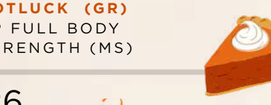
AVENIDA
CARROLLTON



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **FALL BACK**  **DAYLIGHT SAVINGS TIME ENDS**	2 10A CHAIR YOGA (MS) 11A CHAIR YOGA (MS) 1P MAHJONG (GR) 5P LIFESTYLE COMMITTEE (ML)	3 10A STRENGTH & CONDITIONING (MS) 1P OPEN GAME DAY (GR) 3P LADIES CHAT (ML) 6P 42 (GR) 6P CHAIR YOGA (MS)	4 11A PILATES (MS) 1P MAHJONG (GR) **2P CHRISTMAS BLING SHIRTS W/ TRUDY (CAR)** 6P FULL BODY STRENGTH (MS)	5 10A DANCE AEROBICS (MS) 3P NEW RESIDENT ORIENTATION (ML) 4:30P SOCIAL HOUR: BIRTHDAY BASH (GR)	6 10A STRENGTH & BALANCE (MS) 11A STRENGTH & BALANCE (MS) 2P POKER (CAR) 4:30P BINGO (PR) **6P MOVIE NIGHT: PLANES, TRAINS & AUTOMOBILES (ML)**	7 2P BRIDGE (GR) 4P CHINESE MAHJONG (GR)
8 1P OPEN GAME DAY (GR)	9 10A CHAIR YOGA (MS) **10A MASSAGES W/ MELISSA $ (SPA)** 11A CHAIR YOGA (MS) **11A KOREAN SKIN CARE W/ GAIL FROM MARY KAY (PDR)** 1P MAHJONG (GR) 3P BOOK CLUB: THE COORESPONDENT BY VIRGINIA EVANS (ML)	10 10A STRENGTH & CONDITIONING (MS) 1P OPEN GAME DAY (GR) 6P 42 (GR) 6P CHAIR YOGA (MS) **SPA DAY W/ CHANEL $**	11 11A PILATES (MS) **2P VETERANS APPRECIATION SOCIAL (GR)** 3P NEIGHBORLY TECH HELP W/ ANTHONY $ (ML) **3P PAINTING W/ 7ART (CAR)** **VETERANS DAY**	12 10A DANCE AEROBICS (MS) 1P RECIPE SWAP: PIES (PDR) 4:30P SOCIAL HOUR: SILENT DISCO (GR) 6P FULL BODY STRENGTH (MS)	13 10A STRENGTH & BALANCE (MS) 11A STRENGTH & BALANCE (MS) 1P MAHJONG (GR) 1P POKER (PR) 4:30P BINGO (CAR)	14 2P BRIDGE (GR) 4P CHINESE MAHJONG (GR)
15 	16 10A CHAIR YOGA (MS) **10A MASSAGES W/ MELISSA $ (SPA)** 11A CHAIR YOGA (MS) **1P LUNCH ON THE TOWN: PRARIE HOUSE RESTAURANT** 1P MAHJONG (GR) **6P WORKING WOMEN'S MEET & GREET (PDR)**	17 10A STRENGTH & CONDITIONING (MS) 1P OPEN GAME DAY (GR) 1P JEWELRY REPAIR $ (PDR) 5P JEOPARDY (ML) 6P 42 (GR) 6P CHAIR YOGA (MS)	18  11A PILATES (MS) **12P SPIKED APPLE CIDER BAR (PDR)** 1P MAHJONG (GR) **2P JEWELRY MAKING W/ JACKLYN HICKS $ (CAR)** 4P HOSPITALITY COMMITTEE (ML)	19 10A DANCE AEROBICS (MS) 1P GARDEN CLUB (ML) 2P FASHION NOOK $ (DL) 3P RESIDENT FORUM (ML) **4:30P SOCIAL HOUR; FRIENDSGIVING POTLUCK (GR)** 6P FULL BODY STRENGTH (MS)	20 10A STRENGTH & BALANCE (MS) 11A STRENGTH & BALANCE (MS) 2P POKER (CAR) 4:30P BINGO (PR)	21 2P BRIDGE (GR) **5P THE CHOSEN: SEASON 6 WATCH PARTY (ML)**
22	23 10A CHAIR YOGA (MS) 11A CHAIR YOGA (MS) **6P LRC $ (ML)**	24 **9A TURKEY TROT $ (SC)** 10A STRENGTH & CONDITIONING (MS) 1P OPEN GAME DAY (GR) **3P HEALTH TALK: RAINBOW DIET W/ ROSHI K RDN. CDE (ML)** 5P CHARADES (ML) 6P 42(GR) 6P CHAIR YOGA (MS	25 11A PILATES (MS) 1P MAHJONG (GR) **GRADITUDE JAR** **OFFICE CLOSES AT 1P**	26  **OFFICE IS CLOSED**	27 10A STRENGTH & BALANCE (MS) 11A STRENGTH & BALANCE (MS) 2P POKER (CAR) 4:30P BINGO (PR) **OFFICE OPENS AT 1P**	28 2P BRIDGE (GR) 4P CHINESE MAHJONG (GR) **11A GRATITUDE BRUNCH (GR)** **5P THE CHOSEN:SEASON 6 EPISODE 4 WATCH (ML)** **NATIONAL FRENCH TOAST DAY**
29 	30 10A CHAIR YOGA (MS) 11A CHAIR YOGA (MS) 1P MAHJONG (GR) **1P HEALTH TALK: HIGH BLOOD PRESSURE W/MONICA (ML)**					





NOVEMBER BIRTHDAYS

PEGGY S 11/03
JANET J 11/13
GREG H 11/09
LISA H 11/15
JANET W 11/08
RICK C 11/02
JULIE L 11/05
CARRIE W 11/5
SHIRLEY L 11/22
CARL T 11/18
NANCY H 11/15
KAREN L 11/27
LINDA H 11/21
JERRY I 11/11
PEGGY S 11/03
DARLENE T 11/20
CHHAYA B 11/16
JANET J 11/13
MAC M 11/20

EVENTS TO MARK ON YOUR CALENDAR

DAYLIGHT SAVING TIME ENDS, FALL BACK
SPA DAY W/ CHANEL $
MASSAGES W/ MELISSA $
MOVIE NIGHT: PLANES, TRAINS & AUTOMOBILES
LUNCH ON THE TOWN: PRARIE HOUSE RESTAURANT
SPIKED APPLE CIDER BAR
CHRISTMAS BLING SHIRTS W/ TRUDY
VETERANS APPRECIATION SOCIAL
GRATITUDE BRUNCH
TURKEY TROT $
WORKING WOMEN'S MEET & GREET
HEALTH TALK: RAINBOW DIET W/ ROSHI K RDN. CDE
SOCIAL HOUR: FRIENDSGIVING POTLUCK
JEWELRY MAKING WITH JACKLYN HICKS
HEALTH TALK: HIGH BLOOD PRESSURE W/ MONICA
THE CHOSEN: SEASON 6 WATCH PARTY

LOCATIONS

CAR = CREATIVE ARTS ROOM
GR = GREAT ROOM
MS = MOVEMENT STUDIO
ML = MEDIA LOUNGE
PC = PICKLE BALL COURT
PR = PARTY ROOM
SC = SOUTH LAWN COURTYARD
YL = YOGA LAWN
GE = GARDEN EDEN
P = POOL