

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 Embroidery Club (BB) 1 11:00 Strong Bones Exercise (AUD) 1:00 Choir Practice (AUD) 3:00 Pet Therapy Visits with Merlin & Oz (BB)	10:00 Men @ 10 (CL) 2 1:00 Euchre Club (CL) 3:00 Movie <i>Green Book</i> (TH)	1:30 Sing-Along (CR) 3 3:30 Knitting Group (AS)	10:00 Bible Study with Pastor Mumm (CL) 4 2:00 Series <i>The Heartland Series</i> (TH)	9:00 Chair Yoga (AUD) 5 1:00 Mahjong (CL) 2:00 Ecumenical Church (CH)	Say <i>hello</i> to Nicole, our new interim life enrichment coordinator! Phone: 10207 6
Veteran's Day Treats will be handed out to Veteran's on <u>Thursday, November 11th</u> , we will deliver to your apartment. Thank you for your service. Daylight Saving Time Ends	10:00 Catholic Mass (AUD) 8 1:00 Choir Practice (AUD) 3:00 Pet Therapy Visits with Merlin & Oz (BB)	1:00 Euchre Club (CL) 9 3:00 Movie <i>The Last Time I Saw Paris</i> (TH)	9:00 Christmas Bazaar Meeting (Bistro) 10 3:30 Knitting Group (AS)	10:00 Bible Study with Pastor Mumm (CL) 11 1:00 Bunco (BB) 2:00 Series <i>The Heartland Series</i> (TH) <small>Veterans Day Remembrance Day (Canada)</small>	9:00 Chair Yoga (AUD) 12 1:00 Mahjong (CL) 2:00 Ecumenical Church (CH)	 13
	11:00 Strong Bones Exercise (AUD) 15 1:00 Choir Practice (AUD) 1:00 <u>Free Hearing Aid Cleaning (Bistro)</u> 3:00 Pet Therapy Visits with Merlin & Oz (BB)	1:00 Euchre Club (CL) 16 3:00 Movie <i>Murder on the Orient Express</i> (TH)	1:30 Sing-Along (CR) 17 3:30 Knitting Group (AS)	10:00 Bible Study with Pastor Mumm (CL) 18 2:00 Tea @ 2 (AUD) 3:00 Series <i>The Heartland Series</i> (TH)	9:00 Chair Yoga (AUD) 19 10-3 Christmas Bazaar (Bistro) 1:00 Mahjong (CL) 2:00 Ecumenical Church (CH)	If you have any Christmas movies you would like us to show in December, please call 10207! 20
What did the turkey say to the turkey hunter on Thanksgiving Day? <i>Quack, Quack</i> 21	11:00 Strong Bones Exercise (AUD) 22 1:00 Choir Practice (AUD) 3:00 Pet Therapy Visits with Merlin & Oz (BB)	1:00 Euchre Club (CL) 23 3:00 Movie <i>Poms</i> (TH)	1:00 Shopping Outing to Festival (Call 10207 to sign-up) 24 3:30 Knitting Group (AS)		9:00 Chair Yoga (AUD) 26 1:00 Mahjong (CL) 2:00 Ecumenical Church (CH)	Why was the turkey put in jail? <i>The police suspected fowl play!</i> 27
With winter coming, please let us know if you would like to learn about the fitness center! <small>Hanukkah Begins</small> 28	11:00 Strong Bones Exercise (AUD) 29 1:00 Choir Practice (AUD) 3:00 Pet Therapy Visits with Merlin & Oz (BB)	1:00 Euchre Club (CL) 30 3:00 Movie <i>Sherlock Holmes</i> (TH)				
<h1>November 2021</h1>						

STRONG BONES EXERCISE IN AUDITORIUM OR VIA ZOOM:

- No Sign-up required! Please note there are limited spots available each week.
- 12 spots are reserved for residents in AL and HAAL weekly
- Masks must be worn the entire time of the program unless everyone in the room is fully vaccinated.
- Chairs MUST stay the way they are set up. Please DO NOT move the chairs.
- Activity will continue to be offered via zoom as well:
 - Download Zoom to your electronic device of choice and create an account (if you haven't already)
 - Join our Zoom meeting by entering in the meeting ID: 79785075740
 - Please note that it will ask for a password. The password is: eaglecrest
 - Activities will start at the designated time. Please be sure you are connected before the activity begins.

FRIDAY'S CHAIR YOGA WITH SARA:

- No Sign-up required! Please note, there are limited spots available each week. Sessions are 30 minutes each.
- Masks must be worn the entire time of the program unless everyone in the room is fully vaccinated
- Chairs MUST stay the way they are set up. Please DO NOT move the chairs.

ACTIVITY LOCATIONS:

- AS: Art Studio (ECS 2, 1st floor)
- AUD: Auditorium (ECS 1, 2nd floor)
- B: Bistro (ECS 1, 1st floor)
- BB: Blarney Bar (ECS 1, 1st floor)
- CH: Chapel (ECS 1, 2nd floor)
- CL: Club Lounge (ECS 2, 1st floor)
- CM: Community Room (ECS 2, 1st floor)
- TH: Theater (ECS 1, 2nd floor)
- L: Library (ECS 1, 2nd floor)

INDEPENDENTLY LED GROUPS (IN HOUSE TELEPHONE CONTACT):

- Men at Ten – Bob B. 12308
- Knitting Club – Kathy G. 12200
- Embroidery Club – Kathy G. 12200
- Tea at Two – Kathy G. 12200
- Bible Study with Pastor Mumm – Wyonne R. 12018
- Bunco – Mary G. 12105
- Welcome to La Crosse! Newcomers Group – Linda E. 13022
- Choir – Kathy G. 12200
- Euchre-Mike P. 12106
- Facebook: Friends of Eagle Crest South-Dan M. 14000