

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

- Location Keys**
- Art Studio, 2nd Floor AS
 - Bistro, 1st Floor B
 - Club Room, 3rd Floor CR
 - Dining Room DR
 - Fitness Center, 2nd Floor FC
 - Front Desk FD
 - Out of Building O
 - Patio 1st Floor P
 - Roof Top Patio, 3rd Floor RT
 - Theater, 2nd Floor TH

			<p>10:00 Relaxation Yoga Class by Kassandra Bursch-Gupta [FC] 1</p> <p>11:00 Cornhole Game in Courtyard</p> <p>1:30 Bingo with Carla from Reliant Home Health [CR]</p> <p>3:00 Mexican Train Domino Game [B]</p> <p>3:30 Trivial Pursuit with Stacey [B]</p> <p>6:30 Wednesday Movie Night [TH]</p>	<p>2</p> <p>Doctors Appointments</p> <p>10:00 Chair Exercise [FC]</p> <p>10:30 Ted Talks-Technology, Entertainment and Design converged, and today covers almost all topics – from science to business to global issues. [TH]</p> <p>11:00 Personal engagement</p> <p>11:30 Plano Senior Center Lunch and Big Band [O]</p> <p>3:30 Entertainment with Rick-Guitar and Vocals [B]</p>	<p>3</p> <p>10:00 Chair Exercise</p> <p>10:30 Central Market or Walmart [O]</p> <p>1:30 Arts & Crafts with Stacey [AS]</p> <p>1:30 Rummikub [B]</p> <p>3:30 Bingo [CR]</p> <p>6:30 Friday Night Movie [TH]</p>	<p>4</p> <p>10:00 Chair Exercise [FC]</p> <p>11:00 Puzzle time with MOD</p> <p>1:30 Rummikub</p> <p>3:00 Bible Study with Pastor George</p> <p>6:30 Saturday Night Movie [TH]</p>
<p>5</p> <p>8:00 Joel Osteen Televised weekly Sermon [CR]</p> <p>10:00 Chair Exercise [FC]</p> <p>10:30 Stroll Outside with MOD [FD]</p> <p>11:00 Catholic Mass - Televised [CR]</p> <p>1:30 Rummikub with MOD</p> <p>6:30 Sunday Night Movie [B]</p>	<p>6</p> <p>10:00 Chair Exercise [FC]</p> <p>10:30 Mapleshade Cookbook with Gail and Stacey [B]</p> <p>11:00 St Marks Catholic Church Communion</p> <p>11:00 Technology Questions Hour [B]</p> <p>1:30 Aqua-Fit Warm Salt Water [O]</p> <p>3:00 Relaxing Chair Massage provided by Charlin Home Health</p> <p>3:30 Trivial Pursuit [B]</p>	<p>7</p> <p>Doctors Appointments</p> <p>Post Office, Bank, Library</p> <p>10:00 Exercise - Stretch [FC]</p> <p>10:30 Therapeutic Horticulture with Susan Morgan [AS]</p> <p>1:30 Bridge Club</p> <p>3:30 Happy Hour! [RT]</p>	<p>8</p> <p>10:00 Chair Exercise [FC]</p> <p>10:30 Christmas Wreath Making with Tricia-Limit 10 Participants [AS]</p> <p>1:30 Bingo with Carla from Reliant Home Health [CR]</p> <p>3:00 Mexican Train Domino Game [B]</p> <p>3:00 Gardening Club [AS]</p> <p>6:30 Wednesday Movie Night [TH]</p>	<p>9</p> <p>Doctors Appointments</p> <p>10:00 Chair Exercise [FC]</p> <p>10:30 Art and Music Therapy [AS]</p> <p>11:00 Personal engagement</p> <p>11:30 Plano Senior Center Lunch and Big Band [O]</p> <p>3:30 Entertainment with Bill Cobb [B]</p>	<p>10</p> <p>10:00 Chair Exercise</p> <p>10:30 Central Market or Walmart [O]</p> <p>1:30 Arts & Crafts with Stacey [AS]</p> <p>1:30 Rummikub [B]</p> <p>3:30 Bingo [CR]</p> <p>6:30 Friday Night Movie [TH]</p>	<p>11</p> <p>10:00 Chair Exercise [FC]</p> <p>11:00 Puzzle time with MOD</p> <p>1:30 Rummikub</p> <p>3:00 Bible Study with Pastor George</p> <p>6:30 Saturday Night Movie [TH]</p>
<p>12</p> <p>8:00 Joel Osteen Televised weekly Sermon [CR]</p> <p>10:00 Chair Exercise [FC]</p> <p>10:30 Stroll Outside with MOD [FD]</p> <p>11:00 Catholic Mass - Televised [CR]</p> <p>1:30 Jim Gatlin and AI on Fiddle-Entertainment [B]</p> <p>3:30 Faith UMC Chancel Choir [TH]</p>	<p>13</p> <p>10:00 Chair Exercise [FC]</p> <p>10:30 Mapleshade Cookbook with Gail and Stacey [B]</p> <p>11:00 St Marks Catholic Church Communion</p> <p>11:00 Technology Questions Hour [B]</p> <p>1:30 Aqua-Fit Warm Salt Water [O]</p> <p>3:00 Relaxing Chair Massage provided by Charlin Home Health</p> <p>3:30 Rummikub [B]</p>	<p>14</p> <p>Doctors Appointments</p> <p>Post Office, Bank, Library</p> <p>9:00 Dr. Morel Podiatrist</p> <p>10:00 Exercise - Stretch [FC]</p> <p>10:30 Stroll Outside [P]</p> <p>1:30 Bridge Club</p> <p>3:30 Happy Hour! [RT]</p>	<p>15</p> <p>10:00 Relaxation Yoga Class by Kassandra Bursch-Gupta [FC]</p> <p>10:30 Shopping at Dillards</p> <p>1:30 Bingo with Carla from Reliant Home Health [CR]</p> <p>3:00 Mexican Train Domino Game [B]</p> <p>3:30 Cornhole Game in Courtyard</p> <p>6:30 Wednesday Movie Night [TH]</p>	<p>16</p> <p>Doctors Appointments</p> <p>10:00 Chair Exercise [FC]</p> <p>10:30 Ted Talks-Technology, Entertainment and Design converged, and today covers almost all topics – from science to business to global issues. [TH]</p> <p>11:30 Plano Senior Center Lunch and Big Band [O]</p> <p>5:00 Family Night</p>	<p>17</p> <p>10:00 Chair Exercise</p> <p>10:30 Central Market or Walmart [O]</p> <p>1:30 Arts & Crafts with Stacey [AS]</p> <p>1:30 Rummikub [B]</p> <p>3:30 Bingo [CR]</p> <p>6:30 Friday Night Movie [TH]</p>	<p>18</p> <p>10:00 Chair Exercise with Stacey [FC]</p> <p>11:00 Puzzle time with MOD</p> <p>1:30 Rummikub</p> <p>3:00 Bible Study with Pastor George</p> <p>6:30 Saturday Night Movie [TH]</p>
<p>19</p> <p>8:00 Joel Osteen Televised weekly Sermon [CR]</p> <p>10:00 Chair Exercise [FC]</p> <p>10:30 Stroll Outside with MOD [FD]</p> <p>11:00 Catholic Mass - Televised [CR]</p> <p>1:30 Rummikub with MOD</p> <p>6:30 Sunday Night Movie [B]</p>	<p>20</p> <p>10:00 Chair Exercise [FC]</p> <p>10:30 Mapleshade Cookbook with Gail and Stacey [B]</p> <p>11:00 St Marks Catholic Church Communion</p> <p>11:00 Technology Questions Hour [B]</p> <p>1:30 Aqua-Fit Warm Salt Water [O]</p> <p>3:00 Relaxing Chair Massage provided by Charlin Home Health</p> <p>3:30 Trivial Pursuit [B]</p>	<p>21</p> <p>Doctors Appointments</p> <p>Post Office, Bank, Library</p> <p>10:00 Exercise - Stretch [FC]</p> <p>10:30 Stroll Outside [FD]</p> <p>11:00 Current Events Discussion with Rabbi Wolk [TH]</p> <p>1:30 Bridge Club</p> <p>2:00 Art from the Heart with Julie [AS]</p> <p>3:30 Happy Hour! [RT]</p>	<p>22</p> <p>10:00 Chair Exercise [FC]</p> <p>10:30 Out to Lunch-Tea Garden</p> <p>1:30 Bingo with Carla from Reliant Home Health [CR]</p> <p>3:00 Mexican Train Domino Game [B]</p> <p>3:00 Gardening Club [AS]</p> <p>6:30 Wednesday Movie Night [TH]</p>	<p>23</p> <p>Doctors Appointments</p> <p>10:00 Chair Exercise [FC]</p> <p>10:30 Art and Music Therapy [AS]</p> <p>11:00 Thanksgiving Lunch [DR]</p>	<p>24</p> <p>10:00 Chair Exercise</p> <p>10:30 Central Market or Walmart [O]</p> <p>1:30 Arts & Crafts with Stacey [AS]</p> <p>1:30 Rummikub [B]</p> <p>3:30 Bingo [CR]</p> <p>6:30 Friday Night Movie [TH]</p>	<p>25</p> <p>10:00 Chair Exercise with Stacey [FC]</p> <p>11:00 Puzzle time with MOD</p> <p>1:30 Rummikub</p> <p>3:00 Bible Study with Pastor George</p> <p>6:30 Saturday Night Movie [TH]</p>
<p>26</p> <p>Norma B. Birthday</p> <p>8:00 Joel Osteen Televised weekly Sermon [CR]</p> <p>10:00 Chair Exercise [FC]</p> <p>10:30 Stroll Outside with MOD [FD]</p> <p>11:00 Catholic Mass - Televised [CR]</p> <p>1:30 Rummikub with MOD</p> <p>6:30 Sunday Night Movie [B]</p>	<p>27</p> <p>Rhea S. Birthday</p> <p>10:00 Elite Mobile Dentistry</p> <p>10:00 Chair Exercise [FC]</p> <p>10:30 Mapleshade Cookbook with Gail and Stacey [B]</p> <p>11:00 St Marks Catholic Church Communion</p> <p>11:00 Technology Questions Hour [B]</p> <p>1:30 Aqua-Fit Warm Salt Water [O]</p> <p>3:00 Relaxing Chair Massage provided by Charlin Home Health</p> <p>3:30 Jenga [B]</p>	<p>28</p> <p>Doctors Appointments</p> <p>Post Office, Bank, Library</p> <p>10:00 Exercise - Stretch [FC]</p> <p>10:30 Stroll Outside [FD]</p> <p>11:00 Gold Key Luncheon</p> <p>1:30 Bridge Club</p> <p>3:30 Happy Hour! [RT]</p>	<p>29</p> <p>10:00 Chair Exercise [FC]</p> <p>1:30 Bingo with Carla from Reliant Home Health [CR]</p> <p>3:00 Mexican Train Domino Game [B]</p> <p>4:00 Poker Club [B]</p> <p>6:30 Wednesday Movie Night [TH]</p>	<p>30</p> <p>Doctors Appointments</p> <p>10:00 Chair Exercise [FC]</p> <p>11:00 Personal engagement</p> <p>11:30 Plano Senior Center Lunch and Big Band [O]</p> <p>3:00 Entertainment with Marty Ruiz [B]</p>	<p>Resident Birthdays</p> <ul style="list-style-type: none"> Virginia K. 11/1 Carl T. 11/6 Helen B. 11/9 Bruce J. 11/15 Helen L. 11/17 Norma B. 11/26 Rhea S. 11/27 Walter A. 11/28 Sally P. 11/29 	