

THANKFUL IT'S NOVEMBER

Apple Cider Social

With National Apple Cider Day around the corner. It's time to start really embracing these beautiful fall months. Join us for a warm cup of Apple Cider and to enjoy some yummy fall treats on the 8th of November in the Art Studio.

Veterans Day

In honor of those who have served and those spouses who supported their military man or woman, we will be celebrating you on this day. Thank you for all of the sacrifices you have made for our country. Please join us in the Forum at 10:00 am on the 11th of November.

America Recycles Day

In honor of this recognized day and to the high demand— we will be taking an outing to the New Hanover Recycling Plant on November 15th! Here we will climb aboard their transit system and learn about the plant! There's limited seating so sign up today to guarantee your seat on their 12 passenger transit!

Thanksgiving

In honor of thanksgiving, this month we hope that you can focus on the things we have to be grateful for. We hope that you all have a great holiday with your friends, family and neighbors. We are such a grateful staff to have such amazing residents!

Speakers, Performers & Artists This Month

Moe McKenna

Moe will be leading a step-by-step fall painting class. Moe's classes are always fun and provides a chance to find your creative side. This month is geared towards more intermediate painters— the class will be painting a beautiful cardinal in the snow. Signing up is mandatory!

Dave Bohn

Dave will be playing at our All Resident Happy Hour on November 17th at 3:30! Dave plays music from the 60's, 70's and newer tunes as well. He plays Jimmy Buffet, Beatles, Eagles and Dancing music! Come listen to Dave and socialize with your neighbors!

Brandon Smith

Brandon will be leading a Zumba class for our residents! This class will be a step-by-step dancing exercise class with upbeat music! All residents are welcome to come! Lets get to grooving!

Beverly Andrews and Chamber Music

Welcoming back Beverly Andrews and her talented group to play a mini chamber concert for us right in our very own Forum! If you missed this performance last time— you definitely want to attend this event this month!



NOVEMBER 2022



**Your lifestyle calendar designed around the 6 aspects of wellness:
*Purposeful, Spiritual, Physical, Social, Emotional, Intellectual***

This Month In Life Enrichment...

Art Events:

Veterans Day Craft, Sock Turkey Craft, Beginner Acrylic Holiday Painting Class, Maureen McKennas Acrylic Painting Class, Christmas Wreaths, Free Art on Wednesdays at 2:00 and Watercolor class on Thursdays at 11:00

Social Events:

The Breakfast Club, November Birthday Social, All Resident Happy Hour, Apple Cider Social

Fun Events:

Board Game Day, Coffee Chat, Courtyard Games, Book Sale and Signing with Tricia Foy and Larry Vacek, Brain Games

Musical Events:

Beverly Andrews and Chamber Music, Dave Bohn at the All Resident Happy Hour, Zumba Gold Dancing Class

Educational Events:

The Great Course on U.S history, Carolina Bay Men's Lifetime Learning Class, CB team trivia, Ted Talk Tuesdays, INSPIRE presentation by Shannon Hardy

Resident Led Events:

Farkle, Bingo, Book Club, Free Art, Bridge Club, Bible Study with Bob Perry, Mahjong, Chorus, Men's Lifetime Learning Class.

Outings:

The Movies: Trip To Paradise, Recycling Plant, Lunch at Origins, Chamber Music

This Month In Wellness...

Courtyard Games every Monday at 2:30pm: The Olympics are over, now what? Join us in the Courtyard every Monday for some corn hole! The first 3 Monday's will be all about fun and learning the game while the last Monday of the month will be full of competition! Everyone is welcome to come and watch!

INSPIRE Series: Personal Monday 11/7 at 10:00am: The INSPIRE: Series is BACK! Join Shannon to discuss the environmental and vocational dimensions of wellness and how this relates to the Personal division of INSPIRE!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p>Color Code: Orange: Activities With Life Enrichment Purple: Performers, Speakers and Artists Black: Resident Led Activities Red: Committee Meetings Blue: Outings Green: Shopping Trips Movies Have Been Moved To Wednesdays at 2:00</p>		<p>No RSVT 1 10:00 Coffee Chat/AS 11:00 The Great Course: American History/CR 1:00 Mahjong/CR 2:00 Ted Talk Tuesday: Want to be Happy? Be Grateful/ F</p>	<p>9:00-12 RSVT/L 2 9:30 Morning Meditation/ WS 11:00 Farkle/ AS 1:30 Bridge Club/CR Wumc Luncheon/ PDR 2:00 Movie: The Little Rascals/F 3:30 Brain Games- Word Games /CR 4:30 Second Floor Happy H 4:30 Garden Flats Happy</p>	<p>9:00-3 RSVT /L 3 11:00 Watercolor/AS 11:00 Mens Lifetime Learning Class/ CR 1:30 Bridge Club/ CR 2:00 RSVT-Harris Teeter/L 3:30 Beverly Andrews Chamber Music Concert/ F</p>	<p>9:00-3 RSVT/ L 4 10:00 Audiologist Jason R/ CR 10:00 Breakfast Club: Parfait Bar / AS 11:00 Farkle/AS 1:15 Virgin River/ CR 1:30 Journey through the Bible with Bob Perry/CH 2:30 Maintenance/ BL 2:30 Environmental/ CR 4:00 Ping Pong/WS 7:00 Bridge/ CR</p>	<p>2:00 Pinochle & Rummikub/CR 5</p>
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<p>4:00 Lottery For Chamber Music at UNCW- Merz Trio (10 seats only)/L 6</p>	<p>9:00-12 RSVT/L 7 10:00 INSPIRE Presentation w/ Shannon: Personal/F 11:00 Veterans Day Craft/ AS 1:30 Book Club/ CR 2:00 \$1 Bingo/F 2:00 Baywatch/ AS 2:30 Courtyard Games/ CY 3:30 CB Trivia/CR 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour</p>	<p>NO RSVT 8 10:00 Apple Cider Social/ AS 11:00 The Great Course: American History/CR 11:00 Finance Committee/ BL 1:00 Mahjong/CR 2:00 Core Library/ L 2:30 Board Game Day/ CR 3:00 Operations/ BL 4:30 1st Floor Happy Hour/ AS</p>	<p>9:00-1 RSVT/ L 9 9:30 Morning Mediation/ WS 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Bridge Club/CR 2:00 Movie: Walk The Line/ F 2:00 Dining Committee/ Pub 3:30 Brain Games- Never Ending Story /CR 4:30 2nd Floor Happy Hour</p>	<p>9:00-3 RSVT /L 10 11:00 Watercolor/ AS 11:00 Mens Lifetime Learning Class/ CR 1:30 Bridge Club/ CR 2:00 RSVT-Harris Teeter/ L 3:00 Book Sale and Signing with Larry and Tricia/CR</p>	<p>9:00-3 RSVT/ L 11 10:00 Veterans Day Celebration /F 11:00 Farkle/ AS 1:15 Virgin River/ CR 1:30 Journey through the Bible with Bob Perry/CH CPR Class/ AS 4:00 Ping Pong/WS</p>	<p>2:00 Pinochle & Rummikub/CR 12</p>
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<p>4:00 GB2 Performance: Seth Kibel *Registration Required/F 13</p>	<p>9:00-12 RSVT/ L 14 11:00 Sock Turkey Craft/ AS 1:00 Walmart/L 1:30 Book Club/ CR 2:00 \$1 Bingo/F 2:00 Wellness Co/WS 3:00 Life Enrichment Co/ AS 2:30 Courtyard Games/ CY 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour</p>	<p>NO RSVT 15 10:00 Coffee Chat/ AS 11:00 The Great Course: American History/CR 1:00 Mahjong/CR 3:00 Recycling Plant Tour/L 4:30 1st Floor Happy Hour/ AS</p>	<p>9:00-1 RSVT/ L 16 9:30 Morning Mediation/ WS 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Bridge Club/CR 2:00 Movie: Maid in Manhattan/ F 2:00 Intermediate Painting with Moe McKenna/AS 3:30 Brain Games- Scrabble/CR 4:30 2nd Floor Happy Hour 4:30 Garden Flats Happy Hour</p>	<p>9:00-3 RSVT /L 17 8:30 Breakfast W/ The Dining Director 11:00 Watercolor/ AS 11:00 Mens Lifetime Learning Class/ CR 1:30 Bridge Club/ CR 2:00 RSVT-Harris Teeter/L 3:30 GB2 Committee/ BL 3:30 All Resident Happy Hour/ CY</p>	<p>9:00-3 RSVT/ L 18 10:00 The Breakfast Club: Cinnamon Rolls/AS 11:00 Council Members Meeting/CR 11:00 Farkle/ AS 1:15 Virgin River/ CR 1:30 Journey through the Bible with Bob Perry/CH 3:00 3rd Friday Resident Meeting/F 4:00 Ping Pong/WS 7:00 Bridge/CR</p>	<p>2:00 Pinochle & Rummikub/CR 19</p>
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<p>20</p>	<p>9:00-12 RSVT/ L 21 11:00 Beginner Holiday Acrylic Painting Class/ AS 2:00 \$1 Bingo/F 2:30 Courtyard Games/ CY 3:30 CB Trivia/CR 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour</p>	<p>NO RSVT 22 11:00 The Great Course: American History/CR 11:00 Movies: Trip To Paradise/L 1:00 Mahjong/CR 2:30 Board Game Day/CR 3:00 Caregiver Support Group/F 4:30 1st Floor Happy Hour/ AS</p>	<p>9:00-1 RSVT/ L 23 9:30 Morning Meditation/ WS 12:00 Chorus Rehersal/F 11:00 Farkle/ AS 1:30 Bridge Club/CR 2:00 Free Art/AS 2:00 Movie: My Sisters Keeper /F 3:30 Brain Games-Wii Sports/CR 4:30 2nd Floor Happy Hour</p>	<p>Happy Thanksgiving!! 24</p> <div style="text-align: center;">  </div>	<p>9:00-3 RSVT/ L 25 11:00 Farkle/ AS 1:30 Journey through the Bible with Bob Perry/CH 4:00 Ping Pong/WS</p>	<p>2:00 Pinochle & Rummikub/CR 26</p>
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<p>27</p>	<p>9:00-12 RSVT/ L 28 11:00 Christmas Wreaths/AS 1:00 Walmart/L 2:00 Bingo/ F 2:30 Courtyard Games Tournament/ CY 3:30 Jeopardy/F 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour</p>	<p>NO RSVT 29 10:00 Coffee Chat/AS 11:00 The Great Course: American History/CR 11:30 Lunch: Origins/ L 1:00 Mahjong/CR 2:30 Zumba Gold Demo Class/ WS 4:30 1st Floor Happy Hour/ AS</p>	<p>9:00-1 RSVT/ L 30 9:30 Morning Meditation/ WS 12:00 Chorus Rehersal/F 11:00 Farkle/ AS 1:30 Bridge Club/CR 2:00 Free Art/AS 2:00 Movie: One Fine Day /F 4:30 2nd Floor Happy Hour</p>	<p>9:00-3 RSVT /L 31 11:00 Mens Lifetime Learning Class/ CR 11:00 Watercolor Class/ AS 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/ CR 3:30 November Birthday Social/ CY</p>	<p style="font-size: 2em; color: #2e8b57; margin: 0;">THANKFUL</p> <p style="font-size: 3em; color: #2e8b57; margin: 0;">IT'S</p> <p style="font-size: 4em; color: #2e8b57; margin: 0;">NOVEMBER</p>	
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