


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well				9:15  Test Your Noggin <b>1</b> 10:15  Exercise with Symbi 10:30  Mountain Market Open 11:00  Hand Massage 2:00  Cooking with Michael 3:00  DUP Meeting-Pioneer Stories	9:15  Shopping at Walmart <b>2</b> 10:15  Fun Fitness 11:00  Fact or Fiction 3:00  Piano Music with Terry 6:00  Friday Night Flick	10:00  Candy Bingo <b>3</b> 2:00  Walking Club 11:00  Current Events
<b>*Leisure Basket available at the front desk for Independent activities</b> <b>4</b> 9:45  LDS Sacrament 10:30  Coffee Break 10:40  Relief Society and Priesthood Meetings 1:30  Afternoon Movie in the living room 2:30  Bible Study 3:00  Walking Club	9:15  Let's Talk <b>5</b> 10:15  Strength Class 10:30  Coffee Break 11:00  Adult Art & Puzzles available 11:00  Scenic Bus Ride 2:00  Short Stories in the library 2:30  Food Talk with Michael 6:00  Family Home Evening	9:15  Current Events <b>6</b> 10:15  Chair Chi Exercise Class 10:30  Mountain Market Open 11:00  Blood Pressure Clinic 1:30  Lovely Nails 2:00  Knitting & Crocheting 3:15  Accordion Music with Jim	9:15  Meditation Class <b>7</b> 10:15  Balance Class 11:00  Black Jack with Johnny 11:00  Taco Bar 12:00  Lunch Outing to Maria's 2:00  Discussions/Music in the library 4:00  Wine Tasting 6:30  Bingo with Youth Group	<b>Boutique</b> <b>8</b> 9:15  Test Your Noggin 10:15  Exercise Fitness 10:30  Mountain Market Open 11:00  Pencil Art 1:45  Ambassador Team	<b>Boutique</b> <b>9</b> 9:15  Shopping at Dilly Dally 10:15  Fun Fitness 11:00  Yahtzee 1:45  Craft w/Katie 6:00  Friday Night Flick	10:00  Candy Bingo <b>10</b> 11:00  Current Events 2:00  Walking Club 7:00  Adult Session Stake Conference	
<b>*Leisure Basket available at the front desk for Independent activities</b> <b>11</b> 10:00  LDS Stake Conference 10:30  Coffee Break 1:30  Afternoon Movie in the living room 2:30  Bible Study 3:00  Service of Hymns & Prayers in the library 3:00  Walking Club	<b>Veterans Day</b> <b>12</b> 9:15  Let's Talk 10:15  Strength Class 10:30  Coffee Break 11:00  Adult Art and Puzzles available 11:00  Scenic Bus Ride 1:30  Veteran's Program 6:00  Family Home Evening	9:15  Current Events <b>13</b> 10:15  Chair Chi Exercise Class 10:30  Mountain Market Open 11:00  Wheel Chair & Walker Clinic 2:00  Hand Massage 2:00  Knitting & Crocheting 3:00  Fun Music with Saunders 6:30  Pie Night	9:15  Meditation Class <b>14</b> 10:15  Balance Class 11:00  Men's Group to Antelope Island 11:00  Sing-A Long with Stephanie 2:00  Discussions/Music in the library 3:00  Penny Bingo 4:00  Wine Tasting	9:15  Test Your Noggin <b>15</b> 10:15  Exercise with Symbi 10:30  Mountain Market Open 11:00  This is Your Life-Kay Dean 1:30  Independence Health Care Open House 3:00  Resident Birthday Party 6:00  Shannon's Hit Parade	9:15  Shopping at Walmart <b>16</b> 10:15  Fun Fitness 11:00  Jenga 1:45  Crafts with Katie 3:00  Health Talk 6:00  Friday Night Flick	10:00  Candy Bingo <b>17</b> 11:00  Current Events 2:00  Walking Club	
<b>*Leisure Basket available at the front desk for Independent activities</b> <b>18</b> 9:45  LDS Sacrament 10:30  Coffee Break 10:40  Relief Society and Priesthood Meetings 1:30  Afternoon Movie in the living room 2:30  Bible Study 3:00  Walking Club	9:15  Let's Talk <b>19</b> 10:15  Strength Class 10:30  Coffee Break 11:00  Adult Art and Puzzles available 11:00  Scenic Bus Ride 2:00  Resident Council 3:00  Body Talk with Ken 6:00  Pizzicato Strings & Company	9:15  Current Events <b>20</b> 10:15  Chair Chi Exercise Class 10:30  Mountain Market Open 11:00  Thanksgiving Luncheon 1:45  Lovely Nails 2:00  Knitting & Crocheting 3:00  Miniature Horse Therapy 6:00  Prize Bingo	9:15  Meditation Class <b>21</b> 10:15  Balance Class 11:00  Black Jack with Johnny 2:00  Discussions/Music in the library 3:00  Penny Bingo 4:00  Wine Tasting	<b>*Thanksgiving Day*</b> <b>22</b> <b>Enjoy your Friends &amp; Family</b>	9:15  Shopping at Fresh Market <b>23</b> 10:15  Fun Fitness 11:00  Wheel of Fortune 1:45  Crafts with Katie 3:00  Guitar Music with Nancy 6:00  Friday Night Flick	10:00  Candy Bingo <b>24</b> 11:00  Current Events 2:00  Walking Club	
<b>*Leisure Basket available at the front desk for Independent activities</b> <b>25</b> 9:45  LDS Sacrament 10:30  Coffee Break 10:40  Relief Society and Priesthood Meetings 1:30  Afternoon Movie in the living room 2:30  Bible Study 3:00  Walking Club	9:15  Let's Talk <b>26</b> 10:15  Strength Class 10:30  Coffee Break 11:00  Adult Art and Puzzles available 11:00  Scenic Bus Ride 2:00  Short Stories in the library 3:00  Piano Music with Henry 6:00  Family Home Evening	9:15  Current Events <b>27</b> 10:15  Chair Chi Exercise Class 10:30  Mountain Market Open 11:00  Hand Massage 11:00  Vitals & Weights Clinic 2:00  Balloon Volleyball 2:00  Knitting & Crocheting	9:15  Meditation Class <b>28</b> 10:15  Balance Class 11:00  Scattegories 2:00  Discussions/Music in the library 3:00  Penny Bingo 4:00  Wine Tasting	9:15  Test Your Noggin <b>29</b> 10:15  Exercise with Symbi 10:30  Mountain Market Open 11:00  You know UNO 1:45  Ambassador Team 3:00  STAMPEDE	9:15  Shopping at Smith's Market <b>30</b> 10:15  Fun Fitness 11:00  Boggle 1:45  Crafts with Katie 6:00  Friday Night Flick		