

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>Daylight Saving Time ends</b> 9:30 AM Sunday Morning Worship (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 1:00 PM Brain Fitness (WWL) 3:00 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Beginner Balance (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 2:30 PM Decorate the Christmas Tree (Front Entrance of Westwind's) 3:00 PM Fun With Music (Channel 1960) <b>3:00 PM Low Vision Support Group (ER)</b> 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 2:00 PM Cash Bingo! (ER) 3:00 PM Chapel Service (Channel 1960) 3:30 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Beginner Balance (Channel 1960) 1:00 PM Manicures! (WWL) 1:30 PM Community Update With Courtney (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 2:00 PM Butter Brickle/Butter Pecan Ice Cream (WW Lounge) 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 3:00 PM Happy Hour, Pizza Party! (WW Lounge)	
9:30 AM Sunday Morning Worship (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 1:00 PM Brain Fitness (WWL) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Special Breakfast (WW Lounge) 9:15 AM Beginner Balance (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 2:00 PM Joy Ride-Scenic Route to Valley Center 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Strength Exercise Video (Channel 1960) 10:15 AM Stretch Exercise Video (Channel 1960) <b>2:00 PM Salute to You! Veterans Day Celebration (Channel 1960)</b> 3:00 PM Chapel Service (Channel 1960) 4:00 PM Chair Yoga Video (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Beginner Balance (Channel 1960) 1:00 PM Manicures! (WWL) 1:30 PM Community Update With Courtney (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 3:30 PM Men's Group (WW Lounge) 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 2:00 PM Movie & Snacks! Featuring Pretty Woman (WW Lounge or Channel 1960)	
9:30 AM Sunday Morning Worship (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 1:00 PM Brain Fitness (WWL) <b>1:00 PM Getting to know you!! (Channel 1960)</b> 3:00 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Beginner Balance (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 3:00 PM Fun With Music (Channel 1960) 3:00 PM Happy Birthday Party! (WW Lounge) 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) <b>1:00 PM Manor Mayhem (Channel 1960)</b> 2:00 PM Cash Bingo! (ER) 3:00 PM Chapel Service (Channel 1960) 3:30 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Beginner Balance (Channel 1960) 1:00 PM Manicures! (WWL) 1:30 PM Community Update With Courtney (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 3:00 PM Tea Party! With Piano Music from Chaplain Greg! (WW Lounge) 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) <b>10:30 AM Bookmarks Book Club Meeting: The Orphan Train (ER)</b> 2:00 PM Movie & Popcorn! Featuring La La Land (WW Lounge or Channel 1960)	
9:30 AM Sunday Morning Worship (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 1:00 PM Brain Fitness (WWL) <b>2:00 PM Educational Session: Lung Health (Channel 1960)</b> 3:00 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Beginner Balance (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 2:00 PM Meet-N-Greet (WW Lounge) <b>3:00 PM Hymn Sing Along (Channel 1960)</b> 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Power Pump (Channel 1960) 10:00 AM Cooking Demonstration-Broccoli Cheese Soup (WW Conference Room) 10:15 AM Sit & Fit (Channel 1960) 2:00 PM Cash Bingo! (ER) 3:00 PM Chapel Service (Channel 1960) 3:30 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	<b>Thanksgiving Day</b> 9:00 AM Coffee Break (WW Lounge) 9:00 AM Thanksgiving Day Parade! (WW Lounge)	9:00 AM Coffee Break (WW Lounge) 10:00 AM Strength Exercise Video (Channel 1960)	
9:30 AM Sunday Morning Worship (Channel 1960)	9:00 AM Activity Announcement (Channel 1960) 9:00 AM Coffee Break (WW Lounge) 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 1:00 PM Brain Fitness (WWL) <b>1:00 PM Nutrition Talk By Ann Hunter (Chapel &amp; Channel 1960)</b> 3:00 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	<b>ROOM KEY</b> ER - East Room WWL - Westwinds Lounge				

# November 2020

Westwinds Residences \*Calendar is Subject to Change



**WICHITA**  
Presbyterian Manor