Pumpkin Trivia

Pumpkins are grown on six of the seven continents, with Antarctica being the sole exception.



Know your Community

- Visitor parking is located on the East side of the building closest to Greenwood street.
- Henhouse orders are due by Thursday at noon if you choose to go with Henhouse meal prep delivery.
- Sign-up sheets for Connect 55+ events and activities are in the Theater.
- The Grand Reveal of the Veterans Wall will take place Friday, November 15th at 10:30 in the hallway.
- Always make sure to put your maintenance requests in through the office. Please DO NOT stop Gerald in the office.

• Remember anyone who refers someone OR tours someone outside of office hours will receive a \$500 referral bonus following your referrals move in date.

November Birthdays

We will be celebrating this months birthdays on Wednesday, November 27th at 4:00pm.

Kathy P.	11/6		
Billie C.	11/8		

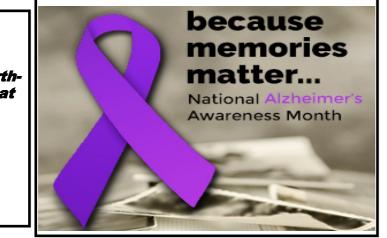


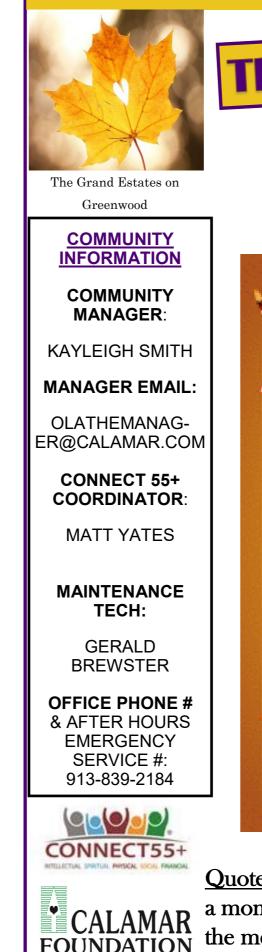
The office will be closed in observance of Thanksgiving on Thursday, November 28th and Friday, November 29th.

Have a safe and happy holiday!

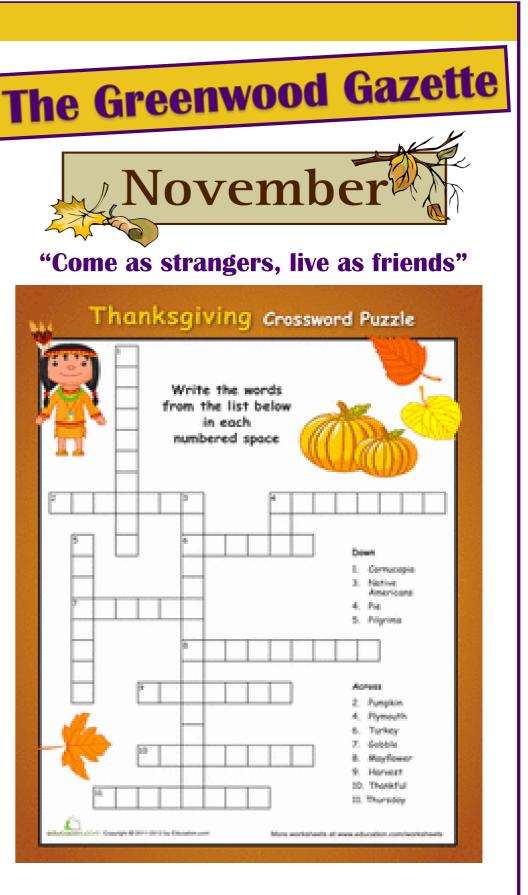
Rent Reminders

- Rent is due to the office on the 1st- 6th of every month.
- Rent checks need to be made out to RM21A Holdings.
- Be sure to write your apartment # in the memo line of your check.





<u>Quote of the Month:</u> "An act of kindness may take only a moment of our time, but when captured in the heart, the memory lives forever." Molly Friedenfeld



Sun	Mon	Tue	Wed	Thu	Fri	Sat
N	oveml	Der 2019	Alzheimer's Awareness Month		1 WEAR PURPLE 9:30am Breakfast w/staff 9:45am Connect 55+ Feedback Meeting 10:00am John Adams video series Part 5 11:00am Stretching 1:00pm Cards 1:00pm Cards 1:00pm Catch Phrase 4:00pm Happy Hour 6:30pm Dominos	2 10:00am Walking Club 11:00am Self Guided Stretching 2:00pm Puzzles 6:30pm Movie
3 Daylight Savings Ends 2:00pm Walking Club 4:00pm Cards	4 National Candy Day 9:30am Walking Club 10:00am Wii Bowling Tourna- ment! 1:00pm Cards 1:00pm Billiards Club 2:30pm Movie Matinee "We're Back" 3:00pm Sequence 6:30pm Dominos	5 Election Day 10:00am Walking DVD 11:00am Couch Potato Yoga 1:00pm Billiards Club 1:00pm Bunco 2:00pm SkipBo 3:00pm Stretching 6:30pm Cards	6 10:00am Sweating w/Oldies 11:00am Guided Meditation 1:00pm Cards 1:00pm Billiards Club 2:30pm Movie Matinee "Speed" 4:00pm Wine Wednesday 6:30pm Dominos	7 10:00am Walking DVD 11:00am Technology Q & A 1:00pm Cards 1:00pm Billiards Club 2:00pm Bingo 3:00pm Nutrition Corner "Cardio Talk" 6:30pm Cards	8 WEAR PURPLE 9:30am Breakfast w/staff 10:00am John Adams video series Part 6 11:00am Wahoo 1:00pm Cards 1:00pm Billiards Club 3:00pm Catch Phrase 4:00pm Happy Hour 6:30pm Dominos	9 10:00am Walking Club 11:00am Self Guided Stretching 2:00pm Puzzles 6:30pm Movie
10 2:00pm Walking Club 4:00pm Cards	11 Veteran's Day 9:30am Walking Club 10:00am Wii Bowling 12:00pm Veteran's Day Activ- ities with Vitas Hospice 1:00pm Billiards Club 2:30pm Movie Matinee "Legend of Tarzan" 3:00pm Hi Ho Cherry-O 6:30pm Dominos	12 Full Moon/Beaver Moon 10:00am Walking DVD 11:00am Guided Meditation 12:00pm RESIDENT LUNCHEON w/MICHELLE HAWKINS 1:00pm Billiards Club 1:00pm Bunco 2:00pm Treat your face Party 2:00pm Farkle 3:00pm Stretching 6:30pm Cards	13 World Kindness Day 10:00am Sweating w/Oldies 11:00am Wheelchair Yoga 1:00pm Cards 1:00pm Billiards Club 2:00pm Sequence 2:30pm Movie Matinee "Exodus" 4:00pm Wine Wednesday 6:30pm Dominos	14 World Diabetes Day 10:00am Walking DVD 11:00am The Joke Game 1:00pm Cards 1:00pm Billiards Club 2:00pm Poker 3:00pm Nutrition Corner "Discussing Diabetes" 6:30pm Cards	15 WEAR PURPLE 9:30am Breakfast w/staff 10:00am John Adams video series Part 7 10:30 Veterans Wall REVEAL 11:00am Stretching 1:00pm Cards 1:00pm Billiards Club 3:00pm WaHoo 4:00pm Happy Hour 6:30pm Dominos	16 10:00am Walking Club 11:00am Self Guided Stretching 2:00pm Puzzles 6:30pm Movie
17 2:00pm Walking Club 4:00pm Cards	18 Mickey Mouse's 91st Bday 9:30am Walking Club 10:00am Wii Bowling 1:00pm Cards 1:00pm Billiards Club 2:30pm Movie Matinee "La La Land" 3:00pm Poker 6:30pm Dominos	19 10:00am Walking DVD 11:00am Yoga At Your Desk 12:00pm THANKSGIVINGPOT- LUCK 1:00pm Billiards Club 1:00pm Bunco 2:00pm What Kind of Candy Am I 3:00pm Stretching 6:30pm Cards	20 10:00am Sweating w/Oldies 11:00am Silver Sneakers 1:00pm Cards 1:00pm Billiards Club 2:30pm Movie Matinee "Forrest Gump" 3:00 Sequence 4:00pm Wine Wednesday 6:30pm Dominos	21 10:00am Walking DVD 11:00am Resident Ambassador meeting 1:00pm Cards 1:00pm Billiards Club 2:00pm Game of Skittles 3:00pm Nutrition Corner "Hot & Cold" 6:30pm Cards	22 WEAR PURPLE 9:30am Breakfast w/staff 11:00am Stretching 1:00pm Cards 1:00pm Billiards Club 3:00pm Catch Phrase 4:00pm Happy Hour 6:30pm Dominos	23 10:00am Walking Club 11:00am Self Guided Stretching 2:00pm Puzzles 6:30pm Movie
24 2:00pm Walking Club 4:00pm Cards	25 National Parfait Day 9:30am Walking Club 10:00am Wii Bowling 1:00pm Cards 1:00pm Billiards Club 2:30pm Movie Matinee "Jackie" 3:00pm Poker 6:30pm Dominos	26 10:00am Walking DVD 11:00am Chair Yoga 1:00pm Billiards Club 1:00pm Bunco 2:00pm Sequence 3:00pm Stretching 6:30pm Cards	27 10:00am Sweating w/Oldies 11:00am Guided Nature Medita- tion 1:00pm Cards 1:00pm Billiards Club 2:00pm The Joke Game 2:30pm Movie Matinee "The Jackie Robinson Story" 4:00pm Wine Wednesday 6:30pm Dominos	28 Thanksgiving	29 Black Friday	30 Small Business Saturday 10:00am Walking Club 11:00am Self Guided Stretching 2:00pm Puzzles 6:30pm Movie