

SUN	MON	TUE	WED	THUR	FRI	SAT
9:30 Sunday Morning Worship (Channel 1960) 1	9:00 Activity Announcement (Channel 1960) 2 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 3:00 Fun By The Fire (Courtyard) 3:00 Fun With Music (Channel 1960) 4:00 Chair Yoga (Channel 1960)	9:00 Activity Announcement (Channel 1960) 3 9:15 Beginner Balance (Channel 1960) 12:00 Women's Lunch: Pizza, Beer, & Soft Drinks (Courtyard/Pub/Library/Gathering Room) 1:00 Brain Fitness (Art/Creativity Room 2nd-Floor) 2:00 Advanced Balance (Channel 1960) 3:00 Fun With Music (Channel 1960) 3:00 Low Vision Support Group (Location: Pub) 4:00 Tai Chi Easy (Channel 1960)	9:00 Activity Announcement (Channel 1960) 4 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 3:00 Chapel Service (Channel 1960) 3:00 Joy Ride!! (Wichita Area) 3:30 Fun With Music (Channel 1960) 4:00 Chair Yoga (Channel 1960)	9:00 Activity Announcement (Channel 1960) 5 9:15 Beginner Balance (Channel 1960) 10:00 Men's Coffee Group (Pub/Library/Gathering Room) 1:00 Writing Group (Art/Creativity Room 2nd-Floor) 1:30 Community Update With Courtney (Channel 1960) 2:00 Advanced Balance (Channel 1960) 4:00 Tai Chi Easy (Channel 1960)	9:00 Activity Announcement (Channel 1960) 6 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 3:00 Harvest Happy Hour (Delivered To Your Open Door)	7
9:30 Sunday Morning Worship (Channel 1960) 8	9:00 Activity Announcement (Channel 1960) 9 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 1:00 West By Orphan Train Documentary (CH) 4:00 Chair Yoga (Channel 1960)	9:00 Activity Announcement (Channel 1960) 10 9:15 Beginner Balance (Channel 1960) 10:00 Women's Coffee Group (Pub/Library/Gathering Room) 1:00 Brain Fitness (Art/Creativity Room 2nd-Floor) 2:00 Advanced Balance (Channel 1960) 4:00 Tai Chi Easy (Channel 1960)	Veterans Day 9:00 Activity Announcement (Channel 1960) 11 9:15 Strength Exercise Video (Channel 1960) 10:15 Stretch Exercise Video (Channel 1960) 12:00 "The 2020 Election- Predictions and Results" By Dr. Russell Arben Fox (CH) 2:00 Salute to You! Veterans Day Celebration (Channel 1960) 3:00 Chapel Service (Channel 1960) 3:00 Veterans Day Celebration Cart (Delivered To Your Open Door) 4:00 Chair Yoga Video (Channel 1960)	9:00 Activity Announcement (Channel 1960) 12 9:15 Beginner Balance (Channel 1960) 10:00 Men's Coffee Group (Pub/Library/Gathering Room) 1:00 Handwriting (Art/Creativity Room 2nd-Floor) 1:30 Community Update With Courtney (Channel 1960) 2:00 Advanced Balance (Channel 1960) 4:00 Tai Chi Easy (Channel 1960)	9:00 Activity Announcement (Channel 1960) 13 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 2:00 Movie & Popcorn Featuring: "Midway" (Channel 1960)	14
9:30 Sunday Morning Worship (Channel 1960) 15	9:00 Activity Announcement (Channel 1960) 16 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 1:00 Getting to know you!! (Channel 1960) 3:00 Fun With Music (Channel 1960) 4:00 Chair Yoga (Channel 1960)	9:00 Activity Announcement (Channel 1960) 17 9:15 Beginner Balance (Channel 1960) 10:00 Women's Coffee Group (Pub/Library/Gathering Room) 1:00 Brain Fitness (Art/Creativity Room 2nd-Floor) 2:00 Advanced Balance (Channel 1960) 2:30 Bake & Take : Pumpkin Whoopee Pies (Art/Creativity Room 2nd-Floor) 3:00 Fun With Music (Channel 1960) 4:00 Tai Chi Easy (Channel 1960)	9:00 Activity Announcement (Channel 1960) 18 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 1:00 Manor Mayhem (Channel 1960) 2:00 Joy Ride!! (Wichita Area) 3:00 Chapel Service (Channel 1960) 3:30 Fun With Music (Channel 1960) 4:00 Chair Yoga (Channel 1960)	9:00 Activity Announcement (Channel 1960) 19 9:15 Beginner Balance (Channel 1960) 10:00 Men's Coffee Group (Pub/Library/Gathering Room) 1:00 Writing Group (Art/Creativity Room 2nd-Floor) 1:30 Community Update With Courtney (Channel 1960) 2:00 Advanced Balance (Channel 1960) 3:00 Wine & Trivia (Pub) 4:00 Tai Chi Easy (Channel 1960)	9:00 Activity Announcement (Channel 1960) 20 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 10:30 Bookmarks Book Club Meeting: Orphan Train (Pub) 2:00 Traveling Birthday Party Cart (Delivered To Your Open Door)	21
9:30 Sunday Morning Worship (Channel 1960) 22	9:00 Activity Announcement (Channel 1960) 23 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 2:00 Educational Session: Lung Health (Channel 1960) 3:00 Fun With Music (Channel 1960) 4:00 Chair Yoga (Channel 1960)	9:00 Activity Announcement (Channel 1960) 24 9:15 Beginner Balance (Channel 1960) 10:00 Women's Coffee Group (Pub/Library/Gathering Room) 1:00 Brain Fitness (Art/Creativity Room 2nd-Floor) 2:00 Advanced Balance (Channel 1960) 3:00 Hymn Sing Along (Channel 1960) 4:00 Tai Chi Easy (Channel 1960)	9:00 Activity Announcement (Channel 1960) 25 9:15 Power Pump (Channel 1960) 10:00 Men's Coffee Group (Pub/Library/Gathering Room) 10:15 Sit & Fit (Channel 1960) 3:00 Chapel Service (Channel 1960) 3:30 Fun With Music (Channel 1960) 4:00 Chair Yoga (Channel 1960)	Thanksgiving Day 26 8:00 Macy's Thanksgiving Parade (SFR / NBC Channel 3)	10:00 Strength Exercise Video (Channel 1960) 27 2:00 Movie Featuring: "True Grit (1969)" (Channel 1960)	28
9:30 Sunday Morning Worship (Channel 1960) 29	9:00 Activity Announcement (Channel 1960) 30 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 1:00 Nutrition Talk By Ann Hunter (Chapel & Channel 1960) 3:00 Fun With Music (Channel 1960) 4:00 Chair Yoga (Channel 1960)	ROOM KEY CH - Chapel				

November 2020

Westerly Residences *Calendar Subject to Changes*

