

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations Dining Room, DR Front Lobby Patio, FP Hallways, H Patio, P Station 4, ST 4</p>	<p>“In three words, I can sum up everything I’ve learned about life: It goes on.” — Robert Frost</p> <p>Attention Residents: It is important to us that you feel informed about Alamitos West. As a resident, you have the right to review survey results at any time. The survey results are readily accessible to you and are located in the Main Dining Room.</p>			<p>9:00 Health & Wellness, DR 1 1:15 FIT to Pedal®, ST 4 2:00 Karaoke, DR 3:00 Food & Nutrition w/Anne, DR 4:30 Los Alamitos Music League, DR</p>	<p>9:30 History Education for Adults, DR 2 2:00 Music History Therapy, DR 2:00 Paws to Share, H 3:15 Table Games, DR 6:30 Independent Games/Social Time, ST 4</p>	<p>10:00 FIT to Stretch®, DR 3 2:15 Pattern Bingo, DR 3:15 Table Games Social, DR 6:30 Independent Games/Social Time, ST 4</p>
<p>DAYLIGHT SAVING TIME ENDS 4 9:00 Joel Osteen Program, ST 4 10:00 Spiritual Program w/Doug, DR 10:15 FIT to Pedal®, ST 4 1:00 Outdoor Stroll 3:15 Gardening Therapy, DR 6:30 Independent Games/Social Time, ST 4</p>	<p>5 10:00 Inspirational Music Program, DR 1:30 Roaming Guitar & Vocals, H 2:00 Hangman, DR 2:30 Comedy & Stars w/Nikki, DR 3:15 Table Games, DR 4:15 Pretty Nails & Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>ELECTION DAY 6 9:30 Remembering Good Old Sitcoms, DR 10:15 FIT to Be Strong®, ST 4 1:15 FIT to Pedal®, ST 4 2:00 Paws to Share, H 2:15 Creative Arts w/Yilenna, DR 3:15 Table Games, DR 4:15 Women’s Jewelry Making, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>7 9:30 Music & History w/Natalie, DR 10:15 FIT to Be Strong®, ST 4 2:00 Games & Crafts w/Gloria, DR 4:15 Dominoes Social, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>8 9:00 Health & Wellness, DR 1:15 FIT to Pedal®, ST 4 3:00 Food & Nutrition w/Anne, DR 4:15 Dominoes Social/Aromatherapy, DR</p>	<p>9 9:30 History Education for Adults, DR 2:00 Music History Therapy, DR 2:00 Paws to Share, H 2:00 Honoring Our Veterans, DR 3:15 Table Games, DR 6:30 Independent Games/Social Time, ST 4</p>	<p>10 10:00 FIT to Stretch®, DR 2:15 Pattern Bingo, DR 3:15 Table Games Social, DR 6:30 Independent Games/Social Time, ST 4</p>
<p>VETERANS DAY 11 9:00 Joel Osteen Program, ST 4 10:00 Catholic TV Mass/Card Games 10:15 FIT to Pedal®, ST 4 1:00 Outdoor Stroll 2:00 Calvary Chapel, DR 2:00 Veterans’ Special Hour, DR 3:15 Exercise Your Mind w/Natasha, DR 6:30 Independent Games/Social Time, ST 4</p>	<p>12 10:00 Inspirational Music Program, DR 2:00 FIT to Stretch®, DR 2:30 Comedy & Stars w/Nikki, DR 4:15 Pretty Nails & Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>10:00 Petting Zoo, DR 13 1:15 FIT to Pedal®, ST 4 2:00 Paws to Share, H 2:15 Volleyballoon, DR 4:15 Men’s Dominoes Social, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p>14 9:30 Music & History w/Natalie, DR 10:15 FIT to Pedal®, ST 4 1:00 Outdoor Stroll 2:00 Games & Crafts w/Gloria, DR 4:15 Pretty Nails & Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p>15 9:00 Health & Wellness, DR 1:15 FIT to Pedal®, ST 4 2:00 Bowling, DR 2:00 Birthday Party, DR 3:00 Trivia Social, DR 4:15 Men’s Dominoes & Aromatherapy, DR</p>	<p>16 9:30 History Education for Adults, DR 2:00 Music History Therapy, DR 2:00 Paws to Share, H 3:15 Table Games, DR 6:30 Independent Games/Social Time, ST 4</p>	<p>17 10:00 FIT to Stretch®, DR 2:00 Roaming Guitarist Tony B., H 2:15 Pattern Bingo, DR 3:15 Table Games Social, DR 6:30 Independent Games/Social, ST 4</p>
<p>18 9:00 Joel Osteen Program, ST 4 10:00 Catholic TV Mass/Card Games, DR 10:15 FIT to Be Strong®, ST 4 1:00 Outdoor Stroll 2:00 Calvary Chapel, DR 3:15 Gardening Therapy, DR 6:30 Independent/Group Games, ST 4</p>	<p>10:00 St. Hedwig Catholic Mass, DR 19 10:00 Roaming Inspirational Music, H 12:00 Roaming Guitar & Vocals, H 2:00 FIT to Stretch®, DR 2:30 Comedy & Stars w/Nikki, DR 3:15 Table Games, DR 4:15 Women’s Manicure/Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>20 9:30 Remembering Good Old Sitcoms, DR 10:15 FIT to Pedal®, ST 4 1:15 FIT to Be Strong®, ST 4 2:00 Paws to Share, H 2:15 Ball Toss/Fun w/Pencils, DR 4:15 Card Games, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>21 9:30 Music & History w/Natalie, DR 10:15 FIT to Pedal®, ST 4 2:00 Games & Crafts w/Gloria, DR 4:15 Women’s Manicure/Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>THANKSGIVING 22 9:00 Health & Wellness, DR 10:00 FIT to Stretch®, DR 2:00 Thanksgiving Family Photo Day, DR 3:00 Thanksgiving Social, DR 3:15 Table Games/Matinee, DR 6:30 Independent Games Social, ST 4</p>	<p>23 9:30 History Education for Adults, DR 2:00 Music History Therapy, DR 2:00 Paws to Share, H 3:15 Table Games, DR 6:30 Independent Games/Social Time, ST 4</p>	<p>24 10:00 FIT to Stretch®, DR 2:15 Pattern Bingo, DR 3:15 Table Games Social, DR 6:30 Independent Games/Social, ST 4</p>
<p>25 9:00 Joel Osteen Program, ST 4 10:00 Catholic TV Mass/Card Games, DR 10:15 FIT to Pedal®, ST 4 1:00 Outdoor Stroll 2:00 Calvary Chapel, DR 3:15 Exercise Your Mind w/Natasha, DR 6:30 Independent Games/Social Time, ST 4</p>	<p>26 10:00 Inspirational Music Program, DR 12:00 Strolling Vocals, H 2:00 Word Game/Funny Topics, DR 2:30 Comedy & Stars w/Nikki, DR 3:15 Table Games, DR 4:15 Dominoes Social, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>27 9:30 Remembering Good Old Sitcoms, DR 10:15 FIT to Be Strong®, ST 4 1:15 FIT to Pedal®, ST 4 2:00 Paws to Share, H 2:00 Creative Crafts w/Yilenna, DR 4:15 Card Games/Matinee, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>28 9:30 Music & History w/Natalie, DR 10:30 Luncheon 2:00 Games & Crafts w/Gloria, DR 4:15 Card Games, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>29 9:00 Health & Wellness, DR 11:15 Resident Council Meeting, DR 1:15 FIT to Pedal®, ST 4 2:00 Word Game, DR 3:00 Food & Nutrition, DR 4:15 Manicure Social, DR</p>	<p>30 9:30 History Education for Adults, DR 2:00 Music History Therapy, DR 2:00 Paws to Share, H 3:15 Table Games, DR 6:30 Independent Games/Social Time, ST 4</p>	<p>Calendar events subject to change.</p>