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 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Comedy Time **2:00 Monday Matinee** **E.T. The Extra Terrestrail** 4:00 Simply Seated with Curtis Adams 6:00 Game Shows	**3** 10:00 Grooving with IN2L 10:30 Sit & Be Fit 11:00 Daily Readings/Short Stories 11:30 Finish the Phrase 1:00 Travel Tour on IN2L ***2:00 Entertainment 3rd FL w/ Vintage Entertainment*** 3:00 Snack & Chat 3:30 Get moving w/ Ball Toss 4:30 TV Time 6:00 Resident/Staff Choice	**4** 10:00 Karaoke – Sing Along 10:30 Armchair Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Music on IN2L 1:30 Baking w/ Friends 2:30 Trivia w/ Marilyn 3:00 Afternoon Social 3:30 Shake Rattle & Roll 4:30 Catholic Service 2nd Fl	**5** 10:00 Show Time Tunes 10:30 Exercise w/ Noemi 11:00 Daily Readings 11:30 Finish the Phrase 1:00 Travel Tour on IN2L **2:00 Sing Along w/ Bob Kibler** 3:00 Afternoon Social 3:30 National Geographic 4:30 Ball Time 6:00 Resident/Staff Choice	**6** 10:00 Pump, Pump, Pump It Up 10:30 Pool Noddle Exercises 11:00 Daily Readings 11:30 Brain Fitness 1:00 Moving with IN2L ***2:00 Sing Along w/ Peter Francis*** 3:00 Friday Social 3:30 Painting w/ Bob Ross 4:30 How TOOO 6:00 Game Shows	**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 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Comedy Time **2:00 Monday Matinee** **Top Gun** 4:00 Simply Seated with Curtis Adams 6:00 Game Shows	**10** 10:00 Grooving with IN2L 10:30 Sit & Be Fit 11:00 Daily Readings/Short Stories 11:30 Finish the Phrase 1:00 Travel Tour on IN2L ***2:00 Entertainment 3rd FL w/ David & Paula – Cedar Place*** 3:00 Snack & Chat 3:30 Get moving w/ Ball Toss 4:30 TV Time 6:00 Resident/Staff Choice	**11** 10:00 Karaoke – Sing Along 10:30 Armchair Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Music on IN2L 1:30 Baking w/ Friends 2:30 Trivia w/ Marilyn 3:00 Afternoon Social 3:30 Shake Rattle & Roll 4:30 Catholic Service 2nd Fl Veterans Day Remembrance Day (Canada)	**12** 10:00 Show Time Tunes 10:30 Exercise w/ Noemi 11:00 Daily Readings 11:30 Finish the Phrase 1:00 Travel Tour on IN2L **2:00 Piano Sing Along w/ Mary** 3:00 Afternoon Social 3:30 National Geographic 4:30 Ball Time 6:00 Resident/Staff Choice	**13** 10:00 Pump, Pump, Pump It Up 10:30 Pool Noddle Exercises 11:00 Daily Readings 11:30 Brain Fitness 1:00 Moving with IN2L ***1:45 Centers w/ Marilyn & Friends*** 3:00 Friday Social 3:30 Painting w/ Bob Ross 4:30 How TOOO 6:00 Game Shows	**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 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Comedy Time **2:00 Monday Matinee** **Irma LaDouce** 4:00 Simply Seated with Curtis Adams 6:00 Game Shows	**17** 10:00 Grooving with IN2L 10:30 Sit & Be Fit 11:00 Daily Readings/ Short Stories 11:30 Finish the Phrase 1:00 Travel Tour on IN2L ***2:00 Entertainment 3rd FL w/ Steve Flynn – Cedar Place*** 3:00 Crackers & Cheese Social 3:30 Get moving w/ Ball Toss 4:30 TV Time 6:00 Resident/Staff Choice	**18** 10:00 Karaoke – Sing Along 10:30 Armchair Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Music on IN2L 1:30 Baking w/ Friends 2:30 Trivia w/ Marilyn 3:00 Afternoon Social 3:30 Shake Rattle & Roll 4:30 Catholic Service 2nd Fl	**19** 10:00 Show Time Tunes 10:30 Exercise w/ Noemi 11:00 Daily Readings 11:30 Finish the Phrase 1:00 Travel Tour on IN2L **2:00 Sing Along w/ Bob Kibler** 3:00 Afternoon Social 3:30 National Geographic 4:30 Ball Time 6:00 Resident/Staff Choice	**20** 10:00 Pump, Pump, Pump It Up 10:30 Pool Noddle Exercises 11:00 Daily Readings 11:30 Brain Fitness 1:00 Moving with IN2L ***2:00 Travel Tour*** 3:00 Friday Social 3:30 Painting w/ Bob Ross 4:30 How TOOO 6:00 Game Shows	**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 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Comedy Time **2:00 Monday Matinee** **Beaches** 4:00 Simply Seated with Curtis Adams 6:00 Game Shows	**24** 10:00 Grooving with IN2L 10:30 Sit & Be Fit 11:00 Daily Readings/Short Stories 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 It's Time for Bingo w/ Noemi 3:00 Snack & Chat 3:30 Get moving w/ Ball Toss 4:30 TV Time 6:00 Resident/Staff Choice	**25** 10:00 Karaoke – Sing Along 10:30 Armchair Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Music on IN2L 1:30 Baking w/ Friends 2:30 Trivia w/ Marilyn 3:00 Afternoon Social 3:30 Shake Rattle & Roll 4:30 Catholic Service 2nd Fl	**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 Resident/Staff Choice Thanksgiving Day (U.S)	**27** 10:00 Pump, Pump, Pump It Up 10:30 Pool Noddle Exercises 11:00 Daily Readings 11:30 Brain Fitness 1:00 Moving with IN2L **2:00 Get Moving with Positive Music by DJ Randy** 3:00 Friday Social 3:30 Painting w/ Bob Ross 4:30 How TOOO 6:00 Game Shows	**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 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Comedy Time **2:00 Monday Matinee** **In Her Shoes** 4:00 Simply Seated with Curtis Adams 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