

<p>ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED</p> <p>8:40-10:15 Church Shuttle-O 10:15 Westminster Presbyterian Church Shuttles-O 10:15 Blessed Sacrament Shuttle-O</p>	<p>10:30 Chair Exercise - Inn-3rd 11:00 Rosary - SDR 1:30 WU- Moving Meditation -FC 3:15 Trivia - SR 3:30 WU-Line Dancing - FC</p>	<p>9:30 Tai Chi-FC 11:00 Stretch & Flex - Inn-2nd 1:15 WU-Stabilization Endurance-FC 1:30 Art w/coloring - Inn-2nd 2:30-4:30 Bridge Game - TC-9th 3:00 - 5:00 Rosary-SR 3:00 Bible Hour-TC-5th 6:15 UNO Game -Inn-3rd</p>	<p>10:00 Seamstress Visit - DS 10:30 Seated Fitness-Inn-3rd 11:00 Famous Places 1:00 WU-Needleworks Social-TC-5th 3:00 Ice Cream Social-CBC 3:30 WU-Flow Yoga - FC</p>	<p>9:30 WU-Tai Chi-FC 10:00 Cribbage-TC-7th 10:30 Catholic Service - SDR 11:00 Get Fit - Inn-4th 12:45 Rummikub-TC-9th 1:15 WU-Strength Resistance - FC 1:45 WU-Skytones Rehearsal-SR 3:15 Trivia-SR 6:15 Wii Bowling -Inn-4th</p>	<p>9:45 Dance Aerobics - FC 10:00 NOVA Fitness Program -SR 10:30 Stretch & Flex - Inn-3rd 11:00 Famous People - Inn-3rd 11:30 Musical Journey -Inn-2nd</p>	<p>2:00 Matinee Movie-Whth-Ch.2 7:00 Evening Movie-Whth-Ch.2</p>
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>ACTIVITIES ARE SUBJECT TO CHANGE WITH PRIOR NOTICE. Please refer to our daily sheets for more updated programs & events.</p>	<p>OUTINGS</p> <p>2 - Assisted Living Lunch Out 9 - Assisted Living Scenic Drive 9 - Kennedy Center Free Show 30 - Movie Outing</p>	<p>WSH ARTIST SERIES</p> <p>6 - "Some Enchanted Evening" by Krista & Larry Clouse, soprano/baritone/piano</p>	<p>10:30 WU-Acrylic Painting-ART 2:30 WU-History Talk "All Hallows Day"- Inn-3rd</p>	<p>11:30 Assisted Living Lunch Outing -O 3:00 WU-Computer 101 -LL 3:00 Talks & Tea -Inn-3rd 4:30 Aroma/Meditation - Inn-4th</p>	<p>10:00 Crossroad Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle & November Birthday Celebration w/Bradley Davis Duo -SR</p>	<p>10:30 Wakeup & Workout- Inn-3rd 11:30 Card Conversations- Springs-M 1:15 Trivia Challenge - Springs-M 2:15 Weekend Bingo - SR 3:30 Farkle Dice Game - Inn-3rd</p>
<p>Daylight Savings Time ENDS 10:30 WH Church Service-SDR 5:00 Vespers - SR</p>	<p>9:30 WU- Basic Floral Demo-Inn-2nd 10:00 WU-Current Events - LL 6:45 WSH Artist Series presents "Some Enchanted Evening" -SR</p>	<p>9:30-12:00 Voting Shuttle -L 11:00 Food Comm. Meeting-MDR 11:30 Reminiscing - Inn-2nd 1:00 Garden Club Mtg. - TC-7th 2:00 WU- Fall Prevention- ART 2:30 Scrabble Game -Inn-4th 3:30 WU-Music Therapy-SDR 4:15 Parkinson's Support Group- ART</p>	<p>10:30 WU- Art w/Pencils -ART 2:30 WU- Old Time Radio "SUSPENSE" - Inn-3rd</p>	<p>11:30 Fun Trivia - Inn-4th 1:30 Assisted Living Scenic Drive -O 3:30 Piano w/James - SDR 4:45 Kennedy Center Free Show -O 6:00 Caregivers Support Group -Conf</p>	<p>10:00 Crossroad Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Salute to Veterans Event w/Tim Ford Trio - SR</p>	<p>VETERANS DAY 11:15 Veterans Day music w/Ron Howard, vocals/keyboard -Springs-DR 1:15 Hangman word game -Springs-M 2:15 Weekend Bingo - SR 3:30 Farkle Dice Game - Inn-3rd</p>
<p>10:30 WH Church Service-SDR 12:30 "The Book of Mormon" show at The Kennedy Center Opera House (\$100/ticket) 5:00 Vespers-SR</p>	<p>9:30 WU-Basic Floral Demo -Inn-3rd 11:00 News & Views - Inn-3rd 2:00 WU-History Alive Show -SR 3:00 Coping w/ Stress - ART 3:00 UNO Game - Inn-3rd</p>	<p>11:30 Word Games - Inn-2nd 2:00 Resident Council Mtg. - SR 2:00 WU- Nutrition Talk -ART 3:00 WU- Health Talk "Memory Loss"- Inn-3rd 3:30 Bluegrass/Country music- SDR 4:00 Armchair Theater - LL</p>	<p>10:30 WU-Acrylic Painting-ART 11:00 Care Comm. Meeting-Conf 1:30 Speak Easy - Inn-3rd 2:30 WU-History Talk "Sherman's March to the Sea" - Inn-3rd</p>	<p>11:30 Famous Events- Inn-4th 1:30 Craft Creation - Inn-2nd 4:30 Greek Themed Social and Belly Dancing by Bonita Oteri 5:00 Greek Style Dinner</p>	<p>10:00 Crossroad Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle w/The Old Dominion Trio "Music from the 40s, 50s, & 60s" -SR</p>	<p>9:00am-5:00pm WU- AARP Safe Driver Class -SR (fee \$15/\$20) 10:30 Chair Dancing -Springs-M 11:15 Word Challenge-Springs-M 1:15 Trivia Challenge -Springs-M 2:15 Bingo Bonanza -Springs-M</p>
<p>10:30 WH Church Service-SDR 5:00 Vespers-SR</p>	<p>9:30 WU-Basic Floral Demo - Inn 4th 10:00 WU-Current Events - LL 11:00 News & Views - Inn-3rd 11:30 Madd Hatter's Lunch -O 2:30 Popcorn Social -L by the Theater 3:00 Wii Bowling -Inn-4th 3:00 Community Sing-Along - SDR</p>	<p>11:00 House Comm. Mtg.-Conf 11:30 Story/Reflections -Inn-2nd 2:30 Manicures -Inn-2nd 3:30 Accordion Music w/Sylvia- SDR</p>	<p>2:30 WU- Old Time Radio "Fibber McGee & Molly" - Inn-3rd</p>	<p>THANKSGIVING DAY</p> <p>10:30 Morning Workout - Inn-3rd 11:15 Thanksgiving Stories -Springs-M 12:00 Piano w/James - SDR</p>	<p>10:00 WalMart Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle w/Ernie Tolley "The Soul Tones of Swing" - SR</p>	<p>10:30 Chair Exercise -Inn-3rd 11:15 Art w/Coloring -Springs-M 1:15 Card Conversation -Springs-M 2:30 Weekend Bingo -SR 3:45 Farkle Dice Game -Inn-3rd</p>
<p>10:30 WH Church Service- SDR 5:00 Vespers-SR</p>	<p>9:30 WU-Basic Floral Demo-Inn-2nd 11:00 News & Views - Inn-3rd 1:15 WU- Balance Flexibility - FC 1:30 Coping w/Life Changes - M 2:00 WU-Book Review -LL 2:30 Scrabble Game -Inn-4th</p>	<p>10:30 Open Communion - C 11:30 Word Games - Inn-2nd 1:00 Garden Club Outing - O 2:30 Manicures -Inn-2nd 3:30 Music w/Ernie Tolley- SDR</p>	<p>10:30 WU-Acrylic Painting-ART 11:00 Activity Comm. Meeting-Conf 2:00 WU- Art Lecture "Art featuring African Americans" - SR</p>	<p>11:30 Famous Events- Inn-4th 3:15 Battle of the Sexes - SR MOVIE OUTING - Time and Movie -TBA</p>	<p>SALUTE TO VETERANS EVENT Friday, November 10 3:00 - Sky Room featuring Capital Caring, Tim Ford/vocals/piano, David Wright/sax, and John Emirich, drums</p>	<p>NEW Watermark University Classes 8 - Art with Pencils w/Aref 13 - Margaret Brent and the Indians 29 - "Art featuring African Americans by artists of various ethnicities" Art Lecture w/Roshna Kapadia</p>

<p>Activities are subject to change. For the most up-to-date info, please check the daily sheets.</p>	<p>THEMED EVENT</p> <p>16 - Greek Themd Event 4:30 Belly Dancing by Bonita - L 4:30 Viola Music by Marta - SDR 5:00 Greek Style Dinner</p>	<p>NOVEMBER 2017</p> <p>Town Center/The Inn</p>	<p>ACTIVITY LOCATOR KEY</p> <p>AR- Activity Room ART- Art Room C- Chapel CBC- Cherry Blossom Cafe Conf- Conference Room</p>	<p>FC- Fitness Center G- George Hall Inn- Assisted Living (2nd,3rd,4th) L- Lobby LL- Lobby Library M- Martha Hall MDR- Main Dining Room</p>	<p>O- Outing S- Solarium SDR- Springs Dining Room The Springs- Healthcare SR- Sky Room T- Theater Town Center- Independent Living</p>
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