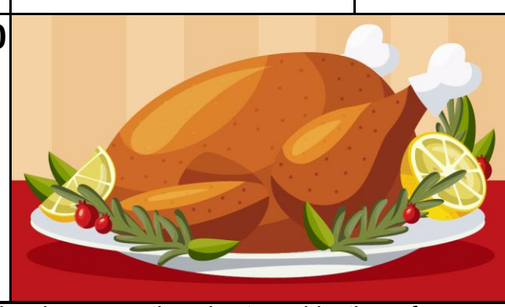
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour **2:00 Entertainment w/ VinBmusic - MJ** 3:30 Afternoon Social & Music 4:00 Moving with IN2L 4:30 Classic Movies IN2L Daylight Saving Time Ends	**2** 10:00 1-1's w/ Mia 11:00 Games Show 11:30 TV Time 1:00 Seated Yoga **2:00 *Monday Matinee Movie Whale Rider*** 4:00 Get Moving w/ Exercise 4:30 Trivia Group 6:00 Game Shows	**3** 10:00 1-1's w/ Mia 11:00 Game Show 11:30 TV Time 1:00 Seated Tai Chi **2:00 *Entertainment 3rd Fl Vintage Entertainment*** 3:00 Crackers & Cheese Social 3:30 Afternoon Exercise 4:00 World Destination 6:00 Activities w/ Collin	**4** 10:00 1-1's w/ Mia 11:00 Games Show 11:30 TV Time 1:00 Ring Toss 1:30 Baking w/ Friends - MJ 2:30 Trivia w/ Marilyn & Friends-MJ 3:00 Afternoon Social 3:30 Get Moving w/ Exercise 4:00 Reading Circle w/ Mia 4:30 Catholic Service 2nd Fl Aud	**5** 10:00 1-1's w/ Mia 11:00 Game Show 11:30 TV Time 1:00 Majestic Waterfalls ***2:00 Sing Along w/ Kibler - MJ*** 3:00 Afternoon Social 3:30 Afternoon Exercise 4:00 National Geographic 6:00 Game Time w/ Collin	**6** 10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Simply Seated w/ Curtis A **2:00 Sing Along Peter Francis** 3:00 Friday Social 3:30 Ball Toss 4:00 Mia Trivia Group 6:00 Lifetime	**7** 10:00 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:00 Travel Tour IN2L **2:00 Entertainment w/ Bob Clark** 3:00 Afternoon Social 4:00 Basket Ball Hoops 4:30 IN2L Music
8 10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Moving with IN2L 4:30 Classic Movies IN2L Diwali (Hindi)	**9** 10:00 1-1's w/ Mia 11:00 Games Show 11:30 TV Time 1:00 Seated Yoga **2:00 *Monday Matinee Movie Beaches*** 4:00 Get Moving w/ Exercise 4:30 Trivia Group 6:00 Game Shows	**10** 10:00 1-1's w/ Mia 11:00 Games Show 11:30 TV Time 1:00 Seated Tai Chi **2:00 *Entertainment 3rd Fl David & Paula – Cedar Place*** 3:00 Crackers & Cheese Social 3:30 Afternoon Exercise 4:00 World Destination 6:00 Activities w/ Collin	**11** 10:00 1-1's w/ Mia 11:00 Games Show 11:30 TV Time 1:00 Ring Toss 1:30 Baking w/ Friends - MJ 2:30 Trivia w/ Marilyn & Friends-MJ 3:00 Afternoon Social 3:30 Get Moving w/ Exercise 4:00 Reading Circle w/ Mia 4:30 Catholic Service 2nd Fl Aud Veterans Day Remembrance Day (Canada)	**12** 10:00 1-1's w/ Mia 11:00 Game Show 11:30 TV Time 1:00 Ambient Waterfalls ***2:00 Sing Along w/ Mary - MJ*** 3:00 Afternoon Social 3:30 Afternoon Exercise 4:00 National Geographic 6:00 Game Time w/ Collin	**13** 10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Simply Seated w/ Curtis A **1:45 Centers w/ Marilyn & Friends** 3:00 Friday Social 3:30 Ball Toss 4:00 Mia Trivia Group 6:00 Lifetime	**14** 10:00 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:00 Travel Tour IN2L **2:00 UnMute Concert** 3:00 Afternoon Social 4:00 Basket Ball Hoops 4:30 IN2L Music
15 10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour **2:00 Entertainment w/ VinBmusic - MJ** 3:30 Afternoon Social & Music 4:00 Moving with IN2L 4:30 Classic Movies IN2L	**16** 10:00 1-1's w/ Mia 11:00 Games Show 11:30 TV Time 1:00 Seated Yoga **2:00 *Monday Matinee Movie Irma La Douce*** 4:00 Get Moving w/ Exercise 4:30 Trivia Group 6:00 Game Shows	**17** 10:00 1-1's w/ Mia 11:00 Games Show 11:30 TV Time 1:00 Seated Tai Chi **2:00 *Entertainment 3rd FL Steve Flynn – Cedar Place*** 3:00 Crackers & Cheese Social 3:30 Afternoon Exercise 4:00 World Destination 6:00 Activities w/ Collin	**18** 10:00 1-1's w/ Mia 11:00 Games Show 11:30 TV Time 1:00 Ring Toss 1:30 Baking w/ Friends - MJ 2:30 Trivia w/ Marilyn & Friends-MJ 3:00 Afternoon Social 3:30 Get Moving w/ Exercise 4:00 Reading Circle w/ Mia 4:30 Catholic Service 2nd Fl Aud	**19** 10:00 1-1's w/ Mia 11:00 Game Show 11:30 TV Time **1:00 Resident Council** ***2:00 Sing Along w/ Kibler - MJ*** 3:00 Afternoon Social 3:30 Afternoon Exercise 4:00 National Geographic 6:00 Game Time w/ Collin	**20** 10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Simply Seated w/ Curtis A **2:00 Seated *Travel Tour*** 3:00 Friday Social 3:30 Ball Toss 4:00 Mia Trivia Group 6:00 Lifetime	**21** 10:00 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:00 Travel Tour IN2L **1:30 Entertainment w/ Bob Clark** 3:00 Afternoon Social 4:00 Basket Ball Hoops 4:30 IN2L Music
22 10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Moving with IN2L 4:30 Classic Movies IN2L	**23** 10:00 1-1's w/ Mia 11:00 Games Show 11:30 TV Time 1:00 Seated Yoga **2:00 *Monday Matinee Movie In Her Shoes*** 4:00 Get Moving w/ Exercise 4:30 Trivia Group 6:00 Game Shows	**24** 10:00 1-1's w/ Mia 11:00 Games Show 11:30 TV Time 1:00 Seated Tai Chi **2:00 Bingo w/ Noemi** 3:00 Afternoon Snack 3:30 Afternoon Exercise 4:00 World Destination 6:00 Activities w/ Collin	**25** 10:00 1-1's w/ Mia 11:00 Games Show 11:30 TV Time 1:00 Ring Toss 1:30 Baking w/ Friends - MJ 2:30 Trivia w/ Marilyn & Friends-MJ 3:00 Afternoon Social 3:30 Get Moving w/ Exercise 4:00 Reading Circle w/ Mia 4:30 Catholic Service 2nd Fl Aud	**26** 10:00 Macy's Thanksgiving Day Parade 10:30 Turkey Trott 11:00 History of Thanksgiving 11:30 Thanksgiving Trivia 1:00 The Evolution of Stuffing **2:00 Holiday Movie Planes, Trains & Automobiles** 4:30 Music on IN2L 6:00 Game Time w/ Collin Thanksgiving Day (U.S)	**27** 10:00 1-1's w/ Mia 11:00 Puzzle & Games 11:30 TV Time 1:00 Simply Seated w/ Curtis A ***2:00 Entertainment – 5th FL w/ DJ Randy - MJ*** 3:00 Friday Social 3:30 Ball Toss 4:00 Mia's Trivia Group 6:00 Lifetime	**28** 10:00 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:00 Travel Tour IN2L 2:00 It's Show Time 3:00 Afternoon Social 4:00 Basket Ball Hoops 4:30 IN2L Music
29 10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Moving with IN2L 4:30 Classic Movies IN2L	**30** 10:00 1-1's w/ Mia 11:00 Games Show 11:30 TV Time 1:00 Seated Yoga **2:00 *Monday Matinee Movie Carousel*** 4:00 Get Moving w/ Exercise 4:30 Trivia Group 6:00 Game Shows					

Residences at Vantage Point – Please note that activities can be change anytime due to resident's preferences

All weekend activities are on Monterey Place MJ=Monterey Place – 5th Fl unless noted