







# November Calendar

**ALL ACTIVITIES REQUIRES SIGN-UP, SIGN UP SHEETS ARE ON THE ACTIVITY SHELF, FOUNDERS LOBBY AREA. Every Thursday by 9am new sign-up sheets will be put out for the following week.**

<p><b>Sunday 1</b> Daylight savings ends</p>  <p>Set clock back 1hr</p> <p>2:00 Bingo (Main Dining)</p>	<p><b>Monday 2</b></p> <p>9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p>1:00-1:45 Newsletter &amp; Calendar discussion (3<sup>rd</sup> floor Founders private dining)</p> <p>1:30 Protestant Services 2:00 &amp; 2:30 Senior Scam: Presented by Detective Birmingham (Main dining)</p> 	<p><b>Tuesday 3</b> <i>Presidential Election</i></p> <p>9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p>10:45 Hearing Clinic (1<sup>st</sup> floor Founders Wellness Center)</p> <p>10:45 Pick n Save 11:30 Pick n Save 1:30 Pick n Save</p> <p>2:00 Craft (3<sup>rd</sup> floor Founders) 7:00 Bingo (Main dining)</p>	<p><b>Wednesday 4</b></p> <p>9:00-11:00 Kickback w/Shay (Nail polishing &amp; relaxing music) (Shay's office 2<sup>nd</sup> floor Legacy)</p> <p>10:45 Pick n Save 11:30 Pick n Save 1:30 Pick n Save</p> <p>2:00 Craft (3<sup>rd</sup> floor Founders)</p>	<p><b>Thursday 5</b></p> <p>9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p>10:45 Aldi 11:30 Aldi 1:30 Aldi</p> <p>2:00 End of Day Social (Apple cider, card games, board games) (Main dining)</p> <p>3:00 Noodle Volleyball (3<sup>rd</sup> floor Founders private dining)</p>	<p><b>Friday 6</b></p> <p>9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p>2:00 Table Talk Discussion (3<sup>rd</sup> floor Founders private dining)</p> <p>2:00 End of Day Social (Apple cider, card games, board games) (Main dining)</p> <p>6:30 Movie (3<sup>rd</sup> floor Founders private dining)</p> 	<p><b>Saturday 7</b></p> <p>6:30 Movie (3<sup>rd</sup> floor Founders private dining)</p>
<p><b>Sunday 8</b></p> <p>2:00 Bingo (Main dining)</p> <p>6:30 Knitting Club (3<sup>rd</sup> floor Craft room Founders)</p>	<p><b>Monday 9</b></p> <p>9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p>1:30 Protestant Services 2:00 Wii Wheel of Fortune (Main dining)</p> <p>3:00 Coloring (3<sup>rd</sup> floor Craft room Founders)</p> 	<p><b>Tuesday 10</b></p> <p>9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p>10:45 Pick n Save 11:30 Pick n Save 1:30 Pick n Save</p> <p>1:00 Discussion w/Regency Chef Roberto and Myong (3<sup>rd</sup> floor Founders private dining)</p> <p>3:00 Book Club (3<sup>rd</sup> floor Founders private dining)</p> <p>7:00 Bingo (Main dining)</p>	<p><b>Wednesday 11</b> Veterans Day</p>  <p>Watch for Special Event Flyer</p> <p> 10:00 Fire Alarm testing – watch for closing doors in hallways when alarms sound</p> <p>10:00 Blood Pressure Checks (1st floor Founders Wellness Center)</p> <p>10:45 Pick n Save 11:30 Pick n Save 1:30 Pick n Save</p>	<p><b>Thursday 12</b></p> <p>9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p>10:45 Aldi 11:30 Aldi 1:30 Aldi</p> <p>2:00 Ted Talks</p> <p>*Why do we blame individuals for economic crises? *How to Get your Brain to Focus (3<sup>rd</sup> floor Epoch lounge)</p>	<p><b>Friday 13</b></p> <p>9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p>1:00 November Birthday Cupcake deliveries</p> <p>2:00 &amp; 2:30 Mary Kay: Skin Care and Glamour Session (Main dining)</p> <p>6:30 Movie (3<sup>rd</sup> floor Founders private dining)</p> 	<p><b>Saturday 14</b></p> <p>6:30 Movie (3<sup>rd</sup> floor Founders private Dining)</p>

<p><b>Sunday 15</b> 2:00 <b>Bingo</b> (Main Dining)</p>	<p><b>Monday 16</b> 9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p><b>2:00 Tea-time Social</b> (Hot Tea and snacks) (Main dining) 1:30 Protestant Services 3:00 Writer's Club (3<sup>rd</sup> floor Founders private dining) <b>3:00 Coloring</b> (3<sup>rd</sup> floor Craft room Founders)</p> 	<p><b>Tuesday 17</b> 9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p>10:45 Pick n Save 11:30 Pick n Save 1:30 Pick n Save <b>2:00 Tea-time Social</b> (Hot Tea and snacks) (Main dining) <b>7:00 Bingo</b> (main dining)</p>	<p><b>Wednesday 18</b> <b>9:00-11:00 Kickback w/Shay</b> Nail polishing &amp; relaxing music (Shay office 2<sup>nd</sup> floor Legacy)</p> <p>10:45 Pick n Save 11:30 Pick n Save 1:30 Pick n Save <b>2:00 Wine Down</b> Wednesday (Main dining)</p>	<p><b>Thursday 19</b> 9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p>10:45 Aldi 11:30 Aldi 1:30 Aldi <b>3:00 Noodle Volleyball</b> <b>2:00 Thirsty Thursday</b> Repeat of Wine Down Wednesday (Main dining)</p>	<p><b>Friday 20</b> 9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p><b>2-5pm Forest Ridge In-House</b> <b>Craft Fair</b> (Main dining – residents only) <b>6:30 Movie</b> (3<sup>rd</sup> floor Founders private dining)</p> 	<p><b>Saturday 21</b> <b>6:30 Movie</b> (3<sup>rd</sup> floor Founders private dining)</p>
<p><b>Sunday 22</b> 2:00 <b>Bingo</b> (Main Dining)</p> <p>6:30 Knitting Club (3<sup>rd</sup> floor Craft room Founders)</p>	<p><b>Monday 23</b> 9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p>1:30 Protestant Services <b>2:00 Trivia</b> (Private dining) <b>3:00 Coloring</b> (3<sup>rd</sup> floor Craft room Founders)</p> 	<p><b>Tuesday 24</b> 9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p>10:45 Pick n Save 11:30 Pick n Save 1:30 Pick n Save <b>1:30 &amp; 2:30 Unfolding the Map</b> with Nate Hunt (Main dining)</p>	<p><b>Wednesday 25</b> <b>9:00-11:00 Kickback w/Shay</b> (Nail polishing &amp; relaxing music) (Shay office 2<sup>nd</sup> floor Legacy)</p> <p>10:00 Blood Pressure Checks (1<sup>st</sup> floor Founders Wellness Center) 10:45 Pick n Save 11:30 Pick n Save 1:30 Pick n Save</p>	<p><b>Thursday 26</b></p>  <p>Staff Holiday</p>	<p><b>Friday 27</b> <b>6:30 Movie</b> (3<sup>rd</sup> floor Founders Private Dining)</p> <p>Staff Holiday</p> 	<p><b>Saturday 28</b> <b>6:30 Movie</b> (3<sup>rd</sup> floor Founders private dining)</p>
<p><b>Sunday 29</b> 2:00 <b>Bingo</b> (Main Dining)</p>	<p><b>Monday 30</b> 9:00 Morning Stretch 9:30 Morning Stretch 10:00 Morning Stretch (3<sup>rd</sup> floor Legacy)</p> <hr/> <p>1:30 Protestant Services <b>2:00 Wii Wheel of Fortune</b> (Main dining) <b>3:00 Coloring</b> (3<sup>rd</sup> floor Founders)</p> 	<p><b>Beauty/Barber Salon:</b> Wednesday, Thursday, and Friday (262 -933 – 9114)  <b>Manicures by Denise:</b> Every Monday from 9am- 12pm, schedule appointment at front desk  <b>Front Desk Phone:</b> (414) 425-1148  <b>Worship: Catholic Mass:</b> Saturday 10:30 (reservation required); Protestant Worship Monday at 1:30 (reservation required)  <b>Dining Room Open Monday – Friday (may exclude holidays) for Lunch, 11:00am; registration on weekly menu required. Lunch and dinner meal delivery 7 days per week.</b></p> <p><b>Small-print calendars with monthly activity on single side available at the front desk.</b></p>				