


# NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>LOCATION</b> Activity Room (AR) Centerview 3rd Floor Lounge (C3FL) Centerview Lounge (CL) Dining Room (DR) Fitness Center (FC) Garden Cafe (GC) Learning Center (LC) Library (L) Northridge 2nd FL lounge (N2FL) Pool (P) Prayer Garden (PG) Private Dining Room (PDR) Putting Green/Dog Park (PGDP)	<b>ACTIVITY LEGEND</b> ♥ Heart ▲ Body ● Mind † Spirit	<b>* For Any activity followed by an asterisk(*), please sign up at the concierge desk!</b>		8:00am ▲ Sunrise Strolls (PG) 1 9:00am Senior Fit (AR) 9:00am Post Office 9:30am Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 12:00pm Activity Chat (AR) 12:30pm LCR (GC) 1:00pm ▲ Supervised Gym (FC) 2:00pm Dancing Divas & Dudes (AR) 3:00pm ♥ Ice Cream Social! * (GC) 6:00pm Bridge (AR)	9:00am Axe Throwing & Horse Shoes! (AR) 2 10:00am ♥ Outing: McCormick-Stillman Railroad Park*\$ 10:30am Bingo (AR) 12:00pm Rummikub (AR) 1:30pm ♥ Cinema Saturday: Oklahoma! (AR) 2:00pm Colorful Creations with Katy! (L) 3:00pm Cornhole (FC) 6:00pm Game Night (GC)	
	† Speaker- Pastor Leonard Flemming 3:00pm Worship Hour (AR) 3	8:00am ▲ Sunrise Strolls (PG) 4 9:00am Shopping: Fry's 9:00am Senior Fit (AR) 9:30am Stretch & Flex (AR) 11:00am ▲ Bocce (PGDP) 11:30am Chair Yoga with Kelley (AR) 1:00pm Farkle! (CL) 1:30pm Shopping: Fry's 1:30pm ▲ Supervised Gym (FC) 2:00pm † Catholic Communion Service (AR) 2:30pm Rosary (AR) 6:00pm Bingo (AR)	8:00am Election Day* 5 8:00am ▲ Sunrise Strolls (PG) 9:00am ▲ NEW! Tai Chi (FC) 9:30am Lap Quilts (AR) 10:00am ♥ Music & Melodies (DR) 11:00am ▲ Putting Challenge (PGDP) 12:15pm Wii Bowling (AR) 1:00pm ▲ Cardio Conditioning (FC) 1:30pm ● Pick A Prize Bingo (AR) 2:00pm † GriefShare (PDR) 3:00pm † Hope Looks Up Bible Study (AR) 6:00pm Hand & Foot (AR)	7:15am ▲ Leading Age Fitness Challenge 6 8:00am ▲ Sunrise Strolls (PG) 9:00am Senior Fit (AR) 9:45am ▲ NEW! Tai Chi (FC) 10:00am † Bible Study (AR) 11:00am Breaking Bread (AR) 11:00am ▲ Giant Jenga (P) 11:30am Shopping: Fry's 10% Off 1:00pm ♥ Winning Wednesday: Concentration (AR) 1:30pm Bank Run 1:30pm ▲ Supervised Gym (FC) 1:30pm Shopping: Fry's 10% Off 6:00pm Bunco (AR)	♥ Thankful Thursdays! (GC) 7 8:00am ▲ Cornhole (AR) 8:00am ▲ Sunrise Strolls (PG) 9:00am ▲ NEW! Tai Chi (FC) 11:00am ▲ Cornhole Challenge (FC) 11:00am † Working Hands (C3FL) 11:30am ▲ "Move to the Beat" Chair Exercise with Kelley (AR) 1:00pm ▲ Wisdom Wellness (L) 3:00pm ♥ Merlot on the Range* (AR) 6:00pm ♥ Evening Entertainment: Anthony & Valerie (AR)	8:00am ▲ Sunrise Strolls (PG) 8 9:00am Senior Fit (AR) 9:30am Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 12:30pm Food Committee Meeting (AR) 12:30pm LCR (GC) 1:00pm ▲ Supervised Gym (FC) 1:30pm ▲ Shopping: Trader Joe's 2:00pm Dancing Divas & Dudes (AR) 3:00pm ♥ Happy Hour- Spiked Pumpkin Pie Punch* (L) 6:00pm Bridge (AR)	9:00am Axe Throwing & Horse Shoes! (AR) 9 10:30am Bingo (AR) 12:00pm ♥ Outing: Goldfield Ghost Town*\$ 12:00pm Rummikub (AR) 2:00pm Colorful Creations with Katy! (L) 3:00pm Cornhole (FC) 6:00pm Game Night (GC)
	† Speaker- Pastor Mark Buckley 3:00pm Worship Hour (AR) 10	8:00am ▲ Sunrise Strolls (PG) 11 8:00am ▲ Supervised Gym (FC) 9:00am Shopping: Fry's 9:00am Senior Fit (AR) 9:30am Stretch & Flex (AR) 10:00am Blood Pressure Clinic (CL) 11:00am ▲ Bocce (PGDP) 11:30am Chair Yoga with Kelley (AR) 1:00pm ♥ Veterans Day Ceremony (AR) 1:00pm Farkle! (CL) 1:00pm ▲ Fitness Foundations (FC) 1:30pm Shopping: Fry's 1:30pm ▲ Supervised Gym (FC) 2:00pm † Catholic Communion Service (L) 2:30pm † Rosary (L) 6:00pm Bingo (AR)	8:00am ▲ Sunrise Strolls (PG) 12 8:00am ▲ Supervised Gym (FC) 9:00am ▲ NEW! Tai Chi (FC) 9:30am Lap Quilts (AR) 10:00am ♥ Music & Melodies (DR) 10:00am Coffee & Crosswords (GC) 10:00am Mary K Cosmetics (GC) 11:00am ▲ Putting Challenge (PGDP) 12:15pm Wii Bowling (AR) 1:00pm ▲ Cardio Conditioning (FC) 1:30pm ● Pick A Prize Bingo (AR) 1:30pm ▲ Supervised Gym (FC) 2:00pm † GriefShare (PDR) 3:00pm † Hope Looks Up Bible Study (AR) 6:00pm Hand & Foot (AR)	7:30am Men's Breakfast (DR) 13 8:00am ▲ Sunrise Strolls (PG) 8:00am ▲ Supervised Gym (FC) 9:00am Senior Fit (AR) 9:45am ▲ NEW! Tai Chi (FC) 10:00am † Bible Study (AR) 11:00am Breaking Bread (AR) 11:00am ▲ Giant Jenga (P) 1:00pm ▲ Weight Training Basics (FC) 1:00pm ● Winning Wednesday: Wheel of Fortune (AR) 1:30pm Bank Run 1:30pm ▲ Supervised Gym (FC) 1:30pm Shopping: Super Walmart (19th Ave & Bell) (Limit 14) 6:00pm Bunco (AR)	♥ Thankful Thursdays! (GC) 14 8:00am ▲ Cornhole (AR) 8:00am ▲ Sunrise Strolls (PG) 8:00am ▲ Supervised Gym (FC) 9:00am ▲ NEW! Tai Chi (FC) 11:00am ▲ Cornhole Challenge (FC) 11:00am † Working Hands (C3FL) 11:30am ▲ "Move to the Beat" Chair Exercise with Kelley (AR) 1:00pm ▲ Wisdom Wellness (L)	8:00am ▲ Sunrise Strolls (PG) 15 8:00am ▲ Supervised Gym (FC) 9:00am Senior Fit (AR) 9:00am Post Office 9:30am Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 11:00am Birthday Luncheon (invite Only) (AR) 12:30pm LCR (AR) 1:00pm ▲ Supervised Gym (FC) 2:00pm Dancing Divas & Dudes (AR) 3:00pm Caregiver Support Group (L) 3:00pm ♥ Ice Cream Social! * (GC) 6:00pm Bridge (AR)	9:00am Axe Throwing & Horse Shoes! (AR) 16 10:30am Bingo (AR) 12:00pm Rummikub (AR) 1:30pm ♥ Cinema Saturday: Spirit (AR) 2:00pm Colorful Creations with Katy! (L) 3:00pm Cornhole (FC) 6:00pm Game Night (GC)

# NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>† Speaker- Chaplin 17 Tom Haney 3:00pm Worship Hour (AR)</p>	<p>8:00am 🏞 Sunrise Strolls 18 (PG) 8:00am 🏞 Supervised Gym (FC) 9:00am Shopping: Fry's 9:00am Senior Fit (AR) 9:30am ❤️ Outing: Heard Museum*\$ 9:30am Stretch &amp; Flex (AR) 11:00am 🏞 Bocce (PGDP) 11:30am Chair Yoga with Kelley (AR) 1:00pm Farkle! (CL) 1:00pm 🏞 Fitness Foundations (FC) 1:30pm Shopping: Fry's 1:30pm 🏞 Supervised Gym (FC) 2:00pm † Catholic Communion Service (AR) 2:30pm Rosary (AR) 3:00pm Book Club Meeting (L) 6:00pm Bingo (AR)</p>	<p>8:00am 🏞 Sunrise Strolls 19 (PG) 8:00am 🏞 Supervised Gym (FC) 9:00am 🏞 NEW! Tai Chi (FC) 9:30am Lap Quilts (AR) 10:00am ❤️ Music &amp; Melodies (DR) 11:00am 🏞 Putting Challenge (PGDP) 11:30am Avon (GC) 12:15pm Wii Bowling (AR) 1:00pm 🏞 Cardio Conditioning (FC) 1:00pm Mending and Sewing Repair (Drop Off) (LC) 1:30pm 🎲 Pick A Prize Bingo (AR) 1:30pm 🏞 Supervised Gym (FC) 2:00pm † GriefShare (PDR) 3:00pm † Hope Looks Up Bible Study (AR) 6:00pm Hand &amp; Foot (AR)</p>	<p>8:00am 🏞 Sunrise Strolls 20 (PG) 8:00am 🏞 Supervised Gym (FC) 9:00am Senior Fit (AR) 9:45am 🏞 NEW! Tai Chi (FC) 10:00am † Bible Study (AR) 11:00am Breaking Bread (AR) 11:00am 🏞 Giant Jenga (P) 11:00am Cholla Library (Metrocenter) 1:00pm 🏞 Weight Training Basics (FC) 1:00pm 🎲 Winning Wednesday: Horse Races (AR) 1:30pm Bank Run 1:30pm 🏞 Supervised Gym (FC) 2:30pm 🏞 Low Vision Group (N2FL) 6:00pm Bunco (AR)</p>	<p>❤️ Thankful 21 Thursdays! (GC) 8:00am 🏞 Cornhole (AR) 8:00am 🏞 Sunrise Strolls (PG) 8:00am 🏞 Supervised Gym (FC) 9:00am 🏞 NEW! Tai Chi (FC) 10:00am Walker and Scooter Repair* 10:00am Vet to Vet (AR) 11:00am 🏞 Cornhole Challenge (FC) 11:00am † Working Hands (C3FL) 11:30am ❤️ New Resident's Luncheon (DR) 11:30am 🏞 "Move to the Beat" Chair Exercise with Kelley (AR) 1:00pm 🏞 Wisdom Wellness (L) 6:00pm ❤️ Evening Entertainment: Ellen Davis (AR)</p>	<p>8:00am 🏞 Sunrise Strolls 22 (PG) 8:00am 🏞 Supervised Gym (FC) 9:00am Senior Fit (AR) 9:30am Balance &amp; Mobility (AR) 10:00am ❤️ Thanksgiving Craft* (AR) 10:00am Shopping: Safeway, Walgreens or CVS 12:30pm LCR (AR) 1:00pm 🏞 Supervised Gym (FC) 2:00pm ❤️ Happy Hour Hoedown* (AR) 6:00pm Bridge (AR)</p>	<p>9:00am Axe Throwing &amp; Horse Shoes! (AR) 23 9:00am Gingerbread Boutique (L) 10:30am Bingo (AR) 12:00pm Rummikub (AR) 2:00pm Colorful Creations with Katy! (L) 3:00pm Cornhole (FC) 6:00pm Game Night (GC)</p>
<p>† Speaker- Pastor 24 Bud Downs 3:00pm Worship Hour (AR)</p>	<p>7:00am ❤️ Outing: Boynton Canyon Trolley Tour*\$ 25 8:00am 🏞 Sunrise Strolls (PG) 8:00am 🏞 Supervised Gym (FC) 9:00am Shopping: Fry's 9:00am Senior Fit (AR) 9:30am Stretch &amp; Flex (AR) 11:00am 🏞 Bocce (PGDP) 11:30am Chair Yoga with Kelley (AR) 1:00pm Farkle! (CL) 1:00pm 🏞 Fitness Foundations (FC) 1:30pm Shopping: Fry's 1:30pm 🏞 Supervised Gym (FC) 2:00pm † Catholic Communion Service (AR) 2:30pm Rosary (AR) 6:00pm Bingo (AR)</p>	<p>8:00am 🏞 Sunrise Strolls 26 (PG) 8:00am 🏞 Supervised Gym (FC) 9:00am 🏞 NEW! Tai Chi (FC) 9:30am Lap Quilts (AR) 9:30am Paparazzi Jewelry Everything \$5 (GC) 10:00am ❤️ Music &amp; Melodies (DR) 10:00am Coffee &amp; Crosswords (GC) 11:00am 🏞 Putting Challenge (PGDP) 12:15pm Wii Bowling (AR) 1:00pm 🏞 Cardio Conditioning (FC) 1:00pm Mending and Sewing Repair (Pick-Up) (LC) 1:30pm 🎲 Pick A Prize Bingo (AR) 1:30pm 🏞 Supervised Gym (FC) 2:00pm † GriefShare (PDR) 6:00pm Hand &amp; Foot (AR)</p>	<p>8:00am 🏞 Sunrise Strolls 27 (PG) 8:00am 🏞 Supervised Gym (FC) 9:00am Senior Fit (AR) 9:45am 🏞 NEW! Tai Chi (FC) 10:00am † Thanksgiving Service (AR) 11:00am Breaking Bread (AR) 11:00am 🏞 Giant Jenga (P) 12:30pm ❤️ Scenes &amp; Sarsaparilla with Sarah* (AR) 1:00pm 🏞 Weight Training Basics (FC) 1:30pm Bank Run 1:30pm 🏞 Supervised Gym (FC) 1:30pm Shopping: Super Walmart (19th Ave &amp; Bell) (Limit 14) 2:30pm Wine Down Wednesday!* (AR) 6:00pm Bunco (AR)</p>	<p>Campus Closed, Happy Thanksgiving! 28</p>	<p>8:00am 🏞 Sunrise Strolls 29 (PG) 8:00am 🏞 Supervised Gym (FC) 9:00am Senior Fit (AR) 9:30am Balance &amp; Mobility (AR) 10:00am 🏞 Chair Volleyball (AR) 10:00am Shopping: Safeway, Walgreens or CVS 12:30pm LCR (GC) 1:00pm 🏞 Supervised Gym (FC) 6:00pm Bridge (AR)</p>	<p>9:00am Axe Throwing &amp; Horse Shoes! (AR) 30 10:30am Bingo (AR) 12:00pm Rummikub (AR) 1:30pm ❤️ Cinema Saturday: Johnny Guitar (AR) 2:00pm Colorful Creations with Katy! (L) 3:00pm Cornhole (FC) 6:00pm Game Night (GC)</p>