

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Did you change your clocks?! 9:30-11:30 Well Checks for all residents in the lobby 12:15 Stretch and Strength PR 1:00 Jeopardy BL 1:30 Hollywood Days 2:15 Bingo AR 3:00 Meditation with religious music with Fred PR <small>Daylight Saving Time Ends</small>	2 9-11am Well Checks for all residents in the lobby 9:30-10:30 Bookmobile out front 11:30 Bowling Team 1 BL 12:15 Bingo AR 1:00 Hollywood Days C 2:00 Craft Corner AR 6:30 Rosary PR	3 Voting Day Precinct 6. Avon Clubhouse 2600 Auburn Road West. 9-11am Well Checks in the lobby Fresh Flower Arranging AR 11:30 Bowling Team 6 BL 1:00 Reminiscing BR 2:15 Strength Training (Kim) PR 3:00 Wheel of Fortune BL	4 9-11am Well Checks in the lobby 11:30 Walk it out Wednesday P 11:30 Bowling Team 7 BL 12:00 Bingo AR 1:00 Hollywood Days C 1:00 Golf/Games 2 nd floor 2:30 Coffee and Conversation AR 2:00 AllisaBeth Singing P 2:30 Chef Circle (meeting for food sub-committee) BR	5 9-11am Well Checks in the lobby 11:30 Stretch on TV PR 11:30 Bowling Team 3 BL Bar cart & popcorn delivery 2 nd floor – 12:30pm 3 rd floor – 1:30pm 1 st floor – 2:30pm 1:00 Bowling Team 10 BL 1:00 Sub-committee Chairman w/ED 1:00 Blood Pressure Check EC	6 9-11am Well Checks in the lobby 11:30 Bowling Team 9 BL 11:30 Time for Counseling PR 1:30 Ice cream delivery. We will start on 3 rd floor & work our way down. Prop open your door if you would like us to stop at your apartment.	7 9-11am Well Checks in the lobby 12:15 Stretch and Strength PR 1:00 Hollywood Days C 1:00 Bowling Team 2 BL 1:30 Stretch and Strength PR 2:15 Bingo AR Weekend Warrior
8 9:30-11:30 Well Checks for all residents in the lobby 12:15 Stretch and Strength PR 1:00 Jeopardy BL 1:30 Hollywood Days 2:15 Bingo AR 3:00 Meditation with religious music with Fred PR	9 9-11am Well Checks in the lobby 9:30-10:30 Bookmobile out front 11:30 Bowling Team 1 BL 12:15 Bingo AR 1:00 Hollywood Days C 1:00 AllisaBeth Singing P 2:00 Craft Corner AR 2:30 Veteran's Ceremony DR 6:30 Rosary PR	10 9-11am Well Checks in the lobby Fresh Flower Arranging AR 11:30 Bowling Team 6 BL 1:00 Reminiscing BR 2:15 Strength Training (Kim) PR 3:00 Wheel of Fortune BL	11 Thank You Veteran's 9-11am Well Checks in the lobby 11:00 Walk it out Wednesday P 11:30 Bowling Team 7 BL 12:00 Veteran's Day Activities More information to follow 2:00 Resident Council DR <small>Veterans Day Remembrance Day (Canada)</small>	12 9-11am Well Checks in the lobby 11:30 Stretch on TV PR 11:30 Bowling Team 3 BL Bar cart & popcorn delivery 2 nd floor – 12:30pm 3 rd floor – 1:30pm 1 st floor – 2:30pm 1:00 Bowling Team 10 BL 1:00 Blood Pressure Check EC	13 9-11am Well Checks in the lobby 11:30 Bowling Team 9 BL 11:30 Time for Counseling PR 1:30 Hot chocolate and scones delivery. We will start on 3 rd floor & work our way down. Prop open your door if you would like us to stop at your apartment.	14 9-11am Well Checks in the lobby 12:15 Stretch and Strength PR 1:00 Hollywood Days C 1:00 Bowling Team 2 BL 1:30 Stretch and Strength PR 2:15 Bingo AR Weekend Warrior
15 9:30-11:30 Well Checks for all residents in the lobby 12:15 Stretch and Strength PR 1:00 Jeopardy BL 1:30 Hollywood Days 2:15 Bingo AR 3:00 Meditation with religious music with Fred PR	16 9-11am Well Checks for all residents in the lobby 9:30-10:30 Bookmobile out front 11:30 Bowling Team 1 BL 12:15 Bingo AR 1:00 Hollywood Days C 1:00 AllisaBeth Singing P 2:00 Craft Corner AR 6:30 Rosary PR	17 9-11am Well Checks in the lobby Fresh Flower Arranging AR 11:30 Bowling Team 6 BL 1:00 Reminiscing BR 2:15 Strength Training (Kim) PR 3:00 Wheel of Fortune BL	18 9-11am Well Checks in the lobby 11:00 Walk it out Wednesday P 11:30 Bowling Team 7 BL 12:00 Bingo AR 1:00 Hollywood Days C 1:00 Golf/Games 2 nd floor 2:30 All My Heroes Are Leaving Us C	19 9-11am Well Checks in the lobby 11:30 Stretch on TV PR 11:30 Bowling Team 3 BL Bar cart & popcorn delivery 2 nd floor – 12:30pm 3 rd floor – 1:30pm 1 st floor – 2:30pm 1:00 Bowling Team 10 BL 1:00 Blood Pressure Check EC	20 9-11am Well Checks in the lobby 11:30 Bowling Team 9 BL 11:30 Time for Counseling PR 1:30 Hot chocolate and scones delivery. We will start on 3 rd floor & work our way down. Prop open your door if you would like us to stop at your apartment.	21 9-11am Well Checks in the lobby 12:15 Stretch and Strength PR 1:00 Hollywood Days C 1:00 Bowling Team 2 BL 1:30 Stretch and Strength PR 2:15 Bingo AR Weekend Warrior
22 9:30-11:30 Well Checks for all residents in the lobby 12:15 Stretch and Strength PR 1:00 Jeopardy BL 1:30 Hollywood Days 2:15 Bingo AR 3:00 Meditation with religious music with Fred PR	23 9-11am Well Checks for all residents in the lobby 9:30-10:30 Bookmobile out front 11:30 Bowling Team 1 BL 12:15 Bingo AR 1:00 Hollywood Days C 1:00 AllisaBeth Singing P 2:00 Craft Corner AR 6:30 Rosary PR	24 9-11am Well Checks in the lobby Fresh Flower Arranging AR 11:30 Bowling Team 6 BL 1:00 Reminiscing BR 2:15 Strength Training (Kim) PR 3:00 Wheel of Fortune BL	25 9-11am Well Checks in the lobby 11:00 Walk it out Wednesday P 11:30 Bowling Team 7 BL 12:00 Bingo AR 1:00 Hollywood Days C 1:00 Golf/Games 2 nd floor 2:00 Book Club BR 2:30 Coffee and Conversation AR	26 Happy Thanksgiving 9-11am Well Checks in the lobby 9:30-11:00 Continental Breakfast to go. 11:30 Stretch on TV PR 11:30 Bowling Team 3 BL 1:00 Bingo AR 1:00 Blood Pressure Check EC 1:00 Bowling Team 10 BL Thanksgiving Meal <small>Thanksgiving Day (US)</small>	27 9-11am Well Checks in the lobby 11:30 Bowling Team 9 BL 11:30 Time for Counseling PR 1:30 Hot chocolate and scones delivery. We will start on 3 rd floor & work our way down. Prop open your door if you would like us to stop at your apartment.	28 9-11am Well Checks in the lobby 12:15 Stretch and Strength PR 1:00 Hollywood Days C 1:00 Bowling Team 2 BL 1:30 Stretch and Strength PR 2:15 Bingo AR Weekend Warrior
29 9:30-11:30 Well Checks for all residents in the lobby 12:15 Stretch and Strength PR 1:00 Jeopardy BL 1:30 Hollywood Days 2:15 Bingo AR 3:00 Meditation with religious music with Fred PR	30 9-11am Well Checks for all residents in the lobby 9:30-10:30 Bookmobile out front 11:30 Bowling Team 1 BL 12:15 Bingo AR 1:00 Hollywood Days C 1:00 AllisaBeth Singing P 2:00 Craft Corner AR 6:30 Rosary PR	Please sign up for any Activities listed in this color.				

November 2020

POMEROY LIVING ROCHESTER INDEPENDENT

November is the month to remind us to be thankful for the many positive things happening in our life.