



Happy Thanksgiving



NOVEMBER 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- Meeting Places
- FC** Fitness Center
 - FH** Fellowship Hall
 - Ch1982** Channel 1982
 - Ch22** Channel 22
 - 2CR** 2nd Floor Community Room
 - IYP** In Your Apartment
 - WL4** 4th Fl Willows Lounge
 - FC1982** Fitness Center/Ch1982
 - AS** Art Studio
 - TC** Town Center
 - GLCR** Garden Level Community Room
 - BR** Billiards Room
 - 1CR** 1st Floor Community Room
 - WL3** 3rd Fl Willows Lounge
 - OUT** Outing
 - PC** The Pines Cafe
 - PR** Primrose Living Room
 - ADS** Adult Day (Harvard Club)
 - HL** Highline

Meeting Places	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01	02	03	04
				9:00 Tech Support 9:30 Men's Bible Study 9:30 General Exercise with Carolina 10:00 Group Dance with Carolina 10:40 Healthy Back with Carolina 11:30 Beginner Spanish Language Class 3:00 Dramatic Script Reading with Jan: Thanksgiving Readings (Fitness Center) 3:00 Clermont Singers Rehearsal 6:30 Mid-Week Music: Singin' in the Rain (1952 Film)	10:00 Fitness with Lisa (10a & 10:30a) 11:00 CLC Leadership/Resident Chat 1:00 Coloring & Conversation Group 1:00 Wii Bowling 2:30 Virtual Lecture: The Israel-Hamas war — and what it means for the world	9:30 General Exercise with Carolina 10:00 Cardio with Carolina 10:40 Tai Chi/ Balance with Carolina 1:00 "Eye Spy" Low Vision Support Group 3:00 Friday Chapel: Dave Deritter (followed by meet & greet with Calvin University President Wiebe Boer) 6:30 Reel Fans Movie: The Help	9:30 Clermont Walking Group 2:00 Virtual Fitness (Seated) 2:30 Virtual Fitness (Standing) 3:00 TED Talk: A Cleaner World Could Start in a Rice Field 3:00 Watch Together: The Chosen
	05	06	07	08	09	10	11
	9:45 Sunday Worship with Cheryl 10:45 Fellowship/Coffee after Church 4:00 Clermont Singers Rehearsal	9:30 General Exercise with Carolina 9:45 Catholic Mass 10:00 Crazy Stitch Alterations with Karol 10:00 Women's Bible Study 10:00 Cardio with Carolina 10:40 Healthy Back with Carolina 1:00 Knitting for a Kause 2:00 Learn Sign Language with Karol 2:00 Seniors 88 Chorus in Concert 6:30 Bingo!	9:00 Men's Fellowship 9:00 Sharing Silence: Prayer/Med Group 10:00 Building & Grounds Resident Committee 10:00 Cranium Crunches 10:00 Fitness with Lisa (10a & 10:30a) 11:00 Outing: Lunch & Shopping in Downtown Littleton 11:30 Denver Public Library Bookmobile 12:45 Art Class With Julie 1:00 Wii Bowling	9:00 Trinkets and Treasures 9:00 Tech Support 9:30 Men's Bible Study 9:30 General Exercise with Carolina 10:00 Group Dance with Carolina 10:15 Active Minds Poetry 10:40 Healthy Back with Carolina 11:30 Beginner Spanish Language Class	10:00 Fitness with Lisa (10a & 10:30a) 1:00 Coloring & Conversation Group 1:00 Wii Bowling 3:00 Active Minds: Veterans Day	9:30 General Exercise with Carolina 10:00 Cardio with Carolina 10:40 Tai Chi/ Balance with Carolina 1:30 Superfoods Presentation 3:00 Hymn Sing with Special Guest Jim Kok 6:30 Reel Fans Movie	Veterans Day 9:30 Clermont Walking Group 2:00 Virtual Fitness (Seated) 2:30 Virtual Fitness (Standing) 3:00 Watch Together: The Chosen 3:00 Veterans Day Tribute 3:00 TED Talk
	12	13	14	15	16	17	18
	9:45 Sunday Worship with Brian 10:45 Fellowship/Coffee after Church 4:00 Clermont Singers Rehearsal	9:30 General Exercise with Carolina 10:00 CP Women's Group 10:00 Cardio with Carolina 10:40 Healthy Back with Carolina 1:30 Imagination Lab 3:00 Game Time: Trivial Pursuit	9:00 Sharing Silence: Prayer/Med Group 10:00 Cranium Crunches 10:00 Fitness with Lisa (10a & 10:30a) 11:00 Outing: Lunch at Lariat Lodge 12:45 Art Class With Julie 1:00 Wii Bowling 2:00 Aging on Your Own Terms Presentation #1: Beverly on Maintaining Independence in Aspens/Willows	9:00 Tech Support 9:30 Men's Bible Study 9:30 General Exercise with Carolina 10:00 Group Dance with Carolina 10:40 Healthy Back with Carolina 11:30 Beginner Spanish Language Class 1:00 Natural Grocers Presentation: The War on Salt 1:00 Remembrance Circle for Laura Davies 3:00 Listening & Learning with Don	10:00 Fitness with Lisa (10a & 10:30a) 1:00 Coloring & Conversation Group 1:00 Dumb Friends League in Adult Day 1:00 Wii Bowling 2:30 Virtual Lecture: The Rise & Decline of the American Presidency	9:30 General Exercise with Carolina 10:00 Cardio with Carolina 10:40 Tai Chi/ Balance with Carolina 1:30 Life Enrichment Calendar Planning 3:00 Friday Chapel: Karen 3:00 HS Happy Hour with the Denver Uke Jammers 6:30 Reel Fans Movie	9:30 Clermont Walking Group 2:00 Virtual Fitness (Seated) 2:30 Virtual Fitness (Standing) 3:00 Watch Together: The Chosen 3:00 TED Talk
	19	20	21	22	23	24	25
	9:45 Sunday Worship with Cindy 10:45 Fellowship/Coffee after Church 4:00 Clermont Singers Rehearsal	9:30 General Exercise with Carolina 10:00 Crazy Stitch Alterations with Karol 10:00 Women's Bible Study 10:00 Cardio with Carolina 10:40 Healthy Back with Carolina 1:00 Knitting for a Kause 1:00 Pet Committee 2:00 Learn Sign Language with Karol 3:00 Birthday Party 6:30 Bingo!	9:00 Men's Fellowship 9:00 Sharing Silence: Prayer/Med Group 10:00 Cranium Crunches 10:00 Fitness with Lisa (10a & 10:30a) 11:30 Denver Public Library Bookmobile 12:45 Art Class With Julie 1:00 Let's Talk Food! 1:00 Wii Bowling 2:00 CP Chili Cook Off 6:30 Book Talk	9:00 Tech Support 9:30 Men's Bible Study 9:30 General Exercise with Carolina 10:00 Presentation: Col. Scott Hoffman on His Military Service 10:00 Group Dance with Carolina 10:40 Healthy Back with Carolina 11:30 Beginner Spanish Language Class 1:00 Wellness Talk with Trina: Our Drinking Habit(s)	Thanksgiving Day 10:00 Fitness with Lisa (10a & 10:30a) 1:00 Wii Bowling	9:30 General Exercise with Carolina 10:00 Cardio with Carolina 10:40 Tai Chi/ Balance with Carolina 1:30 "Come Again" Low Hearing Group 3:00 Hymn Sing 6:30 Reel Fans Movie	9:30 Clermont Walking Group 10:30 Music with Lamont 2:00 Virtual Fitness (Seated) 2:30 Virtual Fitness (Standing) 3:00 Watch Together: The Chosen 3:00 TED Talk
	26	27	28	29	30		
	9:45 Sunday Worship with Kendall 10:45 Fellowship/Coffee after Church 4:00 Clermont Singers Rehearsal	9:30 General Exercise with Carolina 10:00 CP Women's Group 10:00 Cardio with Carolina 10:40 Healthy Back with Carolina 2:00 Autumn Art Gallery Opening w/ Musical Guest	9:00 Sharing Silence: Prayer/Med Group 10:00 Cranium Crunches 10:00 Fitness with Lisa (10a & 10:30a) 12:45 Art Class With Julie 1:00 Wii Bowling 2:00 Nature's Educators Presentation: Super Snakes	9:00 Tech Support 9:30 Men's Bible Study 9:30 General Exercise with Carolina 10:00 Group Dance with Carolina 10:40 Healthy Back with Carolina 11:30 Beginner Spanish Language Class 2:30 Presentation: CenExel Doctor on Alzheimer's Disease	9:30 Episcopal Eucharist Service 10:00 Fitness with Lisa (10a & 10:30a) 1:00 Coloring & Conversation Group 1:00 Wii Bowling 3:00 Active Minds: Tibet		