

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Codes: P = Pool; IL = Independent Dining Room; W = Wellness Center; AG = Art Gallery; CG = Common Ground; CP = Corner Pocket; FL = Front Lobby; FD = Front Drive; CY = Courtyard; * = Sign-up 		9 AM Fitness (W) 1 10 AM Stretch 119-138 (CG) 10:45 AM Great Courses (W) 2 PM Town Hall Meeting (IL) 3 PM "Sheets with Music" Performance (IL)	9 AM Water Aerobics (P) 2 10 AM Stretch 100-118 (CG) 11 AM Balance (W) 1 PM Esther Massage* 1 PM Comm/Rosary (CP) 1:30 PM Current Events (W) 2:30-3 PM Bookmobile (FD) 3 PM Fall Flower Arrangement Craft* (W)	9 AM Fitness (W) 3 10 AM Stretch 119-138 (CG) 11 AM Lunch Bunch: Reunion Brewery* (FL) 2 PM Pins & Needles (CP) 3 PM Shuffleboard (W) 6:30 PM 9-Ball (CP) Lisa Walz Birthday!	9 AM Water Aerobics (P) 4 10 AM Stretch 100-118 (CG) 10:45 AM Fall Time Healthy Snacks (W) 2 PM Movie: Murder on the Orient Express (W) 2:30 PM Game: Golf the Card Game (IL)	10 AM Trivial Pursuit (IL) 5 2 PM Cards & Games (CP) Jack Ashby Birthday!
2:30 PM Worship (W) 6 3:30 PM Dominoes (IL) Dennis Hrynkow Birthday! <small>Daylight Saving Time Begins</small>	9 AM Water Aerobics (P) 7 10 AM Morning Brew – Donut Day (IL) 11 AM Chair Yoga (W) 1:30 PM 10,000 Villages Talk and Shop (W) 3 PM Coloring (IL)	9 AM Fitness (W) 8 10 AM Stretch 119-138 (CG) 10:45 AM Great Courses (W) 2 PM Book Sharers (IL) 3 PM Listen and Enjoy with Joe: American Songs (W)	9 AM Water Aerobics (P) 9 10 AM Stretch 100-118 (CG) 11 AM Music & Move (W) 1 PM Comm/Rosary (CP) 1:30 PM Current Events (W) 2:30-3 PM Bookmobile (FD) 3 PM Bean Bag Baseball (W)	9 AM Fitness (W) 10 10 AM Stretch 119-138 (CG) 2 PM Veteran's Program (W) 3 PM Pins & Needles (CP) 6:30 PM 9-Ball (CP) Joe Bowen Birthday!	9 AM Water Aerobics (P) 11 10 AM Stretch 100-118 (CG) 11 AM Chair Yoga (W) 2 PM Movie: The Return of the Pink Panther (W) 2:30 PM Game: Catchphrase (IL) <small>Veterans Day Remembrance Day (Canada)</small>	10 AM Trivial Pursuit (IL) 12 2 PM Cards & Games (CP)
9 AM Fitness with Andrew 13 (W) 2:30 PM Worship (W) 3:30 PM Dominoes (IL)	9 AM Water Aerobics (P) 14 10 AM Morning Brew (IL) 11 AM Chair Yoga (W) 2 PM St. Mary's Mass (W) 3 PM Coloring (IL)	9 AM Fitness (W) 15 10 AM Stretch 119-138 (CG) 10:45 AM Great Courses (W) 1-4 PM Black Jack* (CG)	9 AM Water Aerobics (P) 16 10 AM Stretch 100-118 (CG) 11 AM Music & Move (W) 1 PM Esther Massage* 1 PM Comm/Rosary (CP) 2:30-3 PM Bookmobile (FD) 3 PM Oriental Brush Painting Talk & Demonstration (W)	9 AM Fitness (W) 17 10 AM Stretch 119-138 (CG) 1:30 PM Educational Talk: University of Iowa Raptor Project (W) 6:30 PM 9-Ball (CP)	9-11 AM Hand Massage 18 and Nail Painting* (CP) 9 AM Water Aerobics (P) 10 AM Stretch 100-118 (CG) 1 PM Movie: Anne of Green Gables (W) 2:30 PM Game: Poker (IL)	10 AM Trivial Pursuit (IL) 19 2 PM Cards & Games (CP)
2:30 PM Worship (W) 20 3:30 PM Dominoes (IL)	9 AM Water Aerobics (P) 21 10 AM Morning Brew (IL) 11 AM Chair Yoga (W) 2 PM Coloring (IL) 3:30 PM Friendsgiving Happy Hour (W)	9 AM Fitness (W) 22 10 AM Stretch 119-138 (CG) 10:45 AM Great Courses (W) 1 PM Pumpkin Pie Twist Cooking Class* (W) 3 PM Music with Scott Engledow (W)	9 AM Drumming Fit* (W) 23 10 AM Stretch 100-118 (CG) 11 AM Drumming Fit* (W) 1 PM Comm/Rosary (CP) 1:30 PM Current Events (W) 2:30-3 PM Bookmobile (FD) 3 PM BINGO (W)	Business Office Closed 24 Happy Thanksgiving Day! Thanksgiving Scavenger Hunt Starts! <small>Thanksgiving Day (US)</small>	Business Office Closed 25	10 AM Trivial Pursuit (IL) 26 2 PM Cards & Games (CP) Laverne Miller and Lucy Murphy Birthdays!
9 AM Fitness with Andrew 27 (W) 2:30 PM Worship (W) 3:30 PM Dominoes (IL)	9 AM Water Aerobics (P) 28 10 AM Morning Brew (IL) 11 AM Chair Yoga (W) 1:30 PM Virtual Art Lecture: Fakes and Forgeries (W) 3 PM Coloring (IL)	9 AM Fitness (W) 29 10 AM Stretch 119-138 (CG) 10:45 AM Great Courses (W) 1-3 PM Ticket Store (AG) 3 PM Sing Along (W)	9 AM Water Aerobics (P) 30 10 AM Stretch 100-118 (CG) 10:45 AM Staff vs. Residents Water Volleyball (P) 1 PM Comm/Rosary (CP) 1:30 PM Current Events (W) 2:30-3 PM Bookmobile (FD) 3 PM Birthday Party (IL)	 <h1>November 2022</h1> <p>Melrose Meadows Retirement Community</p> 		