

AL ~ ENGAGED LIVING PROGRAMS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CALENDAR IS SUBJECT TO CHANGE</p> <p><i>Please refer to the AL Dining Room board for daily program changes.</i></p>	<p><u>Meal Times</u></p> <p>Breakfast 8:30 Lunch 12:30 Dinner 5:30</p>	<p><u>November</u></p> <p><i>Birthstones: Topaz Flower: Chrysanthemum Colors: Dark Blue and Red</i></p> <p><u>November Birthdays</u></p> <p><i>Happy Birthday John McCullough 11/5 Anne Wishard 11/30</i></p>	<p>10:00 Weight Exercise-A 10:30 Rosary Group-CH 10:45 Good News-A 11:00 Spa Cart-GR 2:15 Current Events-S 4:00 Before Dinner Conversations-GR 6:45 Game Night-A</p>	<p>10:00 Cardio Boost-A 10:45 Wellness Info-A 11:00 Expressing Gratitude A 11:00 Episcopal Service-CH 2:15 Puzzle Time-A 3:30 Singing with Friends -NC 7:30 Old Bridge Chamber Orchestra-PR</p>	<p>10:00 Weight Exercise-A 10:45 The Weekend Ahead 11:00 Dining Committee-G 11:00 Art Appreciation-HR 2:15 National Peanut Festival-GR 4:00 Art Gallery Opening Admin Hallway 6:45 Game Night</p>	<p>10:45 Exercise-NC 2:00 Bingo-NC</p>
<p>5</p> <p>10:30 Catholic Communion-CH 4:00 Chapel Service-CH</p> <p>Daylight Savings Time ends-turn clocks back 1 hour</p>	<p>6</p> <p>10:00 Stretchercise-A 10:30 Catholic Mass-CH 10:45 Good News-A 11:00 Salute to the Army GR 2:15 Arts and Crafts-G 4:00 Drinks & Trivia-GR</p>	<p>7</p> <p>10:00 Cardio Boost-A 10:45 Day in History-A 11:00 Salute to the Navy GR 11:00 Kindergarten Play-HR 2:00 Art with Ron 3:00 Tea Time-A 4:00 Kangaroo Words-A 7:00 Piano Concert by Betsy Fountain-PR</p>	<p>8</p> <p>10:00 Weight Exercise-A 10:30 Rosary Group-CH 10:45 Good News-A 11:00 Salute to the Marine Corps-GR 2:15 Current Events-S 4:00 Before Dinner Conversations-GR 6:45 Game Night-A</p>	<p>9</p> <p>8:00 Men's Breakfast 10:00 Cardio Boost-A 10:45 Wellness Info-A 11:00 Salute to the Air Force GR 11:00 Episcopal Service-CH 2:15 Chicken Soup for the Soul-GR 3:30 Singing with Friends -NC 4:00 Health Care Round Table-PR</p>	<p>10</p> <p>10:00 Weight Exercise-A 10:45 The Weekend Ahead 11:00 Salute to the Coast Guard-GR 2:15 History of the Berlin Wall-S 4:00 Salute Our Veteran's Wine & Cheese-ML</p>	<p>11</p> <p>Veteran's Day 10:45 Walk to Main Lobby-A 11:00 Taps at the ML Flagpole 11:15 Veteran's Stories PR 2:00 Bingo-A 4:00 Movie Matinee-H</p>
<p>12</p> <p>10:30 Catholic Communion-CH 4:00 Chapel Service-CH</p>	<p>13</p> <p>10:00 Stretchercise-A 10:30 Catholic Mass-CH 10:45 Good News-A 11:00 Arts and Crafts-G 1:15 Scenic Ride 4:00 Drinks & Trivia-GR</p>	<p>14</p> <p>10:00 Cardio Boost-A 10:45 Day in History-A 11:00 Fun with Words-A 2:00 Art with Ron 3:00 Tea Time-A 4:00 Show and Share-A</p>	<p>15</p> <p>10:00 Weight Exercise-A 10:30 Rosary Group-CH 11:00 Spa Cart 2:15 Current Events-S 3:30 Executive Directors Roundtable-PR 4:00 Before Dinner Conversations-GR 6:45 Game Night-A</p>	<p>16</p> <p>10:00 Cardio Boost-A 10:45 Wellness Info-A 11:00 Resident Council-A 11:00 Episcopal Service-CH 2:15 Dice Bingo-A 3:30 Singing with Friends -NC</p>	<p>17</p> <p>10:00 Weight Exercise-A 10:45 The Weekend Ahead 11:00 Joy of Coloring-GR 2:15 Yanni Biography-S 4:00 TGIF Gathering-GR 7:00 Kitchen Band</p>	<p>18</p> <p>10:45 Exercise-NC 2:30 Birthday Social NC 4:00 Kitchen Band-PR</p>

19 10:30 Catholic Communion-CH 4:00 Chapel Service-CH	20 10:00 Stretchercise-A 10:45 Good News-A 11:00 The Good Book-GR 2:15 Arts and Crafts-G 4:00 Drinks & Trivia-GR	21 10:00 Cardio Boost-A 10:45 Day in History-A 11:00 Kangaroo Words-A 2:00 Art with Ron 3:00 Tea Time-A 4:00 Thanksgiving Reminisce-A	22 10:00 Weight Exercise-A 10:30 Rosary Group-CH 10:45 Good News-A 11:00 Treasured Hymns-GR 2:15 Current Events-S 4:00 Before Dinner Conversations-GR 7:00 Game Night- A	Thanksgiving 23 10:00 Cardio Boost-A 10:45 Wellness Info.-A 11:00 Count Your Blessings-A 3:30 Give Thanks-GR 5:00 All That Jazz-GR	24 10:00 Weight Exercise-A 10:45 The Weekend Ahead -A 11:00 Black Friday-GR 2:15 National Day of Listening-GR 4:00 TGIF Gathering-GR	25 10:45 Exercise-A 11:15 Fun with Words -A 2:00 Bingo-A 4:00 Movie Matinee-H
26 10:30 Catholic Communion- CH 4:00 Chapel Service-CH	27 10:00 Stretchercise-A 10:45 Good News-A 11:00 Getting Connected To Social Media-GR 2:15 Arts and Crafts-G 4:00 Drinks & Trivia-GR	28 10:00 Cardio Boost-A 10:45 Day in History-A 11:00 Fun with Words-A 2:00 Art with Ron 3:00 Tea Time-A 4:00 Rolling Pennies-A	29 10:00 Weight Exercise-A 10:30 Rosary Group-CH 10:45 Good News-A 11:00 Spa Cart-GR 2:15 Current Events-S 4:00 Before Dinner Conversations-GR 7:00 Game Night- A	30 10:00 Cardio Boost-A 10:45 Wellness Info.-A 11:00 Kings in the Corner-GR 11:00 Episcopal Service-CH 1:15 Snappy Tappers-PR 2:15 Puzzle Time-A 3:30 Singing with Friends -NC	<u>Activities/Events off AL</u> CH-Chapel HR-Harbor Room PR-Potomac Room ML-Main Lobby NC-Nursing Center P-Health Center Patio MDR-Main Dining Room RS-Resident Services	<u>AL Activity Locations:</u> A-Atrium D-Den DR- AL Dining Room FDR-Family Dining G-Great Room GR-Game Room H-Hearth S-Study

If you have any questions or concerns please contact The Life Enrichment Office: 703-496-3464.