
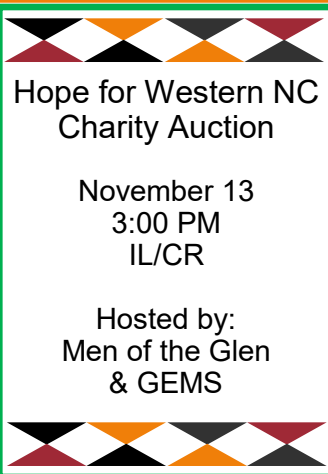









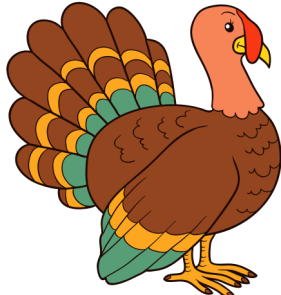






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p>In The Know...</p> <p>AL Calendar Connection November 1</p> <p>Calendar Review November 4</p> <p>Library Volunteers Meeting November 15</p> <p>Mary's Chats November 18</p>	<p align="center">-Outing Highlights-</p> <p>Tiger Rescue Tour, Pittsboro, NC November 6</p> <p>Cotton Company Shopping Trip Wake Forest, NC November 8</p> <p>NC Museum of Art Exhibit November 15</p> <p>Raleigh Community Orchestra Concert November 15</p> <p>Southern Supreme Fruitcake Company Tour, Bear Creek, NC November 18</p> <p>Hobby Lobby Shopping Trip November 22</p>		 <p>Music in the Community</p> <p>Classical Piano Concerts November 2</p> <p>Flute Program November 6</p> <p>Don Smith on Guitar November 9</p> <p>Patriotic Sing-Along November 11</p> <p>Hunter O'Neill on Piano November 18</p>	<p>1</p> <p>*8:30-Banks (Car) 9:15-Aquatone (P) 10-Donuts & U.S. News Survey (IL/CR) 10-Morning Meditation (M/WC) 10:30-Flex & Balance (FC Hall) 11-AL Calendar Connection (AL1) 11-Health Chat: <i>Diverticulitis</i> (M/WC) 12-Flower Pick-up (IL/CR) *12:30-Voting Shuttle (B) 1-2-Blood Pressure Check (IL/CA) 2-Wii Bowling (FC) 2-Finish it Friday (AL2) 3:30-Shabbat (M/WC) 4-Game of the Week: <i>Uno</i> (AL2) 6-10-Game Night (IL/CA)</p>	<p>2</p> <p>10:30-Junk Drawer Detective (AL2) 1-BINGO (IL/CA) 2-Standing Tai Chi (MGTV) 3-Classical Music Piano Concert (IL/CR) 3:30-Rosary Prayer (M/WC) 4-Eucharistic Service (M/WC) 4:15-Classical Music Piano Concert (AL1) 7-Saturday Night Movie: <i>Running with Scissors</i> (MGTV & Pub)</p>
 <p>Hope for Western NC Charity Auction</p> <p>November 13 3:00 PM IL/CR</p> <p>Hosted by: Men of the Glen & GEMS</p>				<p>3 Daylight Savings Time</p> <p>10-Morning Stretch (MGTV) 11-Worship Live (M/WC) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 4-Classical Music Video: Shostakovich Symphony Concert (MGTV & Pub) 6-Wii Bowling (FC) 7-Sunday Night Movie: <i>Breakfast at Tiffany's</i> (MGTV & Pub)</p>	<p>3 City of Oaks Marathon</p>
<p>4</p> <p>9:15-Aquatone (P) *10-Trader Joes/Ross (B) 10:30-Moving on Monday (AL2) 11-Hand Exercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Word of the Week (AL2) 2-Yoga for Better Balance (MGTV) 2-Wii Bowling (FC) 3-Calendar Review (IL/CR) 4-Puzzle Time (AL1) 6-10-Game Night (IL/CA) 7-Musicals on Monday: <i>My Fair Lady</i> (MGTV)</p>	<p>5 Election Day</p> <p>*9:30-Food Lion (B) 10:30-No Bake Recipes: Cheesecake Bites (AL2) 11-Balance Worx (IL/CR) 12:30-Movercise (IL/CR) *12:30-2:30-Voting Shuttle (Bus & Car) 2-Wii Bowling (FC) 2-Team Trivia (IL/CR) 2-Txt Twist (AL2) 6-10-Game Night (IL/CA)</p> 	<p>6</p> <p>9:15-Aquatone (P) *9:30-Carolina Tiger Rescue Trip (B) 10:30-12-Fitness Center Drop In (FC) 10:30-Choral Group will not be held today. 10:30-Wednesday Project (AL2) 10:30-Flex & Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-Cards for Troops (AL2) 2-Wii Bowling (FC) 3-U.S. News Survey (IL/CR) 4-New Song Music (AL1) 6-10-Game Night (IL/CA) 6:45-Flute Performance (IL/CR)</p>	<p>7</p> <p>*9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (IL/CR) 11-Hand Exercise (AL2) 11-Balance Worx (IL/CR) 1-BINGO (IL/CR) 1:30-Book Club (Lib) 2-Wii Bowling (FC) 2-Yoga for Better Balance (AL2) 2-Artworks Interest Meeting (M/WC) 3-Birthday & Anniversary Party with Singer, Zeke on Keyboard (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p>8</p> <p>*8:30-Banks (Car) 9:15-Aquatone (P) 10-Morning Meditation (M/WC) 10-2-AARP Drive Safe (IL/CR) 10:30-Flexible Friday (AL1) 10:30-Flex & Balance (FC Hall) 10:30-Book & A Beverage: <i>The Land Lady</i> by Roald Dahl (AL3) 12-Flower Pick-up (M/WC) *1-Cotton Company Shopping Wake Forest, NC (B) 1-2-Blood Pressure Check (IL/CA) 2-Artworks: Dramatic Reading (Lib) 2-Passport Pleasures: <i>Japan</i> (AL2) 2-Wii Bowling (FC) 4-Game of the Week: <i>Jenga</i> (AL1) 6-10-Game Night (IL/CA)</p>	<p>9</p> <p>10:30-Who, What, Where? (AL2) 1-BINGO (IL/CR) 2-Standing Tai Chi (MGTV) 3-Don Smith on Guitar (AL2) 3:30-Rosary Prayer (M/WC) 4-Eucharistic Service (M/WC) 7-Saturday Night Movie: <i>The Mirror Has Two Faces</i> (MGTV & Pub)</p>
<p>11 Veterans' Day</p> <p>9:15-Aquatone (P) *10-Walmart (B) 10:30-Moving on Monday (AL2) 11-Hand Exercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 12:30-Midday Patriotic Sing Along (IL/CA) 1:30-Fitter Sitters (IL/CR) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 2-Thirty Minutes with Ella Fitzgerald (AL2) 3-U.S. News Survey (AL1) 4-Monthly Mixer with John Cavallro (AL1) 6-10-Game Night (IL/CA) 7-Musicals on Monday: <i>Godspell</i> (MGTV)</p>	<p>12</p> <p>*9:30-Food Lion (B) 10-Eucharistic Service (M/WC) 10:30-No Bake Recipes: <i>Buckeyes</i> (AL2) 11-Balance Worx (IL/CR) 12:30-Get Fit with Frankie (IL/CR) *12:30-2:30-Ride for \$5 (Car) 2-Wii Bowling (FC) 2-Team Trivia (IL/CR) 2-Brain Fitness (AL2) 3-Scholar Series: <i>Dr. Amy O'Keefe</i> (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p>13</p> <p>9:15-Aquatone (P) 10:30-12-Fitness Center Drop In (FC) 10:30-Choral Group (M/WC) 10:30-Wednesday Project (AL2) 10:30-Flex & Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Community Communion (M/WC) 1:30-Fitter Sitters (IL/CR) 1-Hot Apple Cider Pick Up (AL1) 2-Wii Bowling (FC) 3-Hope for Western NC Charity Auction (IL/CR) 4-Backwards Game (AL2) 6-10-Game Night (IL/CA)</p>	<p>14</p> <p>Podiatry Visit by Appointment (FD) 9-10-Hearing Aid Check (AL3) *9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (IL/CR) 11-Hand Exercise (AL2) 11-Balance Worx (IL/CR) 1-BINGO (IL/CR) 2-Artworks-<i>Writing Memoirs</i> (Lib) 2-Building and Grounds Committee (M/WC) 2-"Band" Camp (AL2) 2-Wii Bowling (FC) 6-10-Game Night (IL/CA)</p> 	<p>15</p> <p>*8:30-Banks (Car) 9:15-Aquatone (P) 10-Library Volunteers (Lib) 10-Morning Meditation (M/WC) 10:30-Pet Therapy (IL/LR) 10:30-Flexible Friday (AL1) 10:30-Flex & Balance (FC Hall) 11-Health Chat: <i>Colon Cancer</i> (M/WC) 12-Flower Pick-up (IL/CR) *1-NCMA Exhibit Outing (B) *1-Library (Car) 1-2-Blood Pressure Check (IL/CA) 2-Wii Bowling (FC) 2-Felt Mums Craft (AL2) 4-Game of the Week: <i>Scrabble</i> (AL1) 6-10-Game Night (IL/CA) *6:15-Raleigh Community Orchestra Holiday Concert (B)</p>	<p>16</p> <p>10:30-Finish the Song Title (AL2) 1-BINGO (IL/CR) 2-Standing Tai Chi (MGTV) 3-Buzz Word (AL2) 3-Poetry with Judith (Lib) 3:30-Rosary Prayer (M/WC) 4-Eucharistic Service (M/WC) 7-Saturday Night Movie: <i>It's Complicated</i> (MGTV & Pub)</p>
					<p>17</p> <p>10-Morning Stretch (MGTV) 11-Worship Live (M/WC) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 4-Classical Music Video: <i>Mozart</i> (MGTV & Pub) 6-Wii Bowling (FC) 7-Sunday Night Movie: <i>Turner & Hooch</i> (MGTV & Pub)</p>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p>18 9:15-Aquatone (P) 10:30-Mary's Chat (AL1) *10:30-Southern Supreme Outing (B) 12-Lunch & Learn: <i>The Israel Museum, Jerusalem</i> (M/WC) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 2-Word of the Week (AL2) 3-Mary's Chat (IL/CR) 4-Hunter O'Neill on Piano (AL1) 6-10-Game Night (IL/CA) 7-Musicals on Monday: <i>Cats</i> (MGTV)</p> 	<p>19 *9:30-Food Lion (B) 10:30-<i>How Salt Built Empires</i> Documentary (AL2 & MGTV) 11-Balance Worx (MGTV) 12:30-Movercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 2-Wii Bowling (FC) 2-Coping with Loss (M/WC) 2-Team Trivia (IL/CR) 2-DIY: <i>Himalayan Salt Diffuser</i> (AL2) 3-Low Vision (Lib) 6-10-Game Night (IL/CA)</p>	<p>20 9:15-Aquatone (P) 10:30-Choral Group (M/WC) 10:30-Cards for the Troops: Resident Led (AL2) 10:30-Flex & Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-Mid-Day Music Jam (AL2) 2-Wii Bowling (FC) 4-New Song Music (AL1) 6-10-Game Night (IL/CA)</p> 	<p>21 *9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (IL/CR) 11-Hand Exercise (AL2) 11-Balance Worx (MGTV) 1-BINGO (IL/CR) 1-Welcome Ambassador Committee Meeting (IL/CA) 2-"Band" Camp (AL2) 2-Wii Bowling (FC) 2-New Resident Essentials (M/WC) 2-Residents' Association Board Meeting (Lib) 3-Meet Your New Neighbor Social (IL/CR) 6-10-Game Night (IL/CA)</p>	<p>22 *8:30-Banks (Car) 9:15-Aquatone (P) 10-Morning Meditation (M/WC) 10:30-Flexible Friday (AL1) 10:30-Flex & Balance (FC Hall) 10:30-Book & A Beverage: <i>Home Front by Gary Ives</i> (AL3) 12-Flower Pick-up (IL/CR) *12:30-Hobby Lobby (B) 1-2-Blood Pressure Check (IL/CA) 2-Make & Take: <i>Vanilla Extract</i> (AL2) 2-Wii Bowling (FC) 3-Art Appreciation (IL/CR) 4-Rock of Ages: Classic Rock hits from 50's to 80's (AL2) 6-10-Game Night (IL/CA)</p>	<p>23 10:30-Cardmaking (AL2) 1-BINGO (IL/CR) 2-Standing Tai Chi (MGTV) 3-Tea at Three (AL2) 3:30-Rosary Prayer (M/WC) 7-Saturday Night Movie: <i>Hannah & Her Sisters</i> (MGTV & Pub)</p>  <p>24 10-Morning Stretch (MGTV) 11-Worship Live (M/WC) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 4-Classical Music Video: <i>Swan Lake</i> (MGTV & Pub) 6-Wii Bowling (FC) 7-Sunday Night Movie: <i>Michael</i> (MGTV & Pub)</p>
<p>25 9:15-Aquatone (P) *10-Crabtree Valley Mall (B) 10:30-Master Gardeners (AL2) 11-Hand Exercise (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-Holistic Health w/Sindry (M/WC) 2-Wii Bowling (FC) 2-Recollection Road (AL2) 4-Minute to Win It (AL2) 6-10-Game Night (IL/CA) 7-Musicals on Monday: <i>The Music Man</i> (MGTV)</p>	<p>26 *9:30-Food Lion (B) 10-Dining Committee (PDR) 10:30-No Bake Recipes: <i>Cinnamon Rolls</i> (AL2) 11-Balance Worx (IL/CR) 12:30-Get Fit with Frankie (IL/CR) *12:30-2:30-Ride for \$5 (Car) 2-Wii Bowling (FC) 2-Team Trivia (IL/CR) 2-Tree Fluffing (AL2) 3-IL Tree Trimming (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p>27 9:15-Aquatone (P) 10:30-12-Fitness Center Drop In (FC) 10:30-Wednesday Project (AL2) 10:30-Choral Group (M/WC) 10:30-Flex & Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-Make & Take: Thanksgiving Snack (AL2) 2-Wii Bowling (FC) 4-Family Feud (AL2) 6-10-Game Night (IL/CA)</p>	<p>28 Thanksgiving 8:30-Macy's Thanksgiving Day Parade (Channel 5) 10:30-Tai Chi (MGTV) 11-Hand Exercise (MGTV) 11-Balance Worx (MGTV) 1-BINGO (IL/CR) 2-Wii Bowling (FC) 3-Holiday Movie: <i>When Harry Met Sally</i> (MGTV) 6-10-Game Night (IL/CA) 7-Holiday Movie: <i>Home for the Holidays</i> (MGTV)</p> 	<p>29 9:15-Aquatone (P) *9:30-Harris Teeter Shuttle (Bus) 10:30-Flex & Balance (FC Hall) 10:30-Flexible Friday (AL1) 11-Health Chat: <i>Lung Cancer</i> (M/WC) 12-Flower Pick-up (IL/CR) 1-2-Blood Pressure Check (IL/CA) 2-Movie Matinee: <i>Reagan</i> (M/WC) 2-Wii Bowling (FC) 4-Music for the Soul (AL1) 6-10-Game Night (IL/CA)</p>	<p>30 10:30-Muffins and Music (AL2) 1-BINGO Prize Day (IL/CR) 2-Standing Tai Chi (MGTV) 3-Count down to Christmas & Hanukkah Craft (AL2) 3:30-Rosary Prayer (M/WC) 7-Saturday Night Movie: <i>Florence Foster Jenkins</i> (MGTV & Pub)</p> <div style="border: 1px solid orange; padding: 10px; text-align: center;">  <p>Lunch & Learn November 18 12:00PM M/WC</p> <p>Program: The Israel Museum, Jerusalem</p>  </div>

AL: Assisted Living
AL/DR1: Assisted Living Dining Room
AL/P: Assisted Living Garden Patio
AL1: Assisted Living 1st Floor Living Room
AL2: Assisted Living 2nd Activity Room
AL3: Assisted Living 3rd Activity Room
B: MG Bus Outing
Bistro: IL Dining: Oak Room (IL 1st Floor)
C: Car Outing
Conf: Conference Room (IL 2nd Floor)
FC: Fitness Center (IL 1st Floor)
FD: Front Desk (IL 2nd Floor)

IL: Independent Living
IL/CA: IL Card Room (IL 2nd Floor)
IL/CR: IL Craft Room (IL 1st Floor)
IL/DR: IL Dining: Oak Room (IL 1st Floor)
IL/LR: IL Living Room (IL 2nd Floor)
IL/PDR: Private Dining Room
IL3: IL 3rd Floor Lounge
IL4: IL 4th Floor Lounge
Lib: IL Library (IL 2nd Floor)
M/WC: Media/Worship Center (IL 1st Floor)
P: Pool (IL 1st Floor)
Pub: IL 1st Floor

Please note that committee meetings in bold print on the calendar are open to all Residents to attend.

Denotes that you must sign-up/ preregistered for the program or event

Please sign up for all Bus Outings ASAP in the book located at the Front Desk!
Medical Appointments are scheduled on Tuesdays, Wednesdays & Thursdays between 8:30 a.m.- 2:30 p.m. There will be a fee if you do not turn in your request 48 business hours before your appointment.

MGTV is your way to know what is going on!
Tune in to Direct TV Channel 1-1 & the NEW community app for the latest information.



Happy Birthday to you!

Mahin Israelnaim-Nov. 1
Shirley Stowitts-Nov. 4
Mary Lou Amy-Nov. 4
Lee Wilhelm-Nov. 10
Chuck Griffith-Nov. 11
Denis Keating-Nov. 12
Ruth Beacom-Nov. 12

Claude Reynolds-Nov. 14
Randy Harris-Nov. 14
Nancy Swallow-Nov. 15
Betty Dunlap-Nov. 18
Glenn Wheless-Nov. 19
James Henderson-Nov. 19
William Koester-Nov. 22
Jerry Havens-Nov. 29