ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED						
	8:00am Walk For Life **9:15am Aerobics - RR** **1:00pm QFC Trip** **2:00pm Cafe Social - AT** **5:00pm Piano Social - LR**	**9:30am Watermotion - PL** **10:00am Strength Training - FT** **2:00pm Cafe Social - AT**	**8:00am Walk For Life** **9:15am Aerobics - RR** **10:30am Catholic Communion - Suite #1103** **2:00pm Cafe Social - AT** **5:00pm Piano Social - LR**	**9:30am Watermotion - PL** **10:00am Bellevue Square/QFC** **11:30am WU: Walker Wise - RR** **2:00pm Cafe Social - AT** **2:00pm Strength Training - FT**	**8:00am Walk For Life** **9:15am Aerobics - RR** **2:00pm Cafe Social - AT** **5:00pm Piano Social - LR**	**10:15am Balance Blast! - RR** **6:45pm Evening Bridge - AT**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:30am Book Club Mtg - RR 1:30pm Tech Help with Jesse - RR 7:15pm Movie - RR 1	12:00pm Movie - RR 3:00pm Movie - RR 7:15pm Movie - RR *Happy Birthday, Egon Molbak!* 2
2:00pm Movie - RR 7:15pm Movie - RR ***Daylight Savings Time Ends*** 3	10:00am Safeway Trip 2:00pm Knitting Group - LR 4	9:30am Roundtable Meeting - LR 10:45am WU: Theater Class-RR **7:00pm Victor Chebotarev Classical Piano Concert - LR** *Election Day* *Happy Birthday, Don Westerberg!* 5	**11:00am Co-Ed Lunch at Yea's Wok** 2:00pm WU: Bible Study - RR **7:15pm Board Game Night - AT** 7:15pm Movie - RR *Happy Birthday, Paul Hirz!* 6	**11:00am WU: Wellness Talk - RR** 1:00pm Dollar Store Trip 1:30pm Watercolor Class - RR 3:00pm Food Committee - AT 3:00pm Chorus Practice - LR *Happy Birthday, Echo Kime & Renate Caine!* 7	1:30pm Blood Press. Clinic - AT 1:30pm Tech Help with Jesse - RR 7:15pm Movie - RR **No Aerobics** **Massage Clinic with Freema* 8	12:00pm Movie - RR 3:00pm Movie - RR 9
2:00pm Movie - RR 7:15pm Movie - RR 10	10:00am Trader Joe's Trip **1:00pm Veteran's Day Ceremony** 2:00pm Knitting Group - LR **No Aerobics** *Veteran's Day* *Happy Birthday, Paul Held ar* 11	**11:00am Walk the Downtown Park Circle (Weather Permitting)** 2:00pm Garden Committee - RR 3:30pm Activity Committee - RR 12	2:00pm WU: Bible Study - RR 4:00pm Hospitality Committee-GC **6:00pm Co-Ed Dinner at Bis on Main** **No Aerobics** *World Kindness Day* 13	1:00pm Fred Meyer Trip 1:30pm Watercolor Class - RR 3:00pm Chorus Practice - LR **7:15pm Bingo Night - AT** **No Walker Wise** 14	**11:00am WU: How to Live a More Sustainable Life - RR** 1:30pm Tech Help with Jesse - RR 1:00pm Health Committee - RR **No Aerobics** *Happy Birthday, Paul Shook & Arlene Bemben!* 15	12:00pm Movie - RR **12:00pm Pizza Lunch - LR** 3:00pm Movie - RR 7:15pm Movie - RR 16
2:00pm Movie - RR 7:15pm Movie - RR 17	10:00am Safeway Trip **10:30am Women Painters of Washington Display at Columbia Tower w/ Docent Susanne Ross** 2:00pm Knitting Group - LR **3:00pm Disaster Response Group Training - RR** 18	10:45am WU: Theatre Class - RR **11:30am Men's Lunch at The Matador** 2:30pm WU: SnackCrate - AT **Massage Clinic with Anneliese** 19	**9:00am Crystalli Shopping Trip** 2:00pm WU: Bible Study - RR 7:15pm Movie - RR *Happy Birthday, Fran Sherwood!* 20	1:00pm Costco Trip 1:30pm Watercolor Class - RR 3:00pm Chorus Practice - LR 5:00pm Silver Singles Group **Birthday Night!** 21	1:30pm Blood Press. Clinic - AT 1:30pm Tech Help with Jesse - RR **1:30pm WU: Candy Making Class with Suzanne - RR** 7:15pm Movie - RR *Happy Birthday, Bruce Brackett!* 22	12:00pm Movie - RR 3:00pm Movie - RR 7:15pm Movie - RR 23
1:30pm WU: Music Appreciation Series - RR 2:00pm Movie - RR 7:15pm Movie - RR 24	10:00am Trader Joe's Trip 2:00pm Knitting Group - LR 25	11:00am Liaison Committee - RR **7:15pm Resident-Run Bingo Night - AT** 26	10:15am Traveling Library - AT 2:00pm WU: Bible Study - RR 3:30pm Advisory Council - RR 7:15pm Movie - RR 27	1:00pm Dollar Store Trip **1:00pm-3:00pm Thanksgiving Mid-Day Dinner - DR** *Happy Thanksgiving!* **No Walker Wise** 28	1:30pm Tech Help with Jesse - RR 7:15pm Movie - RR **No Aerobics** *Happy Birthday, Marla Held!* 29	12:00pm Movie - RR 3:00pm Movie - RR 7:15pm Movie - RR **Saturday Night Buffet** 30

NOVEMBER 2019

INDEPENDENT LIVING

ACTIVITY LOCATOR KEY

AT- Atrium
DR - Dining Room
GC - Gallery Café
L - Library
LR - Living Room
PL - Pool
RR - Regency Room
FT - Fitness Center