



November 2017

The Grand Estate at Londonderry

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Program is subject to occasional & unforeseen changes. Changes will be posted on lighted board in lobby next to large calendar.			<i>1</i> 10AM Boxing Therapy 2PM Team Trivia 3PM Knitting Club 7P Cribbage Club	<i>2</i> 10:30AM Zumba 2PM Nutrition Speaker Series with Yvonne: "Aging & Nutrition" 3PM Wii Bowling 3:30PM Mah Jong 6PM Card Club	<i>3</i> 9:30 Coffee & Donuts 2PM Pictionary 7PM Friday Night Movie	<i>4</i> 2PM Bingo
<i>5</i> 2PM Scrabble 4PM Card Games	<i>6</i> 10AM Walking Club 1PM Ceramic's with Terry 2PM Men's Club 3PM Afternoon Movie 7PM Poker	<i>7</i> 10AM Balance Training 2PM Tech Tuesdays 3PM Knitting Club 4PM Card Games	<i>8</i> CASINO TRIP (Check Lobby Board for Time) 10AM Boxing Club 2PM Guest Speaker Series: Interim Healthcare—Cardio Pulmonary 3PM Knitting Club 6PM Baptist Service 7PM Cribbage Club	<i>9</i> 10AM Seated Stretch 2PM Guest Speaker S. O'Gara, "Beating Winter Time Blues" 3PM Wii Bowling 3:30PM Mah Jong 6PM Card Club	<i>10</i> 9:30 Coffee & Donuts 2PM Pre -Veteran's Day Celebration 7PM Friday Night Movie	<i>11</i> 2PM Bingo 4PM Veteran's Day Music by Richard Kruppa
<i>12</i> 2PM Scrabble 4PM Card Games	<i>13</i> 10AM Boxing Therapy 10:30AM Crafts with Meg 2PM Two Minute Mysteries 3PM Afternoon Movie 7PM Poker	<i>14</i> 10AM Balance Training 2PM Old Song Sing a long with Caryl 3PM Knitting Club 5:30PM Zumba	<i>15</i> 10AM Walking Club 2PM Armchair Travels 5PM Annual Thanksgiving Pot Luck with LIVE Music by Lanie	<i>16</i> 10AM Seated Stretch 2PM LIVE Music by our own J.P.!! 3PM Wii Bowling 3:30PM Mah Jong 6PM Card Club	<i>17</i> 9:30 Coffee & Donuts 2PM Pictionary 7PM Friday Night Movie	<i>18</i> 2PM Bingo
<i>19</i> 2PM Scrabble 4PM Card Games	<i>20</i> 10AM Walking Club 1PM NEW! Afternoon Chat 2PM Catholic Mass 3PM Afternoon Movie 7PM Poker	<i>21</i> 10AM Balance Training 2PM Tech Tuesdays 2PM NEW! Reiki Therapy 3PM Knitting club	<i>22</i> 10AM Boxing Therapy 2PM LIVE: History Chat: 1st Thanksgiving Truth & Fiction 3PM Knitting Club 7PM Cribbage Club	<i>23</i> Thanksgiving Day	<i>24</i> 9:30 Coffee & Donuts 2PM Pictionary 7PM Friday Night Movie	<i>25</i> 2PM Bingo
<i>26</i> 2PM Scrabble 4PM Card Games	<i>27</i> 10AM Walking Club 2PM Team Bean Bag Toss 3PM Afternoon Movie 7PM Poker	<i>28</i> 10AM Balance Training 2PM Tech Tuesdays 3PM Knitting Club 5:30PM Zumba	<i>29</i> 10AM Boxing Therapy 2PM Monthly Birthday Party 3PM Knitting Club 7PM Cribbage Club	<i>30</i> 10AM Seated Stretch <div style="background-color: yellow; padding: 5px; text-align: center;"> NEW! 2PM Introducing!!! Seated Team Broom Broomball! </div> 3PM Wii Bowling 3:30PM Mah Jong 6PM Card Club	Be the first Residents in our Properties to try this NEW & fun game! 	