







November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Activity Locations:</u> L1 1st Fl. - Lobby CF 1st Fl. - 50's Café DR 1st Fl. - Dining Room Thtr 1st Fl. - Event/Dining Library 1st & 3rd Floors L2 2nd Fl. - Lobby CG 2nd Fl. - Circuit Gym CR 2nd Fl. - Craft Room GR 2nd Fl. - Game Room MP 2nd Fl. - Multi-purpose NS 2nd Fl - Nail Salon CL – 3rd Fl –Computer Lab FD – Front Desk</p> 	<p>Free Hot Breakfasts:</p> <p>11/04 French Toast Bake</p> <p>11/11 Country Scramble</p> <p>11/18 Veggie & Ham</p> <p>11/25 Biscuits & Gravy</p> <p>All entrees served with bacon, sausage and fixin's</p> 	<p>1</p> <p>Last day to purchase tickets to the play "Diary of Anne Frank" on 11/2. CVHS. Tickets cost \$14. Jewish teenager chronicled her families two years in hiding ('42-'44) during German occupation of the Netherlands during WW11.</p> <p>Circuit Gym Anytime - 2nd Fl 8:30-4:00 Scheduled transportation 10:30 Wishing Star Blankets for ill children. No sewing required - GR 11:30 Chair Yoga w/ Danielle - MP 1:00 Inside Walking Group - FD 2:00 Pub Night. Music by Jerry-At-Tricks. Wine, beer - MP 3:00 NEW Sock Drive for local charities. Please donate new socks or cash and help tie bundles of socks GR 3:15 Wii Bowling - Thtr 4:00 & 4:45 Dinner - DR 5:45 Push Poker - Bring 3 qtrs - thtr 6:00 Bridge & Pinochle - GR</p>	<p>2</p> <p>Last day to sign up and pre-pay \$10 cash for Sip & Paint on 11/4. Order out pizza and wine. This is a make-up class, if you were previously signed up you will have first choice. Spaces will open on availability.</p> <p>Circuit Gym Anytime - 2nd Fl 8:30-4:00 Scheduled transportation 9:00 Aquacise 10:00 CRAFTS Santa Paint brush - GR 10:00 Wii Bowling - Thtr 10:30 Looms of Love - Knit/Crochet-GR 11:30 Sit and be Fit - MP 1:00 Inside Walking Group - FD 1:30 Tenant Monthly Meeting with our owner Larry. Win a door prize - DR 2:15 NEW Tom's Turkey Drive. Come meet Laura Papetti and purchase a \$20 bag of food to feed a family of 4. - DR 4:00 & 4:45 Dinner - DR 5:45 Hand & Foot - GR 7:00 pm NEW Theatre outing "Diary of Anne Frank" CVHS. Sign up by 11/1.</p>	<p>3</p> <p>Circuit Gym Anytime - 2nd Fl 8:30-4:00 Scheduled transportation 9:30 Men's Coffee & Donuts. - CF 10:00 Knitting/Crochet Circle - GR 10:00 Audiology Clinic w/ Jonell. Test, clean, repair hearing aids. Sign up @ the front desk. - NS 11:30 Chair Yoga w/ Danielle - MP 11:30 NEW Free Community Lunch. NOTE: No regular lunch in the café. Café closed today. Sign up at front desk. - DR 1:00 Inside Walking Group - FD 1:30 NEW Thursday Movie Matinee featuring inspirational movies. Enjoy candy, popcorn and soda. <i>Wonder</i> starring Julia Roberts. Inspiring and uplifting. A boy with facial imperfections proves you can't blend in when you were born to stand out. 2:00 Mexican Train - GR 4:00 & 4:45 Dinner - DR 6:00 Sequence Game - MP</p>	<p>4</p> <p>Circuit Gym Anytime - 2nd Fl 8-10:00 Free Hot Breakfast! - CF 9:00 Aquacise - Pool 9:00 - Shuffleboard - GR 10:30 Grocery Shop - Fred Meyer. 10:30 - 2:30 NEW Day at the Mall. Shop, walk, eat or see a movie. Sign up at the desk. 11:00 Prayer Shawls. Knit or crochet for local ministries - GR 11:00-1:30 NEW - Sip & Paint with Kim, Autumn Tree. Enjoy wine, pizza & salad. Last day to sign up & pre-pay was 11/2- GR 1:00 Inside Walking Group - FD 1:30 Wine & Cheese Social. Enjoy beer, wine, soda, & snacks. - DR 3:00 Bunco, a fun dice game. Bring \$1 - GR 4:00 & 4:45 Dinner - DR 5:45 Hand & Foot - GR</p> 	<p>5</p> <p>Circuit Gym Anytime - 2nd Fl 9:00 30-Minute Pool Walking - Pool 10:00 Sit & Be Fit - MP 11-1 Drop 'n' Shop. Shop within a 5-mi. radius. Sign up at the front desk. 1:00 Inside Walking Group 1:45 Movie <i>The Lost City</i>, PG13 with popcorn & soda starring Channing Tatum and Sandra Bullock. After being kidnapped by a villainous treasure hunter, a successful romance novelist is forced to team up with her cover model as they are swept into a cutthroat jungle adventure that proves stranger than fiction. - Thtr 1:50 Bingo \$1/ card. Win a \$5 Blackout. - GR 3:00 Shopping at Yokes 4:00 & 4:45 Dinner - DR</p> <p>Daylight Savings Time Set your clocks back 1 hr. tonight.</p>
<p>6</p>  <p>Circuit Gym Anytime - 2nd Fl 11:00 Church Service w/ Pastor Stan, hymns w/ Shirley - MP (Communion every first Sunday.) 1:00 & 1:45 Early Sunday Supper - DR 1:05 Seahawks vs Cardinals - Thtr</p>  <p>2:00 Pinochle - GR 2:00 Mah-jongg - GR 5:30-6:30 Soup, Salad & Sandwich - CF 6-8 NEW Online Grocery Shopping @ front desk. Staff will assist.</p>	<p>7</p> <p>Activity Staff will be decorating for Christmas.</p> <p>Circuit Gym Anytime - 2nd Fl 9:00 NOTE NO AQUACISE 10:30 NOTE NO Coffee Chatter 11:30 NOTE NO SIT AND BE FIT 12:30 Mah-Jongg - GR 1:00 Inside Walking Group - FD 2:00 Bridge - MP 2:30 Cribbage - MP 3:00 NOTE NO Bingo 4:00 & 4:45 Dinner - DR 5:45 Hand & Foot - GR</p>	<p>8</p> <p>Circuit Gym Anytime - 2nd Fl 8:30-4:00 Scheduled transportation 9:00 Line Dancing Class @ Valley Senior Center. Sign up @ front desk. 10:30 Gospel Music with Charlie. Come & enjoy his inspirational music. He has an amazing voice - DR 11:30 Chair Yoga w/ Danielle - MP 11:30 - NEW Lunch out at Cracker Barrel in Cd'A. Order off the menu, sign up at front desk. 1:00 Inside Walking Group - FD 2:00 Pub Night. Music by J.J Dion. Enjoy wine, beer, & soda. - MP 3:00 NEW Sock Drive for local charities. Please donate new socks or cash and help tie bundles of socks GR 3:15 Wii Bowling - Thtr 4:00 & 4:45 Dinner - DR 5:45 Push Poker - Bring 3 qtrs - thtr 6:00 Bridge & Pinochle - GR 6:00 - 8:00 NEW On-line Grocery Shopping. Front desk. Staff will assist</p>	<p>9</p> <p>Last day to sign up for an amazing mystery trip on 11/15. \$60 cash. Includes Lasagna, salad, bread, dessert, tip, tax and an outdoor surprise event. Clues: Mountains, Beautiful views, fields and mane. Dress warm. We must sell at least 10 tickets so hurry and sign up.</p> <p>8:30-4:00 Scheduled transportation 9:00 Aquacise - Pool 10:00 CRAFTS X-mas Wine Bottles GR 10:00 Wii Bowling - Thtr 10:30 Looms of Love - Knit/crochet - GR 11:30 Sit and be Fit - MP 12:30 NEW - Men's Club. Poker, Order out Pizza, Pretzels and Pints - GR 1:00 Inside Walking Group - FD 2:00 NEW Fire Safety Meeting. All tenants encouraged to attend. DR 4:00 & 4:45 Dinner - DR 5:45 Hand & Foot - GR 4:30 NEW - Dinner out Ferraro's Italian. Order off menu. Sign up at Front Desk.</p>	<p>10</p> <p>Circuit Gym Anytime - 2nd Fl 8:30-4:00 Scheduled transportation 9:30 Men's Coffee & Donuts for local charities. - GR 10:00 Knitting/ Crochet Circle for all of our veterans, Longhorn BBQ catered lunch (Veterans only - sign up at front desk.) 1:00 Inside Walking Group - FD 1:30 NEW Thursday Movie Matinee featuring inspirational movies. Enjoy candy, popcorn and soda. <i>I Can Only Imagine</i> starring Dennis Quaid. A son suffers emotional abuse from his father. He finds, faith, forgiveness and true love. 2:00 Mexican Train - GR 4:00 & 4:45 Dinner - DR 6:00 Sequence Game - GR</p>	<p>11 Happy Veteran's Day</p> <p>8-10:00 Free Hot Breakfast! - CF 9:00 Aquacise - Pool 9:00 - Shuffleboard - GR 9:00 - 11:00 NEW Come help tag our hats, shawls and blankets for our charity gift giving - DR 10:30 Grocery Shop - Fred Meyer 11:00 Prayer Shawls. Knit or crochet for local ministries - GR 11:30 NEW Sit and Be Fit - MP 1:00 Inside Walking Group - FD 1:30 NEW Veterans Program. Music w/The McKay, opening prayer, Pledge of Allegiance & certificate ceremony. Wear red, white & blue. - DR 3:00 Wine & Cheese Social. Enjoy beer, wine, soda & snacks. NOTE: location today is MP room. 4:00 & 4:45 Dinner - DR 5:45 Hand & Foot - GR</p>	<p>12</p> <p>Circuit Gym Anytime - 2nd Fl 9:00 30-Minute Pool Walking - Pool 10:00 Sit & Be Fit - MP 11:00-1:00 Drop 'n' Shop. Shop within a 5-mi. radius. Sign up at the front desk. 1:00 Inside Walking Group 1:45 Movie <i>Queen Bee</i>, PG13 with Ellen Burstyn and James Caan. Independent senior Helen reluctantly moves into a nearby retirement community—just temporarily. Once there she encounters feisty widows, cutthroat bridge tournaments and a group of bullying "mean girls" that reminds her of high school. But somewhere between flower arranging and water aerobics Helen discovers that it's never too late to make new friends and perhaps even a new love. - Thtr 1:50 Bingo \$1/ card. Win a \$5 Blackout. - GR 3:00 Shopping at Safeway 4:00 & 4:45 Dinner - DR</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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13
 Circuit Gym Anytime - 2nd Fl
 6:30 a.m. Seahawks vs Buccaneers. Game takes place in Germany. – Thtr



11:00 Church Service w/ Pastor Paul, hymns w/ Shirley - MP
 1:00 & 1:45 Early Sunday Supper - DR
 2:00 Pinochle - GR
 2:00 Mah-jongg - GR
 5:30-6:30 Soup, salad bar & Sandwich - CF
 6-8 **NEW** Online Grocery Shopping @ front desk. Staff will assist

14
 Last day to purchase tickets for "A Christmas Story Musical" at UHS on 12/7. Tickets are \$14.

Circuit Gym Anytime - 2nd Fl
 9:00 Aquacise - Pool
 10:30 Coffee Chatter - MP
 11:30 Sit & Be Fit - MP
 12:30 Mah-Jongg - GR
 1:00 Inside Walking Group - FD
 2:00 Bridge - MP
 2:00 Sing along with Diane – DR
 2:30 Cribbage - MP
 3:00 Bingo. \$1/ card. Win a \$5 blackout. - GR
 4:00 & 4:45 Dinner - DR
 5:45 Hand & Foot - GR
 6:30 Music Old Time Fiddlers- DR

15
 8:30-4:00 Scheduled transportation
 8:45 **NEW**– Mystery Trip outing, lunch and amazing outdoor event. Return home around 3:30. Last day to sign up and pre-pay was 11/9.
 10:30 Make & Take CRAFT X-mas ornament. Supplies provided. Sign up at desk, only ten spots - GR
 11:30 Chair Yoga w/ Danielle - MP
 1:00 Inside Walking Group - FD
 2:00 Pub Night by Nick Harmen - MP
 3:00 **NEW** Sock Drive for local charities. Please donate new socks or cash & help tie bundles of socks.
 3:15 Wii Bowling - Thtr
 4:00 & 4:45 Dinner - DR
 5:45 Push Poker - Bring 3 qtrs - thtr
 6:00 Bridge & Pinochle - GR
 6:00-8:00 **NEW** On-line Grocery, dsk

16
 Last day to sign up for Family Thanksgiving Dinner on 11/20. \$15 per guest, limit to 4 guests.

8:30-4:00 Scheduled transportation
 9:00 Aquacise - Pool
 10:00 **CRAFTS** Can Snowman. Sign up at the front desk. - GR
 10:00 Wii Bowling - Thtr
 10:30 Looms of Love, Knit Hats - GR
 11:30 Sit & Be Fit - MP
 12:00–2:00 Free card making with Melissa. Supplies provided. Sign up at desk – only twelve spots –GR
 1:00 Inside Walking Group - FD
 2:30 Guys & Dolls Poker w/Scott. Beginners welcome. - Thtr
 4:00 & 4:45 Dinner - DR
 5:45 Hand & Foot - GR

17
 Circuit Gym Anytime - 2nd Fl
 8:30-4:00 Scheduled transportation
 9:30 Men's Coffee & Donuts - CF
 10:00 Knitting/Crochet Circle - GR
 10:30 **NEW** Northern Quest Casino outing. Leave casino at 2:00, arrive home at 2:30. Sign up at front desk.
 11:30 Chair Yoga w/ Danielle - MP
 1:00 Inside Walking Group - FD
 1:30 **NEW** Thursday Movie Matinee featuring inspirational movies. Enjoy candy, popcorn and soda. *Home Run* This baseball star is spiraling out of control. He finds himself on a powerful journey of redemption.
 2:00 Mexican Train - GR
 4:00 & 4:45 Dinner - DR
 6:00 Sequence Game – MP

18
 Last day to pre-purchase tickets for SVST Big Band Christmas show on Saturday 12/17. Cost \$40.

8-10:00 Free Hot Breakfast! - CF
 9:00 Aquacise - Pool
 9:00 Shuffleboard - GR
 9:00 - 11:00 **NEW** Come help tag our hats, shawls and blankets for our charity gift giving. - DR
 10:30 **Grocery Shop - Fred Meyer**
 11:00 Prayer Shawls - GR
 11:30 Sit and Be Fit - MP
 1:00 Inside Walking Group - FD
 1:30-2:30 Wine & Cheese Social w/ beer, wine, soda, snacks - DR
 3:00 Bunco. Bring \$1 - GR
 4:00 & 4:45 Dinner - DR
 5:45 Hand & Foot - GR

19
 Circuit Gym Anytime - 2nd Fl
 9:00 30-Minute Pool Walking - Pool
 10:00 Sit & Be Fit - MP
 11:00 - 1:00 Drop 'n' Shop. Run errands or shop in a 5 mile radius. Sign up at the front desk.
 1:00 Inside Walking Group
 1:45 Movie *Big Jake*, NR with popcorn & soda. Starring John Wayne and Maureen O'Hara. Jacob McCandles is a rough-and-tumble rancher who's estranged from his wife. But when a cutthroat gang kidnaps his grandson, Big Jake gets the call to rescue him. - Thtr
 1:50 Bingo \$1/ card. Win a \$25 Blackout. - GR
 3:00 **Shopping at Walmart**
 4:00 & 4:45 Dinner - DR

20
 10 Church w/Stewart/Shirley MP
 Seahawks BYE WEEK
NEW Family Thanksgiving Dinner
 11-12:00 Tenants only, no guests
 Noon - 1 #1 seating
 1:00 - 2:00 #2 seating
 2:00 - 3:00 #3 seating
 3:00 - 4:00 #4 seating
 Please limit to 4 guests. Guest cost is \$15. There will be limited guests at each seating. RSVP at the front desk by 11/16.
 2:00 Pinochle/Mah-jongg - GR
 5:30-6:30 Soup, salad bar & Sandwich - CF
 6-8 **NEW** Online Grocery, dsk

21
 Circuit Gym Anytime - 2nd Fl
 9:00 Aquacise - Pool
 10:30 Coffee Chatter. Enjoy trivia, visiting, & current events - MP
 11:30 Sit & Be Fit - MP
 12:30 Mah-Jongg - GR
 1:00 Inside Walking Group - FD
 1:30 **NEW**– Thanksgiving Gift Giving. Charities will receive hats, blankets, shawls, socks and cash. Come meet their directors - MP
 2:00 Bridge - MP
 2:30 Cribbage - MP
 3:00 Bingo. \$1/ card. Win a \$5 blackout. - GR
 4:00 & 4:45 Dinner - DR
 5:45 Hand & Foot - GR

22
 Last day by noon to sign up for "to go" Soup & Sandwich dinner for 11/24.

8:30-4:00 Scheduled transportation
 9:00 Line Dancing Class @ Valley Sr. Center. Sign up @ desk.
 10:30 Share Time. Bring your photos, hobbies, & memorabilia. Enjoy coffee & donuts. - MP
 11:30 Chair Yoga w/Danielle - MP
 1:00 Inside Walking Group - FD
 2:00 Pub Night Music w/ Hayden Drifters - MP
 3:15 Wii Bowling - Thtr
 4:00 & 4:45 Dinner - DR
 5:45 Push Poker - Bring 3 qtrs - thtr
 6:00 Bridge & Pinochle - GR
 6-8 **NEW** Online Grocery Shop- desk

23
 Last day to pre-purchase tickets for "Traditions of Christmas" in Cd'A. Show is on 12/10 at 3 p.m. Tickets cost \$34.74 cash or check payable to the Salvation Army.

8:30-4:00 Scheduled transportation
 9:00 Aquacise - Pool
 10:00 Wii Bowling - Thtr
 10:30 Looms of Love - Knit/crochet
 11:30 Sit & Be Fit – MP
 1:00 Inside Walking Group - FD
 2:00 Birthday party. Music with Carolyn. Everyone encouraged to attend - DR
 4:00 & 4:45 Dinner - DR
 5:45 Hand & Foot - GR

24

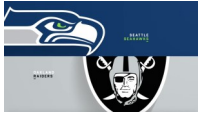


Circuit Gym Anytime - 2nd Fl
 8:00 - 3:00 Pick up your "to go" Soup & Sandwich for dinner in the kitchen.
 1:00 Inside Walking Group - FD
 1:00 Main Meal. Enjoy a special holiday meal.
 (Please note, no guests.)
 1:30 **MOVIE A Family Thanksgiving** starring Faye Dunaway. - thtr

25
 Circuit Gym Anytime - 2nd Fl
 8-10:00 Free Hot Breakfast! - CF
 9:00 Aquacise - Pool
 9:00 Shuffleboard - GR
 10:30 **Grocery Shop - Fred Meyer**
 11:00 Prayer Shawls - GR
 11:30 Sit and Be Fit - MP
 1:00 Inside Walking Group - FD
 1:00 Food Committee with Chef Estevan. If you want to be a member, please sign up at Front Desk – Thtr
 1:30-2:30 Wine & Cheese Social w/ beer, wine, soda, snacks - DR
 3:00 Bunco. Bring \$1 - GR
 4:00 & 4:45 Dinner - DR
 5:45 Hand & Foot - GR

26
 9:00 30-Minute Pool Walking - Pool
 10:00 Sit & Be Fit - MP
 11:00 **Shopping at Rosauers**
 11:00 **NOTE NO Drop and Shop**
 1:00 Inside Walking Group - FD
 1:45 Movie *You Are There: World War II Begins*, NR with popcorn & soda. Walter Cronkite's narrates. This volume chronicles World War II's initial battles, including Japan's attack on Pearl Harbor and Adolf Hitler's invasion of Poland.- Thtr
 1:50 Bingo \$1/ card. Win a \$5 Blackout. - GR
 4:00 & 4:45 Dinner - DR

27
 Circuit Gym Anytime - 2nd Fl
 11:00 Church Service w/ Pastor Don Joppa & Hymns w/ Shirley - MP
 1:00 & 1:45 Early Sunday Supper - DR
 1:05 Seahawks vs Raiders - Thtr



2:00 Pinochle - GR
 2:00 Mah-jongg - GR
 5:30-6:30 Soup, salad bar & Sandwich - CF
 6-8 **NEW** Online Grocery, dsk

28
 Circuit Gym Anytime - 2nd Fl
 9:00 **NO AQUACISE**
 10:30 Coffee Chatter. Enjoy trivia, visiting, & current events - MP
 11:30 Sit & Be Fit - MP
 12:30 Mah-Jongg - GR
 1:00 Inside Walking Group - FD
 2:00 Sing along with Diane Copeland - DR
 2:00 Bridge - MP
 2:30 Cribbage - MP
 3:00 Bingo. \$1/ card. Win a \$5 blackout. - GR
 4:00 & 4:45 Dinner - DR
 5:45 Hand & Foot - GR

29
 Circuit Gym Anytime - 2nd Fl
 8:30-4:00 Scheduled transportation
 9:00 Line Dancing Valley Sr. Center.
 10:30 **NEW** History Talk w/Kim - MP
 11:30 Chair Yoga w/Danielle - MP
 1:00 Inside Walking Group - FD
 1:00 - 2:00 Library Visit. Check out favorite authors. Get regular or large print books - DR
 2:00 Pub Night Music w/ Bill and Carl. Beer, wine, & soda - MP
 3:15 Wii Bowling - Thtr
 4:00 & 4:45 Dinner - DR
 5:45 Push Poker - Bring 3 qtrs - thtr
 6:00 Bridge & Pinochle
 6-8 **NEW** Online Grocery, dsk

30
 Circuit Gym Anytime - 2nd Fl
 8:30-4:00 Scheduled transportation
 8:30 Men's breakfast out at Dave's
 9:00 Aquacise
 10:00 **CRAFTS** Recycled Cans. Sign up at front desk - GR
 10:00 Wii Bowling - Thtr
 10:30 Looms of Love - Knit/crochet
 11:30 Sit & Be Fit – MP
 1:00 Inside Walking Group - FD
 1:30 **NEW** Ladies Poker Club w/Kim - Beginners welcome. Enjoy small bite appetizers, wine & champagne. Sign up at the front desk. - GR
 4:00 & 4:45 Dinner - DR
 5:45 Hand & Foot - GR

Saturday Movies
 1:45 in the Theatre

11/5 *The Lost City*
 11/12 *Queen Bee*
 11/19 *Big Jake*
 11/29 *You are There: World War II Begins*

Thursday Movie Matinee
 featuring inspirational movies
 1:30 in the Theatre

11/3 *Wonder*
 11/10 *I Can Only Imagine*
 11/17 *Home Run*
 11/24 Thanksgiving Movie *A Family Thanksgiving*