

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
- Out of Building O
- Roof Top Patio, 3rd Floor RT
- Theater, 2nd Floor TH

Resident Birthdays

- Virginia K. 11/1
- Carl T. 11/6
- Marilyn T. 11/7
- Jim J. 11/7
- Helen B. 11/9
- Barbara W. 11/11
- Bruce J. 11/15
- Helen L. 11/17
- Ruth P. 11/27

Doctors Appointments

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:30 Flower Arranging [AS]
- 1:30 Games in the Bistro [B]
- 3:30 Happy Hour with Kim Nicole [B]
- 6:30 Thursday Night Movie - Lambs for Lions [TH]

1

Doctors Appointments

- 9:30 Morning Stroll
- 10:00 Chair Exercise [FC]
- 10:00 Dallas Museum of Art- American Art from the 20's & 30's [AS]
- 1:15 Central Market or Walmart [O]
- 1:30 Games in the Bistro [B]
- 3:30 Bingo [CR]
- 6:30 Friday Night Movie - Kingdom of Heaven [TH]

2

Doctors Appointments

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:00 Jewelry Making with Stacey [AS]
- 1:30 Games in the Bistro [B]
- 2:30 Technology Troubleshooting [CR]
- 3:00 Bible Study
- 3:00 Bingo [CR]
- 6:30 Saturday Night Movie - Thomas Crown Affair [TH]

3

- 8:00 Joel Osteen Televised weekly Sermon [CR]
- 10:00 Chair Exercise [FC]
- 11:00 Catholic Mass - Televised [CR]
- 12:00 Sunday Football- Pittsburgh Steelers vs. Baltimore Ravens [TH]
- 1:30 Games in the Bistro [B]
- 6:30 Sunday Night Movie [TH]

4

- 9:30 Morning Stroll
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 St Marks Catholic Church Communion
- 1:30 Aqua-Fit Warm Salt Water Pool Exercise [O]
- 1:30 Mexican Train Domino Game [B]
- 2:00 Matinee- Lincoln [TH]
- 6:30 Monday Night Movie [TH]

5

- Doctors Appointments**
- HAPPY BIRTHDAY CARL!!!
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 Bible Study with Reg from First Frisco United Methodist Church
- 1:00 Museum Masterpieces- Love of Art [TH]
- 1:30 Bridge [CR]
- 1:30 Games in the Bistro [B]
- 3:30 Wine and Cheese Social [CR]
- 6:30 Tuesday Night Movie [TH]

6

- HAPPY BIRTHDAY JIM J.!!!!
- HAPPY BIRTHDAY MARILYN TH.!!!!
- 9:30 Morning Stroll
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 Outing- Lunch at Babes Chicken [O]
- 1:30 Bingo with Carla from Reliant Home Health [CR]
- 1:30 Games in the Bistro [B]
- 3:00 Culinary Chat with Fernando [CR]
- 6:30 Wednesday Night Movie [TH]

7

- Doctors Appointments**
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:30 Crafts [AS]
- 1:30 Games in the Bistro [B]
- 3:30 Happy Hour with Allen [B]
- 6:30 Thursday Night Movie [TH]

8

- HAPPY BIRTHDAY HELEN B.!!!!!!!
- 9:30 Morning Stroll
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:30 Central Market or Walmart [O]
- 1:30 Games in the Bistro [B]
- 3:30 Bingo [CR]
- 6:30 Friday Night Movie [TH]

9

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:00 Making Mosaics [AS]
- 1:30 Games in the Bistro [B]
- 3:00 Bible Study
- 3:00 Bingo [CR]
- 6:30 Saturday Night Movie [TH]

10

- HAPPY BIRTHDAY PIXIE W.!!!!!!
- 8:00 Joel Osteen Televised weekly Sermon [CR]
- 10:00 Chair Exercise [FC]
- 11:00 Catholic Mass - Televised [CR]
- 2:00 Tobys School of Dance Recital [DR]
- 3:00 Pixie's Birthday Celebration [CR]
- 3:30 Sing along Hymns with Ruth [TH]
- 5:30 Sunday Night Movie [TH]

11

- 9:30 Morning Stroll
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 St Marks Catholic Church Communion
- 1:30 Aqua-Fit Warm Salt Water Pool Exercise [O]
- 1:30 Mexican Train Domino Game [B]
- 2:00 Matinee [TH]
- 6:30 Monday Night Movie [TH]

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- Doctors Appointments**
- 10:00 Chair Exercise [FC]
- 10:30 Horticultural Link with Susan [AS]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 Bible Study with Reg from First Frisco United Methodist Church
- 1:30 Games in the Bistro [B]
- 3:30 Art Class with Reena [AS]
- 6:30 Tuesday Night Movie [TH]

13

- 9:30 Morning Stroll
- 10:00 Chair Exercise [FC]
- 10:00 Total Hearing Clinic
- 10:35 Cardio Chair Exercise [FC]
- 11:00 Outing-Lunch and Early Christmas Shopping at Firewheel [O]
- 1:30 Bingo with Carla from Reliant Home Health [CR]
- 1:30 Games in the Bistro [B]
- 6:30 Wednesday Night Movie [TH]

14

- Doctors Appointments**
- HAPPY BIRTHDAY BRUCE J.
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:30 Games in the Bistro [B]
- 1:30 Jewelry Making with Stacey [AS]
- 3:30 Happy Hour with Richard Barry [B]
- 6:30 Thursday Night Movie [TH]

15

- 9:30 Morning Stroll
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:15 Central Market or Walmart [O]
- 1:30 Games in the Bistro [B]
- 3:30 Bingo [CR]
- 6:30 Friday Night Movie [TH]

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- HAPPY BIRTHDAY HELEN L.!!!!
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 2:00 Chili Cook Off [B]
- 3:00 Bible Study
- 6:30 Saturday Night Movie [TH]

17

- 8:00 Joel Osteen Televised weekly Sermon [CR]
- 10:00 Chair Exercise [FC]
- 11:00 Catholic Mass - Televised [CR]
- 1:30 Games in the Bistro [B]
- 2:30 Beer and Bites with Edgar [CR]
- 5:30 Sunday Night Movie [TH]

18

- 9:30 Morning Stroll
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 St Marks Catholic Church Communion
- 1:30 Aqua-Fit Warm Salt Water Pool Exercise [O]
- 1:30 Mexican Train Domino Game [B]
- 2:00 Matinee [TH]
- 6:30 Monday Night Movie [TH]

19

- Doctors Appointments**
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 Bible Study with Reg from First Frisco United Methodist Church
- 1:30 Games in the Bistro [B]
- 1:30 Trained Wild Birds Program [TH]
- 2:00 Grief Support Group
- 6:30 Tuesday Night Movie [TH]

20

- 9:30 Morning Stroll
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 Rabbi Wolk [TH]
- 1:30 Bingo with Carla from Reliant Home Health [CR]
- 1:30 Games in the Bistro [B]
- 5:00 Outing- Dinner at Anamias Mexican Restaurant [O]
- 6:30 Wednesday Night Movie [TH]

21

- THANKSGIVING
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:30 Games in the Bistro [B]
- 2:00 Matinee
- 6:30 Thursday Night Movie [TH]

22

- 9:30 Morning Stroll
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:15 Central Market or Walmart [O]
- 1:30 Games in the Bistro [B]
- 3:30 Bingo [CR]
- 6:30 Friday Night Movie [TH]

23

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:00 Jewelry Making with Stacey [AS]
- 1:30 Games in the Bistro [B]
- 2:30 Technology Troubleshooting [CR]
- 3:00 Bible Study
- 3:00 Bingo [CR]
- 6:30 Saturday Night Movie [TH]

24

- 8:00 Joel Osteen Televised weekly Sermon [CR]
- 10:00 Chair Exercise [FC]
- 11:00 Catholic Mass - Televised [CR]
- 1:30 Games in the Bistro [B]
- 2:00 Texas Hold Em Poker [CR]
- 3:00 Sing along Hymns with Ruth [TH]
- 5:30 Sunday Night Movie [TH]

25

- Norma B. Birthday
- 9:30 Morning Stroll
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 St Marks Catholic Church Communion
- 1:30 Aqua-Fit Warm Salt Water Pool Exercise [O]
- 1:30 Mexican Train Domino Game [B]
- 2:00 Matinee [TH]
- 6:30 Monday Night Movie [TH]

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- Doctors Appointments**
- HAPPY BIRTHDAY RUTH P.!!!
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 Bible Study with Reg from First Frisco United Methodist Church
- 1:30 Games in the Bistro [B]
- 3:30 Art Class with Reena [AS]
- 6:30 Tuesday Night Movie [TH]

27

- 9:30 Morning Stroll
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:30 Bingo with Carla from Reliant Home Health [CR]
- 1:30 Games in the Bistro [B]
- 3:00 Outing- Collin County History Museum [O]
- 6:30 Wednesday Night Movie [TH]

28

- Doctors Appointments**
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:30 Flower Arranging [AS]
- 1:30 Games in the Bistro [B]
- 3:00 Horseshoe [RT]
- 5:00 Monthly Birthday Celebration [DR]
- 6:30 Thursday Night Movie [TH]

29

- 9:30 Morning Stroll
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:15 Central Market or Walmart [O]
- 1:30 Games in the Bistro [B]
- 3:30 Bingo [CR]
- 6:30 Friday Night Movie [TH]

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