

		کلو	\$ 6	Zz.	A Stal
	Jan Bar		Friday	B	Saturday
	10.00		Ladder Toss 1		
nte			Game [PL] Free Friday Vitals	-	Weekly Shopping: Grocery
•	12:00	ġ.	Check with Senior Helpers [PL] Hand, Knee, and		Outlet [PL] Chair Yoga with Heidi [FR]
	1:00	↔	Foot [50GR] Cardio Drumming		 Root Beer Floats in the 50's Diner! [BD] 3 to 13 Card Game!
	3:00	<u>9</u> 9	Video [FR] Happier Hour with Live Music from		[MDT] • Scrabble with
	4:30		Double Take [CDR] Happy Tails ~	3:00 🔥	Friends [MDT] • Nickel Blackjack [50GR]
			Evening Dog Walk [PL]	6:00 🙀	Evening Movie: Coco -2017- (PG) 1h 45m [MDT]
7	10:00	++	Ladder Toss Game [PL]	9:30 ★	Weekly Shopping: 9
R] ie	11:00	ហិ	Free Friday Vitals Check with Senior Helpers [PL]	10:30 🕂	Vons [PL] Chair Yoga with Heidi [FR]
- 1	12:00	ġ.	Hand, Knee, and Foot [50GR]		Root Beer Floats in the 50's Diner! [BD]
] ard PD]			Cardio Drumming Video [FR]		 3 to 13 Card Game! [MDT] Scrabble with
you am	3:00	<u>9</u> 4	Happier Hour with Live Music from Brown Sugar		Friends [MDT] • Nickel Blackjack
, and iana The Bring	4:30	*	Oldies [CDR] Happy Tails ~ Evening Dog Walk [PL]	6:00 ₩	[50GR] Evening Movie: Megan Leavey -2017- (PG-13) 1h 56m [MDT]
14		(adder Toss Game [PL] 15	9:30 ★	irthday Lori King!! 16 Weekly Shopping: 16
R] Goods		(Free Friday Vitals Check with Senior Helpers [PL]	10:00 🖷	Target [PL] Homemade with Love ~ Greeting Cards and More by Connie [PL]
The 2h	11:00	F	Let's Learn about POLST with Jen ~ EMS Nurse Coordinator	10:30 ↔ 12:30 里	Chair Yoga with Heidi [FR] Root Beer Floats in the 50's Diner! [BD]
le!!		i∄⊷ i [MDT] Hand, Knee, and Foot 50GR]	1:00 🔥 1:00 🔥	3 to 13 Card Game! [MDT] Scrabble with Friends [MDT]
The		<u>9</u> 9	Cardio Drumming /ideo [FR] Happier Hour with Live	3:00 🖬 6:00 👾	Nickel Blackjack [50GR] Evening Movie: Inside Out 2 -2024- (PG) 1h 36m
Bring	4:30		Music from Come Back Buddy [CDR] Happy Tails ~ Evening		[MDT]
			Dog Walk [PL]		

		Konday		AT THE P		Friday	
Betty Ruehle ~ 11/4 Lori King ~ 11/16 Elizabeth Giammona ~ 11/23 Bernie Gonzales ~ 11/26 Kathryn Pickrell ~ 11/29	Thursday Excursion8:00 ★ Guardian Angels Catholic Church [PL]	10:00 ↔ Morning Stretches - 18 Instructional Video [FR] 11:00 Coffee in the Sea Lounge on the 2nd Floor [TL] 1:00 ♣ \$4 Bingo [MDT] 1:00 ♣ \$4 Bingo [MDT] 1:00 ♣ Hand & Foot [50GR] 2:00 E Share, Support, Socialize with Amy from Senior Helpers [TL] 3:00 ♬ Learn to Line Dance! [MDT] 4:30 ♣ Happy Tails ~ Evening Dog Walk [PL]	9:00 ↔ Indoor Water Aerobics with Peggy [IPS] 19 10:15 ↔ Core Strength and Weights with Karl [FR] 11:00 Image: Cornhole by the Moss Wall [PL] 11:30 ★ Veterans' Luncheon at The Pointe [LB32] 12:30 ♣ Dominoes [50GR] 1:30 ★ Justine's Timeless Treats: Pumpkin Pie Bites "Charcuterie style" [BD] 3:00 ♣ Nickel Blackjack [50GR] 4:15 ۞ Technology Help - Bring Your Device! [AO] 6:00 Image: Evening Movie: Temple Grandin -2010- (PG) 1h 29m [MDT]	Wednesday Last Day to RSVP for the 20 Thanksgiving Buffet at 20 the Plaza ~ RSVP with Culinary at EXT. 3911 Wear Fall Colors! 10:00 ↔ Morning Stretches - Instructional Video [FR] 11:00 ↔ Warm-Up and Work Out with Dennis [FR] 11:00 ↔ Thanksgiving Tea Party! [TR] 2:00 ◊ Table Talk and Tasty Treats with Chef Phil [BPD] 3:00 ◊ Women's Wine Time [MDT] 4:30 ✿ Happy Tails ~ Evening Dog Walk [PL]	Saturday Shopping	All Staff Meeting: No Doctor Appointments 22 After 12pm 10:00 ↔ Ladder Toss Game [PL] 11:00 ♡ Free Friday Vitals Check with Senior Helpers [PL] 12:00 ♠ Hand, Knee, and Foot [50GR] 1:00 ↔ Cardio Drumming Video [FR] 3:00 Happier Hour with Live Music from City	SaturdayHappy Birthday23Elizabeth Giamonna!!239:30 ★ Weekly Shopping: Smart & Final [PL]10:30 ↔ Chair Yoga with Heidi [FR]1:00 ♠ 3 to 13 Card Game! [MDT]1:00 ♠ 3 to 13 Card Game! [MDT]1:00 ♠ Scrabble with Friends [MDT]3:00 ♠ Nickel Blackjack [MDT]6:00 ♀ Evening Movie: Book Club -2018- (PG-13) 1h 43m [MDT]
Location Key Sogr - 50's Game Room AO - Plaza Activities Office BBC - Bocce Ball Court BD - Bel Air Diner BLR -5th Floor Billiards Room BPD - Balboa Private Dining CC - Coronado Courtyard CDR - Catalina Dining Room	Thursday Excursion ∠4 8:00 ★ Guardian Angels Catholic Church [PL] 9:15 ★ Shadaw Mountain	10:00 ↔ Morning Stretches - 25 Instructional Video [FR] 11:00 ♥ Coffee in the Sea Lounge on the 2nd Floor [TL] 1:00 ♣ \$4 Bingo [MDT] 1:00 ♣ \$4 Bingo [MDT] 1:00 ♣ \$4 Bingo [MDT] 1:00 ♣ \$4 Bingo [MDT] 1:00 ♣ Hand & Foot [50GR] 2:00 Dining Committee Meeting [BPD] 3:00 ♬ Learn to Line Dance! [MDT] 4:30 ♣ Happy Tails ~ Evening Dog Walk [PL]	Weights Video [FR] 11:00 ■ Cornhole by the Moss Wall [PL] 12:30	Wear Fall Colors! 27 10:00 ■ Thankful & Grateful Donut Social! [PL] 11:30 ➡ Morning Stretches - Instructional Video [FR] 1:00 ■ Come Meet Red the Turkey! [PL] 3:00 ֎ Men's Brew Crew [BD] 4:30 ♣ Happy Tails ~ Evening Dog Walk [PL]	Catalina Dining Will Be 28 Closing Early ~ To Gos 28 from 2:00pm to 3:00pm ~ Dining Closed at 3:00pm Thanksgiving Day 9:00 ♥ Macy's Thanksgiving Day Parade [MDT] 10:00 ■ Cookies and Coffee ~ What Are We Thankful for? [PL] 11:00 ★ Thanksgiving Day Buffet at the Plaza!! 11am-2pm [CDR] 2:30 ♣ Nickel Blackjack [50GR]		9:30 ★ Weekly Shopping: Trader 30 Joes [PL] 10:30 ↔ Chair Yoga with Heidi [FR] 12:30 ■ Root Beer Floats in the 50's Diner! [BD] 1:00 ♣ 3 to 13 Card Game! [MDT] 1:00 ♣ Scrabble with Friends [MDT] 2:30 ★ December Sign-Up Social!! ~ Sign-Up for all RSVP Activities [MDT] 6:00 ♀ Evening Movie: Christopher Robin -2018- (PG) 1h 44m [MDT]
CH - Reflections Chapel FR - Fitness Room IPS - Indoor Pool and Spa MB - Miramar Bar MDT - Movie Dinner Theater PL - Plaza Lobby PL4 - Puzzle Lounge/ Library SC - Sunken Courtyard TL - 2nd Floor Turtle Lounge TR - King Charles Tea Room	 ANIMALS ARTS EXERCISE FILM GAMES HAPPY HOUR HEALTH INTELLECTUAL MUSIC RSVP SOCIAL \$PIRITUAL 	HA Renks	PPY Gilling	619-90 Monday 9am For Appts furth 9am No Transportaion	• Drives 05-3061 7- Friday - 3pm er than 15 Miles - 1pm after 12pm on the ach Month	Activities is always looking for resident input & suggestions for new activities, movies & outings. You can find the 'Suggestion' Box hanging on the wall located just outside of the Activities office near the Sharp Clinic.	BRIFLOAS PLAZA STAFF!! Erika Cardenas - 11/5 Gael Ruedas Lopez - 11/6 Kimberly Ager - 11/8 Rick Grasse - 11/16 Adri Jetter - 11/21