

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Fall Back 1 Hour</p> <p>Sunday, November 3rd</p>	<p>Locations Key: B-Bistro LB-Lobby LR-1st Floor Living Room DR-1st Floor Dining Room 2L-2nd Floor Living Room 2D-2nd Floor Dining Room S-Salon C-Courtyard</p>	<p>November 2019</p> <p>The Landing at Carmichael Independent Senior Living Activities</p> 			<p>All Saint's Day 1</p> <p>10:00 Shopping @ Safeway & Rite-Aid or Bel-Air & Dollar Store-LB 2:00 Trivial Trivia-2L 3:00 HAPPY HOUR-B 6:00 Night Cap Movie-2L</p>	<p>Deviled Egg Day 2</p> <p>10:00 Shopping @ Trader Joes & Discovery Shop-LB 1:00 Wii Games-2L 1:30 30-minute Exercise-2D 2:30 - 4:00 BINGO-2D 6:00 Creative Coloring-2D</p>
<p>Daylight Saving Time Ends 3</p>  <p>10:00 Football ALL Day-LR 10:00 Ride to Church-LB 10:00 Biblical Exploration-2L 2:00 Coffee, Cocoa & Cider Social-2D 6:00 Popcorn & Movie-2L 9AM-2PM Farmers Market @CP</p>	<p>Check Your Blood Pressure Day 4</p>  <p>Doctor Appointment: 9:30 Earliest Depart Time 4 Appt 11:00 Last Depart Time 4 Appt 1:30 30Minute Flex & Stretch-2L 2:30 Brain Gain: Jeopardy Wii-2L 2:30 Drumming with David-B 5:00 Mingle Monday Football-LR 6:00 Ladies Group-2L</p>	<p>U.S. General Election Day 5</p> <p>9:00-9:30 Blood Pressure Check-LR 9:30 Morning Walk -LB 10:30 Cooking & Puzzles-2D 1:30-3:30 Shopping @ Walmart 2:30 - 4:00 Bingo-2D 6:00 Exploring Life: Memories into Memoirs-2D 6:00 NetFlix Historical Documentary-2L</p>	<p>Saxophone Day 6</p> <p>Doctor Appointment 9:30 Earliest Depart Time 11:00 Last Appt. Depart Time 1:30 30min Movin'&Groovin'-2L 2:30 Chat & Chew w/All Directors-B 6:00 UNO of Fun-2D 6:00 Movie Nite-resident pick</p> 	<p>Bittersweet Chocolate With Almonds Day 7</p> <p>9:30-10:30 Errands/Bank-LB 10:00 Koffee Klatch & Chat-2D 11:00 Lunch Bunch-LB 1:00 Banana Splits-B 2:00 Meditation-2D 3:00 Wheel of Fortune Wii-2L 4:45 FoodTruck @Carmichael Park-LB 6:00 Creative Coloring-2D</p> 	<p>Cook Something Bold Day 8</p> <p>10:00 Shopping @ Walmart-LB  1:00 MEN'S GROUP (2D) 2:00 Trivial Trivia-2L 3:00 HAPPY HOUR-B 6:00 Night Cap Movie-2L</p>	<p>10:00 Trip to Library & 99 Cent Store-LB 1:00 Wii Games-2L 1:30 30-minute Exercise-2D 2:30 - 4:00 BINGO-2D 6:00 Creative Coloring-2D</p>
<p>Forget-Me-Not Day 10</p> <p>10:00 Football Sunday ALL Day-LR 10:00 Ride to Church-LB 10:00 Biblical Exploration-2L 2:00 Coffee, Cocoa & Cider Social-2D 6:00 Popcorn & Movie (2L) 9AM-2PM Farmers Market @CP</p>	<p>In Honor of Our Veterans 11</p>  <p>9:30 DR. Appt Earliest Depart Time 11:00 DR. Appt Last Depart Time 1:30 30Minute Flex & Stretch-2L 2:30 Brain Gain: Jeopardy Wii-2L 2:30 Drumming with David-B 5:00 Mingle Monday Football-LR 6:00 Ladies Group-2D</p>	<p>Chicken Soup for the Soul 12</p> <p>9:30 Morning Walk-LB 10:30 Arts & Craft-2D 1:30 BINGO STORE Shopping-B 2:30 - 4:00 Bingo-2D 3:00 Name That Tune-2L 6:00 Exploring Life: Memories into Memoirs -2D 6:00 NetFlix Historical Documentary-2L</p>	<p>World Kindness Day 13</p> <p>Doctor Appointment: 9:30 Earliest Depart Time 11:00 Last Appt Depart Time 1:30 30min Movin'&Groovin'-2L 2:30 Resident Chat & Chew-B 6:00 UNO of Fun-2D 6:00 Movie Nite-resident pick-2L</p>	<p>World Diabetes Day 14</p> <p>9:30-10:30 Errands/Bank-LB 11:00 Lunch Bunch-LB 1:00 Birthday Celebration-B 2:00 Meditation-2D 3:00 Wii Wheel of Fortune-2L 6:00 Creative Coloring-2D</p> 	<p>America Recycles Day 15</p>  <p>10:00 Shopping @ Safeway & Rite-Aid or Bel-Air & Dollar Store-LB 2:00 Trivial Trivia-2L 3:00 HAPPY HOUR-B 6:00 Night Cap Movie-2L</p>	<p>National Fast Food Day 16</p> <p>10:00 Shopping @ WinCo-LB 1:00 Wii Games-2L 1:30 30-minute Exercise-2D 2:30 - 4:00 BINGO-2D 6:00 Creative Coloring-2D</p>
<p>Homemade Bread Day 17</p> <p>10:00 Football Sunday ALL Day-LR 10:00 Ride to Church-LB 10:00 Biblical Exploration-2L 2:00 Coffee, Cocoa & Cider Social-2D 6:00 Popcorn & Movie (2L) 9AM-2PM Farmers Market @CP</p>	<p>18</p> <p>Doctor Appointment: 9:30 Earliest Depart Time 11:00 Last Depart Time 1:30 30-Minute Flex & Stretch-2L 2:30 Brain Gain: Jeopardy Wii-2L 2:30 Drumming with David-B 5:00 Mingle Monday Football-LR 6:00 Ladies Group-2D</p>	<p>19</p> <p>9:00-9:30 Blood Pressure Check-LR 9:30 Morning Walk with Mai-LB 10:15 Shopping @ Walmart-LB 2:30 - 4:00 Bingo-2D 3:00 Name That Movie-2L 6:00 Exploring Life: Memories into Memoirs -2D 6:00 NetFlix Historical Documentary-2L</p>	<p>Beautiful Day 20</p> <p>Doctor Appointment: 9:30 Earliest Depart Time 11:00 Last Appt Depart Time 1:30 30Min Movin'&Groovin'-2L 4:00-6:00 THANKSGIVING DINNER 6:00 UNO of Fun-2D 6:00 Movie Nite-resident pick-2L</p>	<p>National Adoption Day 21</p> <p>8:50-2:00 Red Hawk Casino-LB 9:30-10:30 Errands/Bank-LB 11:00 Lunch Bunch-LB 1:00 Ice Cream Sundae & Italian Soda with Right @ Home-B 2:00 Meditation-2D 3:00 Wheel of Fortune Wii-2L 6:00 Creative Coloring-2D</p> 	<p>Go for a Ride Day 22</p> <p>10:00 Shopping @ Walmart-LB  1:00 MEN'S GROUP (2D) 2:00 Trivial Trivia-2L 3:00 HAPPY HOUR-B 6:00 Night Cap Movie-2L</p>	<p>10:00 Trip to Library or Grocery Outlet-LB 1:00 Wii Games-2L 1:30 30-minute Exercise-2D 2:30 - 4:00 BINGO-2D 6:00 Creative Coloring-2D</p>
<p>24</p> <p>10:00 Football Sunday ALL Day-LR 10:00 Ride to Church-LB 10:00 Biblical Exploration-2L 2:00 Coffee, Cocoa & Cider Social-2D 6:00 Popcorn & Movie (2L) 9AM-2PM Farmers Market @CP</p>	<p>National Parfait Day 25</p> <p>Doctor Appointment: 9:30 Earliest Depart Time 11:00 Last Depart Time 1:30 30Minute Flex & Stretch-2L 2:30 Brain Gain: Jeopardy Wii-2L 2:30 Drumming with David-B 5:00 Mingle Monday Football-LR 6:00 Ladies Group-2D</p>	<p>26</p> <p>9:30 Morning Walk with Mai-LB 10:30 Home Recipes & Puzzles-2D 1:30 BINGO STORE Shopping-B 2:30 - 4:00 Bingo-2D 3:00 Name That Tune-2L 6:00 Exploring Life: Memories into Memoirs -2D 6:00 NetFlix Historical Documentary-2L</p>	<p>Pins and Needles Day 27</p> <p>Doctor Appointment: 9:30 Earliest Depart Time 11:00 Last Appt Depart Time 2:30 Chat & Chew-B 6:00 UNO of Fun-2D 6:00 Movie Nite-resident pick-2L</p>	<p>28</p> <p><i>Happy Thanksgiving</i></p> <p>2:00 Meditation-2D 3:00 Wii Wheel of Fortune-2L 6:00 Creative Coloring-2D</p>	<p>Advent Begins 29</p> <p>10:00 Shopping @ Safeway & Rite-Aid or Bel-Air & Dollar Store-LB 2:00 Trivial Trivia-2L 3:00 HAPPY HOUR-B 6:00 Night Movie-2L 6:00 Game Night~Checker, Bunco, or Your Pick-2D</p>	<p>10:00 Shopping @ Ross & Save Mart Supermarket-LB 1:30 CHRISTMAS TREE DECORATING-LB 2:30 - 4:00 BINGO-2D 6:00 Creative Coloring-2D</p>