| SUNDAY 1 | MONDAY 2 | TUESDAY 3 | WEDNESDAY 4 | THURSDAY 5 | FRIDAY 6 | SATURDAY 7 |
|---|---|---|---|---|---|---|
|  DAYLIGHT SAVING TIME | 9:30 Chair Exercise- Apartment North Wing<br>**10:00 Resident Meeting**<br><br>Claudia- Hairdresser | **2:30 Poker- Lounge** | 9:30 Chair Exercise- Apartment North Wing<br>**10:00 Coffee Hour**<br>2:00 Book Club Meeting- Salon Area | 8:30 Mentone Breakfast<br>10:30 RAC Meeting- Library<br>**2:30 Shuffleboard- Upstairs**<br> | 9:30 Chair Exercise- Apartment North Wing<br>**10:00 Coffee Hour** | |
| 8 | 9<br>9:30 Chair Exercise- Apartment North Wing<br>**10:00 Coffee & Donuts**<br><br>Claudia - Hairdresser | 10<br>**10:30 Rosalyn Kerkhoff Drive-By**<br>**4:00 Thanksgiving Birthday Bash**<br> | 11<br>9:30 Chair Exercise- Apartment North Wing<br>**10:00 Coffee Hour**<br>11:00 Stater Bros Shopping<br>VETERANS DAY | 12<br>8:30 Mentone Breakfast<br>11:00 Meditation w/ Zelda Rose<br>**2:30 Shuffleboard- Upstairs** | 13<br>9:30 Chair Exercise- Apartment North Wing<br>**10:00 Coffee Hour** | 14 |
| 15 | 16<br>9:30 Chair Exercise- Apartment North Wing<br>**10:00 Coffee & Apple Fritters**<br>Claudia - Hairdresser | 17<br>**2:30 Poker- Lounge**<br>4:00 Taylor's Taco- Bus | 18<br>9:30 Chair Exercise- Apartment North Wing<br>10:00 Coffee Hour<br>11:00 Stater Bros Shopping<br>**5:00 Wine & Pizza**<br> | 19<br>8:30 Mentone Breakfast<br>10:30 RAC Meeting- Library<br>1:00 Redlands Museum- Bus<br>**2:30 Shuffleboard- Upstairs**<br>Cecila- Mani/Pedi | 20<br>9:30 Chair Exercise- Apartment North Wing<br>10:00 Coffee Hour<br>**2:00 Ice Cream Social- Lounge**<br> | 21 |
| 22 | 23<br>9:30 Chair Exercise- Apartment North Wing<br>**2:30 Bingo!- Lounge**<br><br>Claudia - Hairdresser | 24<br>**2:30 Left, Right, Center- Lounge** | 25<br>9:30 Chair Exercise- Apartment North Wing<br>**10:00 Coffee Hour**<br>11:00 Stater Bros Shopping | 26<br> | 27<br>9:30 Chair Exercise- Apartment North Wing<br>**10:00 Coffee Hour** | 28 |
| 29 | 30<br>9:30 Chair Exercise- Apartment North Wing<br>**10:00 Coffee Hour**<br>Claudia - Hairdresser | | | | | NOVEMBER BIRTHDAYS<br>1- Evelyn<br>2- Carol L.<br>9- Edith J.<br>10- Rosalyn<br>17- Doug<br>20- Marie |