 Movie Night: "I'll	4 10:00 Fun & Fitness Group Exercise 1:00 Cranium Crunches 2:00 Bingo 3:30 Marketplace 5:30 Movie Night: "Cocoon"
5 Daylight Saving Ends 9:30 Catholic Mass (Channel 7 on TV) 10:00 Fun & Fitness Group Exercise 2:00 Musical Performance with Edizon Dayao 3:00 Mind Games: Anagrams 5:15 TV Series: "The Natural"	6 10:00 Strength & Stretching 10:30 Morning Mingle: Brain Teasers & Current Events 1:00 Parkinson's Exercise Class 1:30 Cornucopia Centerpiece Project with St. Mary Students, Part 3 3:00 Game: Pokeno 5:30 Movie Night: "Dead Men Don't Wear	7 Election Day 9:30 Communion 10:00 Resistance Training: Weights & Bands 10:30 Morning Mingle: Brain Teasers & Current Events 11:45 Resident Survey Assistance with Caramel Apple Bar (Bistro) 1:00 Walker & Wheelchair Repair Clinic	8 8:00 Mass at St. Mary to Honor Resident Military Veterans 10:00 Strength & Stretching 10:30 Morning Mingle: Brain Teasers & Current Events 10:45 Lunch Bunch Outing: City Works of Vernon Hills 1:00 Memoir Writing Class with Author, Erica Weisz	9 10:00 Tai Chi 10:30 "Skin Problems of Older People" with Dr. Scott B. Phillips, MD FAAD 1:30 Team Volleyball 2:30 One Day University: "WWII: Surprising Stories You Never Learned In History Class" 5:30 Cards with Barry 6:30 Games: Resident's Choice	10 10:00 Strength & Stretching 1:30 Veterans Day Performance: "The Alba Trio" 3:00 Shabbat with Alan 3:30 Happy Hour 5:15 Movie Night: "Grease" (SP)	11 Veterans Day 10:00 Fun & Fitness Group Exercise 1:00 Cranium Crunches 2:00 Bingo 3:30 Marketplace 5:30 Movie Night: "Good Morning, Vietnam" (SP)
12 9:30 Catholic Mass (Channel 7 on TV) 10:00 Fun & Fitness Group Exercise 2:00 Musical Performance with Matt & Cynthia Gruel 3:00 Mind Games: Anagrams 5:30 TV Series: "The Johnny Carson Show"	13 10:00 Strength & Stretching 10:30 Morning Mingle: Brain Teasers & Current Events 1:00 Parkinson's Exercise Class 1:30 Painting Class with Susie Speck: Autumn Scene 3:00 Game: Pokeno 5:30 Movie Night: "Sunset Boulevard"	14 9:30 Communion 10:00 Resistance Training: Weights & Bands 10:30 Morning Mingle: Brain Teasers & Current Events 1:30 Presentation with John Boda: "T.V. Theme Songs" 3:00 Jeopardy: Movies and Entertainment 6:00 Games: Resident's Choice	15 8:30 Shopping Trip: Jewel/Walgreens (Sign Up at Front Desk) 10:00 Outing: The Dunn Museum in Libertyville 10:00 Strength & Stretching 10:30 Morning Mingle: Brain Teasers & Current Events 1:00 Memoir Writing Class with Author,	16 10:00 Tai Chi 10:30 Morning Mingle: Brain Teasers & Current Events 1:30 "Battle of Midway" Presented by Tricia Menke, Curator of Education with the National Museum of the American Sailor 2:30 "Is Thanksgiving a Jewish Holiday?" with Rabbi James Gordon	17 10:00 Strength & Stretching 10:30 Shabbat Service with Rabbi Sandra 1:30 Historical Presentation by Jim Gibbons on "The Life of Jacqueline Kennedy Onassis" 2:30 Project with Paxxon 3:30 Happy Hour 5:20 Movie Night: "Catch Me If You Can" (SP)	18 10:00 Fun & Fitness Group Exercise 1:00 Cranium Crunches 2:00 Bingo 3:30 Marketplace 5:30 Movie Night: "Fried Green Tomatoes"

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19 9:30 Catholic Mass (Channel 7 on TV) GR 10:00 Fun & Fitness Group Exercise JK 2:00 Musical Performance with Ed Collins GR 3:00 Mind Games: Anagrams SP 5:30 Movie Night: "Grumpy Old Men"	20 TH 10:00 Strength & Stretching 10:30 Health Talk with Paxxon: Infection Control with Proper Handwashing L 1:00 Parkinson's Exercise Class 1:45 Current Events Discussion with Author & Professor, Gary Midkiff: "News & Views" TH 3:00 Game: Pokeno	21 L 9:30 Communion TH 10:00 Resistance Training: Weights & Bands TH 10:30 Morning Mingle: Brain Teasers & Current Events TH 1:00 One Day University: "Norman Rockwell: Painting America's Stories" JK 2:00 Thanksgiving "Win a Pie" Bingo GR 6:00 Games: Resident's	22 8:30 Shopping Trip: Jewel/Walgreens (Sign Up at Front Desk) L 9:30 Strength & Stretching TH 10:00 Great is Thy Faithfulness-A Time of Thankful Reflection Through Music with Christian Songwriter/Author, George Nicholson 11:00 Lunch Bunch: The	23 Thanksgiving TH 8:30 Macy's Thanksgiving Day Parade (CH 5) 11:00 Thanksgiving Brunch with Strolling Musician, Sam Hyson 2:00 Thanksgiving Afternoon Movie: "Planes, Trains & Automobiles" SP 5:30 Cards with Barry GR 6:30 Games: Resident's Choice	24 TH 10:00 Strength & Stretching JK 12:00 Monthly Birthday Luncheon for November Birthdays TH 1:15 Daytime Movie: "Monuments Men" GR 3:30 Happy Hour 5:30 Movie Night: "The White Cliffs of Dover" (SP)	25 GR 10:00 Fun & Fitness Group Exercise GR 1:00 Cranium Crunches TH 2:00 Bingo GR 3:30 Marketplace SP 5:30 Movie Night : "The Magic of Belle Isle"
26 9:30 Catholic Mass (Channel 7 on TV) GR 10:00 Fun & Fitness Group Exercise JK 2:00 Musical Performance with Vince Micari Duo GR 3:00 Mind Games: Anagrams SP 5:30 Movie Night: "Grumpy Old Men"	27 TH 10:00 Strength & Stretching TH 10:30 Morning Mingle: Brain Teasers & Current Events GR 12:00 Shop: "Kindness Chains Boutique" Open Until 3 PM L 1:00 Parkinson's Exercise Class TH 3:00 Game: Pokeno SP 5:30 Movie Night: "Book Club" (Prime)	28 L 9:30 Communion TH 10:00 Resistance Training: Weights & Bands TH 10:30 Morning Mingle: Brain Teasers & Current Events 1:30 Residents' Council 2:00 You Be The Judge: Court Case Discussion 3:00 Book Club Discussion GR 6:00 Games: Resident's	29 8:30 Shopping Trip: Jewel/Walgreens (Sign Up at Front Desk) TH 10:00 Strength & Stretching TH 10:30 Morning Mingle: Brain Teasers & Current Events 10:45 Lunch Bunch: Maggiano's Italian Restaurant L 1:00 Memoir Writing Class with Author,	30 TH 10:00 Tai Chi TH 10:30 Morning Mingle: Brain Teasers & Current Events 1:30 Passport to Travel: The Philippines 3:00 Gobbel Gobbel Charades SP 5:30 Cards with Barry GR 6:30 Games: Resident's Choice		