

<b>ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED</b>	10:30 Chair Exercise - DR 11:00 Rosary - DR 1:30 WU - Moving Meditation - FC	1:15 WU-Stabilization Endurance - FC 1:30 Community Work - Flower Arrangements - M 3:00 Bible Hour - TC -5th	10:00 Seamstress Visit - DS 10:30 Strengthen Exercise - M 1:15 Bingo and Prizes - M 3:45 Ice Cream Social - M	9:30 Tai Chi - FC 10:30 Catholic Service - DR 11:15 Chair Aerobics - M 1:15 WU-Strength Resistance Training - FC	9:30 1:1 Walking Fitness - O 9:45 Dance Aerobics - FC 10:30 Ball Fitness - S 2:00 Shabbat Service - Conf	
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<b>Outings</b>  <u>Sunday, Nov.12th, 12:30 pm</u> The Book of Mormon Show - O <u>Tuesday, Nov.28th, 1:00 pm</u> Garden Club Outing - O	<b>Watermark University</b>  <u>Tuesday, Nov. 7th, 2:00 pm</u> Fall Prevention Class - ART Room <u>Monday, Nov.13th, 2:00 pm</u> History Alive Show 'Margaret Brent & the Indians - SR	<b>Watermark University</b>  <u>Wednesday, Nov. 29th, 11:00 am</u> Diabetes Awareness - M <u>Wednesday, Nov. 29th, 2:00 pm</u> Art Lecture - Art featuring African Americans - SR	10:30 WU - Acrylic Painting - ART 11:00 Decorate Your Hallway - M 4:00 Histroy Talk - Shenandoah Mountains - M	1:15 Crafts Session - Recycled Puzzle Craft - M 3:30 Music w/ Bob, keyboard - DR 6:15 Bowling Night - M	10:00 WU-NOVA Fitness - SR 11:00 Famous People - Abraham Lincoln - M 1:15 Aromatherapy - AR 3:00 Mix and Mingle & November Birthday Celebration w/ Davis Bradley Duo - SR	10:30 Wakeup & Workout- Inn-3rd 11:30 Card Conversations - M 1:15 Trivia Challenge - M 2:15 Weekend Bingo - SR 3:30 Farkle Dice Game - Inn-3rd
<b>Daylight Savings Time ENDS</b> 8:40-10:15 Church Service- O 10:15 Westminster Presbyterian Church Shuttles - O 10:30 WH Church Service - DR 5:00 Christian Worship Service - SR	1:30 UNO Card Game - M 3:45 Popcorn Social - M 4:00 Bereavement Group - M 6:45 WSH Artist Series: "Some Enchanted Evening" by Krista and Larry Clouse, soprano/baritone/piano - SR	9:30-12:00 noon - Voting Shuttle in the main lobby 11:15 Chair Aerobics - M 2:00 WU - Fall Prevention Class - Art Room Lobby 3:30 WU-Music Therapy - DR 6:15 Balloon Volleyball - M	10:30 WU - Art with pencils by Aref - ART 11:00 Writing Thank You Card - M 4:00 History Talk - Portland Maine - M	1:15 Crafts Corner - Gratitude Tree - M 3:30 Piano Music w/James - DR 6:00 Caregivers Support - Conf. 6:15 Bowling Night - M	10:00 WU-NOVA Fitness - SR 11:00 Famous People - Martin Luther King Jr. - M 1:15 Lovely Manicure - M 3:00 Salute to Veterans Event w/Tim Ford Trio, piano - SR	<b>Veterans Day</b> 11:15 Veterans Day music by Ron Howard,vocals/keyboard - SR 1:15 Hangman word game - M 2:15 Weekend Bingo - SR 3:30 Farkle Dice Game - Inn-3rd
8:40-10:15 Church Service - O 10:15 Westminster Presbyterian Church Shuttles - O 10:30 WH Church Service - DR 12:30 The Book of Mormon Show at The Kennedy Center - \$100- (If interested pls. see Maricel)- O 5:00 Christian Worship Service - SR	1:30 UNO Card Game - M 2:00 WU - History Alive Show "Margaret Brent & the Indians - SR 3:45 Popcorn Social - M 4:00 What Would You Do? - M	10:30 Baking Session Apple Pie - M 11:00 Show and Tell w/ Maricel - M 3:30 Bluegrass/Country Music w/Davis Bradley Duo - DR 6:15 Frisbee Social - M	10:30 WU - Acrylic Painting - ART 11:00 Local News - M 12:00 Residents/Associates Appreciation - DR 4:00 WU-History Talk - All About Greek - M	8:00 Making Breakfast w/Maricel - DR 11:00 Lunch Outing at Longhorn 4:30 Greek Themed Event- DR 4:30 Viola music by Marta - DR 5:00 Greek Style Dinner - DR 6:00 Family Night - Conf 6:15 Bowling Night - M	10:00 WU-NOVA Fitness - SR 11:00 Famous People - Eleanor Roosevelt - M 1:15 Residents Council Meeting - AR 3:00 Mix & Mingle w/The Old Dominion Trio - DR	10:30 Chair Dancing - Inn-3rd 11:15 Word Challenge : How many words can you create? - M 1:15 Trivia Challenge - M 2:15 Bingo Bonanza - M
8:40-10:15 Church Service- O 10:15 Westminster Presbyterian Church Shuttles - O 10:30 WH Church Service - DR 5:00 Christian Worship Service - SR	3:15 Popcorn Social - M 3:00 Community Sing-Along with Gideon - DR	10:30 Baking Session - Pumpkin Cheesecake Muffin - M 11:00 Storytelling w/ Winoka - M 3:30 Accordion Music w/Sylvia - M 6:15 Balloon Volleyball - M	10:00 - 12:00 Pre-Thanksgiving Spa, Hand Massages & more - M 4:00 WU - History Talk - Thanksgiving History - M	<b>Happy Thanksgiving!</b> 10:30 Morning Workout - Inn-3rd 11:15 Thanksgiving Stories - M 12:00 Thanksgiving Music w/ James, piano - DR 2:00 Movie Matinee - Whth-Ch.2	10:00 WU-NOVA Fitness - SR 11:00 Famous People - Ronald Reagan - M 1:15 Lovely Manicure - M 3:00 Mix & Mingle "The Soul Tones of Swing" w/Ernie Tolley - SR	10:30 Chair Exercise - Inn-3rd 11:15 Art Coloring - M 1:15 Card Conversation - M 2:30 Bingo - SR 3:45 Farkle Dice Game - Inn-3rd
8:40-10:15 Church Service - O 10:15 Westminster Presbyterian Church Shuttles - O 10:30 WH Church Service - DR 5:00 Christian Worship Service - SR	1:30 Coping w/ Life Changes - M 2:00 WU - Book Review - LL 2:30 Popcorn Social - M 3:00 Tree Decorating w/Maricel - M	10:30 Open Communion - C 10:30 Baking Session - Pumpkin Bread - M 11:00 Show and Tell w/Yilma - M 3:30 The Soul Tones of Swing by Ernie, vocals/guitar - DR 6:15 Frisbee Social - M	10:30 WU - Acrylic Painting - ART 11:00 WU - Health talk - Diabetes Awareness w/Tonya, DON - M 2:00 WU - "Art featuring African Americans" - SR 4:00 WU - History Talk - New York - M	8:00 Making Breakfast w/Maricel - DR 1:15 Crafts Corner - Holiday Wreath - M 3:30 Piano Music w/James - DR 6:15 Bowling Night - M	<b>Musicale Events</b>  <u>Monday, Nov. 6th, 6:45 pm</u> Some Enchanted Evening by Krista & Larry - SR <u>Saturday, Nov. 11th, 11:15</u> Veterans Music by Ron - DR	<b>Musicale Events</b>  <u>Tuesday, Nov. 14th, 3:30 pm</u> Bluegrass/Country Music - DR <u>Thursday, Nov. 16th, 4:30 pm</u> Music by Marta, viola - DR

<b>Activities are subject to change. For the most up-to-date info, please check the daily sheets.</b>	<b>Special Events</b>  <u>Thursday, Nov. 16th, 4:30 pm</u> Greek Themed Event, <u>Wednesday, Nov. 22nd, 10:00-12:00 pm</u> Pre-Thanksgiving spa, massages & more - M	<h1 style="text-align: center;">NOVEMBER 2017</h1> <p style="text-align: center;"><i>The Springs</i></p>	<b>ACTIVITY LOCATOR KEY</b>  TC- Town Center C- Chapel L- Lobby LL- Lobby Library FC - Fitness Center	PDR- Private Dining Room ART - Art Room DR- Dining Room AR - Activity Room MDR - Main Dining Room S- Solarium M - Martha Hall	Inn- Assisted Living O - Outing SR - Sky Room Conf- Conference Room T- Theater G - George Hall
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