

SUN	MON	TUE	WED	THUR	FRI	SAT
						1:00 Five Crowns Card Game (ACR) 1 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
Daylight Savings Time Ends 2 3:00PM Dr.Zohn Guitar Recital (PC) 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	8:30 Strength and Conditioning (G) 3 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:30 Music Monday (EC) 7:00 Mahjongg (3rd FL Card Rm)	2:00PM CSU Lecture: Dr. Michelle Eady EC 4 6:30PM Schwartz Recital #3 (EC) 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Healthcare Forum (EC) 11:00 Mobility & Balance (AR) 4:00 Devotion with Rev Fugh (ACR) 4:00 Yoga Class (AR) 4:45 Spring Harbor Vocal Ensemble (EC)	8:30 Strength and Conditioning (G) 5 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 10:30 SH Operations & Grounds Forum (ACR) 2:00 Art with Cynthia (ACR)	10-2PM Holiday Bazaar (EC) 6 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 4:00 Yoga Class (AR) 7:00 Mahjongg (3rd FL Card Rm)	8:30 Strength and Conditioning (G) 7 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 10:30 Activities Forum (ACR) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	6:45PM CSO: Brahms & Mendelssohn (L) 8 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
3:00PM Schwartz Recital #4 (EC) 9 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	4:30PM Music Monday (EC) 10 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:30 Music Monday (EC) 7:00 Mahjongg (3rd FL Card Rm)	Veterans Day 11 8:00 Walking Group (L) 9:30 Cornhole (EC) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:00 Yoga Class (AR) 4:45 Spring Harbor Vocal Ensemble (EC)	10:30AM Bulloch House Lunch Trip (L) 12 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	6:30PM Hallock Lecture Series (L) 13 2:00PM Lecture: Medicare & Me (EC) 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 4:00 Yoga Class (AR) 7:00 Mahjongg (3rd FL Card Rm)	2:00PM CSU Military History (EC) 14 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	1:00 Five Crowns Card Game (ACR) 15 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 16 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	2:00PM Wunderkind Documentary (EC) 17 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (3rd FL Card Rm)	10:30AM TOWNHALL (EC) 18 2:00PM Caregiver Support Group (ACR) 8:00 Walking Group (L) 9:30 Cornhole (EC) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:00 Yoga Class (AR) 4:45 Spring Harbor Vocal Ensemble (EC)	8:30 Strength and Conditioning (G) 19 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	2:00PM Resident Birthday Party (EC) 20 5:00PM Carrabbas Dinner Trip(L) 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 4:00 Yoga Class (AR) 7:00 Mahjongg (3rd FL Card Rm)	8:30 Strength and Conditioning (G) 21 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	1:00 Five Crowns Card Game (ACR) 22 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 23 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	4:30PM Music Monday (EC) 24 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:30 Music Monday (EC) 7:00 Mahjongg (3rd FL Card Rm)	8:00 Walking Group (L) 25 9:30 Cornhole (EC) 11:00 Mobility & Balance (AR) 11:00 Episcopal Communion (MR3) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:00 Yoga Class (AR) 4:45 Spring Harbor Vocal Ensemble (EC)	8:30 Strength and Conditioning (G) 26 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	Thanksgiving 27 10:30 Spring Harbor Women of Faith (ACR) 7:00 Mahjongg (3rd FL Card Rm)	HOLIDAY 28	1:00 Five Crowns Card Game (ACR) 29 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 30 11:00 Grand Buffet (DR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	LOCATION KEY AR - Aerobics Room ACR - Arts and Crafts Room EC - Event Center	G - Gym L - Lobby MR3 - Meeting Room 3rd Floor P - Pool	T - Theater			

