

NOVEMBER 2025

"Thankful, grateful, blessed."



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>PL</div> - 7th Floor Pool Lounge</div> <div><div>B</div> - Bistro</div> <div><div>CY</div> - Courtyard</div> <div><div>FL</div> - Front Lobby</div> <div><div>GA</div> - Garden Room</div> <div><div>GR</div> - Great Room</div> <div><div>JK</div> - Josephine's Kitchen</div> <div><div>L</div> - Library</div> <div><div>T</div> - Theatre</div> <div><div>TH</div> - Town Hall</div>	Movie Matinee Daily at 3:15pm Evening Movie Daily at 7:15pm Popcorn is made on demand - please ask the staff member at the front desk for assistance The movie flyer is at the Concierge Desk	November 2 at 2 A.M. is the end of Daylight Saving Time. Set your clocks back one hour on Saturday night at bedtime!	Birthstones and flowers: November's birthstones are Citrine and Topaz. Its birth flowers are the Chrysanthemum and the Peony. November's Zodiac Signs are: Scorpio: October 23 to November 21 Sagittarius: November 22 to December 20	Historical events: The Berlin Wall began to fall in November. British archaeologist Howard Carter discovered King Tut's tomb in Luxor, Egypt, on November 4, 1922. President Abraham Lincoln delivered the Gettysburg Address on November 19, 1863.	The Full Beaver Moon November's Full Moon is traditionally called the Beaver Moon. Why this name? In the colonial era, this was the month to set one's beaver traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs. In 2025, November's Full Moon occurs on Wednesday, November 5.	<div>1</div> <div><div>PL</div> 9:00 AquaFit w/ the YMCA</div> <div><div>FL</div> 10:00 Kroger/Tom Thumb/CVS</div> <div><div>TH</div> 11:00 Intro to Art: Watercolor</div> <div><div>B</div> 1:00 Bistro Games</div> <div><div>FL</div> 1:00 Target shopping trip</div> <div><div>TH</div> 2:00 Cardio Drumming Class</div> <div><div>GA</div> 3:00 Dia de Los Muertos Celebration</div> <div>7:15 Daily Movie:</div>
<div>2</div> <div><div>T</div> 9:30 Highland Park UMC - online</div> <div><div>FL</div> 11:30 North Park Mall Shopping</div> <div><div>FL</div> 1:30 Whole Foods shopping</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div>7:15 Daily Movie:</div>	<div>3</div> <div><div>TH</div> 9:30 Belmont Balance</div> <div><div>TH</div> 10:30 Zumba Gold w/Francesca</div> <div><div>CY</div> 1:30 Noah's Ark Petting Zoo</div> <div><div>TH</div> 2:00 Yoga with Heidi</div> <div><div>PL</div> 3:00 Monday Bridge</div> <div>7:15 Daily Movie:</div>	<div>4</div> <div><div>TH</div> 9:30 Muscle Matters</div> <div><div>PL</div> 10:30 Catholic Communion</div> <div><div>B</div> 1:00 Bistro Games</div> <div><div>TH</div> 2:00 Boot Camp</div> <div><div>TH</div> 3:00 Chef Chat!</div> <div>7:15 Daily Movie:</div>	<div>5</div> <div><div>TH</div> 9:30 Stretch</div> <div><div>FL</div> 9:30 Urban Adventures/Japanese Gardens</div> <div><div>TH</div> 10:30 Wordle!</div> <div><div>TH</div> 2:00 Yoga with Heidi</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div><div>TH</div> 3:30 Current Events w/Randy</div> <div><div>L</div> 7:00 Prayer Group Fellowship</div> <div>7:15 Daily Movie:</div>	<div>6</div> <div><div>TH</div> 9:30 Cardio</div> <div><div>TH</div> 10:30 Book Review w/Lindy Bell</div> <div><div>B</div> 1:00 Bistro Games</div> <div><div>TH</div> 2:00 Boot Camp</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div><div>GR</div> 4:00 Happy Hour</div> <div>7:15 Daily Movie:</div>	<div>7</div> <div><div>TH</div> 9:30 Core & Stability</div> <div><div>L</div> 10:30 Let's Talk Art - Salvador Dalí</div> <div><div>TH</div> 2:00 Stretch with Heidi</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div><div>TH</div> 3:30 Bingo! Bingo! Bingo!</div> <div>7:15 Daily Movie:</div>	<div>8</div> <div><div>PL</div> 9:00 AquaFit w/ the YMCA</div> <div><div>FL</div> 10:00 Kroger/Tom Thumb/CVS</div> <div><div>TH</div> 11:00 Intro to Art: Watercolor</div> <div><div>B</div> 1:00 Bistro Games</div> <div><div>FL</div> 1:00 Target shopping trip</div> <div><div>TH</div> 2:00 Cardio Drumming Class</div> <div>7:15 Daily Movie:</div>
<div>9</div> <div><div>T</div> 9:30 Highland Park UMC - online</div> <div><div>FL</div> 1:30 Walmart Market</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div>7:15 Daily Movie:</div>	<div>10</div> <div><div>TH</div> 9:30 Belmont Balance</div> <div><div>TH</div> 10:30 Zumba Gold w/Francesca</div> <div><div>TH</div> 1:00 HPH Educational Series</div> <div><div>TH</div> 2:00 Yoga with Heidi</div> <div><div>PL</div> 3:00 Monday Bridge</div> <div><div>GR</div> 3:30 Music w/Walker & Adams</div> <div>7:15 Daily Movie:</div>	<div>11</div> <div>Veterans Day</div> <div><div>TH</div> 9:30 Muscle Matters</div> <div><div>L</div> 10:30 Caregiver Support Group</div> <div><div>B</div> 1:00 Bistro Games</div> <div><div>TH</div> 2:00 Boot Camp</div> <div><div>TH</div> 3:30 Resident Council Meeting</div> <div><div>JK</div> 5:00 Dinner Music w/Bill Woods</div> <div>7:15 Daily Movie:</div>	<div>12</div> <div><div>TH</div> 9:30 Stretch</div> <div><div>TH</div> 10:30 Wordle!</div> <div><div>TH</div> 2:00 Yoga with Heidi</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div><div>L</div> 4:00 Total Hearing Care Services</div> <div><div>L</div> 7:00 Prayer Group Fellowship</div> <div>7:15 Daily Movie:</div>	<div>13</div> <div><div>TH</div> 9:30 Cardio</div> <div><div>B</div> 1:00 Bistro Games</div> <div><div>TH</div> 2:00 Boot Camp</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div><div>GR</div> 4:00 Happy Hour</div> <div><div>FL</div> 5:30 SCS - Trulucks</div> <div>7:15 Daily Movie:</div>	<div>14</div> <div><div>TH</div> 9:30 Core & Stability</div> <div><div>TH</div> 10:30 Big Beats Music/Movement</div> <div><div>TH</div> 1:00 Creative Crafts w/Viri</div> <div><div>TH</div> 2:00 Stretch with Heidi</div> <div><div>PL</div> 3:00 Belmont Bridge</div> <div><div>TH</div> 3:30 Bingo! Bingo! Bingo!</div> <div>7:15 Daily Movie:</div>	<div>15</div> <div><div>PL</div> 9:00 AquaFit w/ the YMCA</div> <div><div>FL</div> 10:00 Kroger/Tom Thumb/CVS</div> <div><div>GR</div> 10:30 Uptown Violins Recital</div> <div><div>TH</div> 11:00 Intro to Art: Watercolor</div> <div><div>B</div> 1:00 Bistro Games</div> <div><div>FL</div> 1:00 Target shopping trip</div> <div><div>TH</div> 2:00 Cardio Drumming Class</div> <div>7:15 Daily Movie:</div>

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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
16		17		18		19		20		21		22	
<div>T</div> 9:30 Highland Park UMC - online		<div>TH</div> 9:30 Belmont Balance		<div>TH</div> 9:30 Muscle Matters		<div>TH</div> 9:30 Stretch		<div>TH</div> 9:30 Cardio		<div>TH</div> 9:30 Core & Stability		<div>PL</div> 9:00 AquaFit w/ the YMCA	
<div>FL</div> 11:30 North Park Mall Shopping		<div>TH</div> 10:30 Zumba Gold w/Francesca		<div>PL</div> 10:30 Catholic Communion		<div>TH</div> 10:30 Wordle!		<div>B</div> 1:00 Bistro Games		<div>TH</div> 10:00 Painting to Gogh - Acrylic		<div>FL</div> 10:00 Kroger/Tom Thumb/CVS	
<div>FL</div> 1:30 Whole Foods Shopping		<div>TH</div> 2:00 Yoga with Heidi		<div>TH</div> 10:30 Navigating the Holidays with Dementia		<div>FL</div> 11:30 BLB - Breadwinners		<div>TH</div> 2:00 Boot Camp		<div>JK</div> 11:30 November Birthday Lunch		<div>TH</div> 11:00 Intro to Art: Watercolor	
<div>PL</div> 3:00 Belmont Bridge		<div>PL</div> 3:00 Monday Bridge		<div>B</div> 1:00 Bistro Games		<div>PL</div> 3:00 Belmont Bridge		<div>PL</div> 3:00 Belmont Bridge		<div>TH</div> 2:00 Stretch with Heidi		<div>B</div> 1:00 Bistro Games	
7:15 Daily Movie:		7:15 Daily Movie:		<div>TH</div> 2:00 Boot Camp		<div>TH</div> 3:30 Current Events w/Randy		<div>GR</div> 4:00 Happy Hour		<div>TH</div> 3:30 Bingo! Bingo! Bingo!		<div>FL</div> 1:00 Target shopping trip	
				<div>JK</div> 5:00 Dinner music w/Giancarlo		<div>L</div> 7:00 Prayer Group Fellowship		7:15 Daily Movie:		7:15 Daily Movie:		<div>TH</div> 2:00 Cardio Drumming Class	
				7:15 Daily Movie:		7:15 Daily Movie:						<div>GR</div> 3:00 Violin Performance w/Jane Escueta	
												7:15 Daily Movie:	