

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>10:00 Walking Club (H1 Lobby) 12:00 Exercise w/ Michelle B 1:00 Support Group w/ Sandy & Sarah (Library) 3:00 Variety Hour: <i>The Carol Burnett Show</i> 4:30 Out Trip: <i>Dinner @ L. George's Coney Island</i> (must sign up)</p>	<p>2</p> <p>11:00 Sit & Fit w/ Michelle O 1:00 Craft Corner w/ Sarah: <i>All Prior Crafts</i> (H2 Coffee Room) 2:00 Recorded Ballet: <i>Coppelia</i> (Library) 7:00 Conversational English w/ Kendra (Library)</p>	<p>3</p> <p>11:00 Snacks & Orientation w/ Powerback 12:00 Exercise w/ Michelle B 1:00 A Touch of Shabbat w/ R. Polter (Library) 2:00 D&A Duo Performs (Violin, Keyboard)</p>	<p>4</p> <p>2:00 Movie: <i>The Mountain Between Us</i></p> <p style="text-align: center;"> Shabbat Shalom! </p>
<p>5</p> <p style="text-align: center;"> Shabbat Shalom! </p>	<p>6</p> <p>10:00 Walking Club (H1 Lobby) 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol & Allan</p>	<p>7</p> <p>11:00 Sit & Fit w/ Michelle O 1:00 Tova's Travelogue: <i>Yellowstone National Park</i> 2:30 Chair Yoga w/ Bharti 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Mike</p>	<p>8</p> <p>10:00 Walking Club (H1 Lobby) 11:00 Name That Tune w/ Tova: <i>Hits of the 1950s</i> 12:00 Exercise w/ Michelle B 2:00 We All Matter Discussion w/ Tova: <i>Thanksgiving Memories</i> (Library)</p>	<p>9</p> <p>11:00 Sit & Fit w/ Michelle O 12:30 Beading w/ Carol C (Library; must sign up) 2:00 Balance In Action w/ Powerback 3:00 Free Bingo w/ Tova 7:00 Conversational English w/ Kendra (Library)</p>	<p>10</p> <p>12:00 Exercise w/ Michelle B 1:00 Veterans Day Presentation & Party w/ Jewish War Veterans of Michigan & Dianne Morgan (music starts at 2:00) 7:00 Movie: <i>Respect</i></p>	<p>11</p> <p style="text-align: center;"> VETERANS DAY No Mail Delivery 7:00 Bingo w/ Ruthe & Stephen</p> <p style="text-align: center;"> Shabbat Shalom! </p>
<p>12</p> <p style="text-align: center;"> Shabbat Shalom! </p>	<p>13</p> <p>10:00 Walking Club (H1 Lobby) 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol & Allan</p>	<p>14</p> <p>11:00 Sit & Fit w/ Michelle O 1:00 Cooking w/ Elizabeth: <i>No-Bake Pumpkin Mousse</i> (H2 Coffee Room; must sign up) 2:00 Recorded Concert: <i>Julie Andrews Favorites</i> 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Mike</p>	<p>15</p> <p>10:00 Walking Club (H1 Lobby) 11:00 Nutrition & Snacks w/ Elizabeth: <i>Carbohydrates</i> 12:00 Exercise w/ Michelle B 1:00 Classic Matinee: <i>Holiday</i> 4:30 Out Trip: <i>Dinner @ L. George's Coney Island</i> (must sign up)</p>	<p>16</p> <p>10:00 Out Trip: <i>Somerset Mall</i> (must sign up) 10:00 West Bloomfield Pop-Up Library w/ Emily (Library) 11:00 Sit & Fit w/ Michelle O 1:00 Craft Corner w/ Sarah: <i>Keychain Wristlets</i> (H2 Coffee Room) 2:00 Balance In Action w/ Powerback 7:00 Conversational English w/ Kendra (Library)</p>	<p>17</p> <p>11:00 Artwork w/ Ashley: <i>Fall Leaf Luminaries, Part 1</i> (must sign up) 12:00 Exercise w/ Michelle B 1:00 Food Committee Meeting (H2 Lobby, 3rd Floor) 1:00 A Touch of Shabbat w/ R. Polter (Library)</p>	<p>18</p> <p>2:00 Movie: <i>Golda</i> 7:00 Bingo w/ Ruthe & Stephen</p> <p style="text-align: center;"> Shabbat Shalom! </p>
<p>19</p> <p>1:30 News & Views w/ Su</p> <p style="text-align: center;"> Shabbat Shalom! </p>	<p>20</p> <p>10:00 Walking Club (H1 Lobby) 11:00 Current Events w/ Linda (Library) 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol & Allan 3:30 Chair Yoga w/ Bharti (cancelled; will return in January)</p>	<p>21</p> <p>11:00 Sit & Fit w/ Michelle O 1:00 Tova's Travelogue: <i>Tehran</i> 2:00 Resident Council Meeting (Library) 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Mike</p>	<p>22</p> <p>10:00 Walking Club (H1 Lobby) 12:00 Exercise w/ Michelle B 1:00 Age In Motion w/ Powerback 3:00 Jewish History w/ Tova: <i>The History of Reform Judaism, Part 2</i></p>	<p>23</p> <p style="text-align: center;"> THANKSGIVING DAY Office Closed; No Mail Delivery 2:00 Movie: <i>A Charlie Brown Thanksgiving</i></p> <p style="text-align: center;"> </p>	<p>24</p> <p>11:00 Artwork w/ Ashley: <i>Fall Leaf Luminaries, Part 2</i> (must sign up) 12:00 Exercise w/ Michelle B 2:00 Book Club Mtg. w/ Emily: <i>One Italian Summer</i> (Library) 7:00 Movie: <i>Catch Me If You Can</i></p>	<p>25</p> <p style="text-align: center;"> Shabbat Shalom! </p>
<p>26</p> <p>1:00 Scrabble w/ Kendra (Library)</p> <p style="text-align: center;"> Shabbat Shalom! </p>	<p>27</p> <p>10:00 Walking Club (H1 Lobby) 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol & Allan 3:30 Music Around The World w/ Tova: <i>American Blues</i></p>	<p>28</p> <p>11:00 Sit & Fit w/ Michelle O 1:00 Learn To Paint w/ Sarah (must sign up) 1:00 Recorded Musical: <i>Mamma Mia!</i> (Library) 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, & Mike</p>	<p>29</p> <p>10:00 Walking Club (H1 Lobby) 11:00 Classic Comedy Hour: <i>Golden Girls, Season 1</i> 12:00 Exercise w/ Michelle B 2:00 Cheryl Johnson Sings</p>	<p>30</p> <p>10:00 Out Trip: <i>Tour @ Janice Charach Gallery</i> (must sign up) 11:00 Sit & Fit w/ Michelle O 12:30 Beading w/ Carol C (Library; must sign up) 2:00 Balance In Action w/ Powerback 7:00 Conversational English w/ Kendra (Library)</p>		

