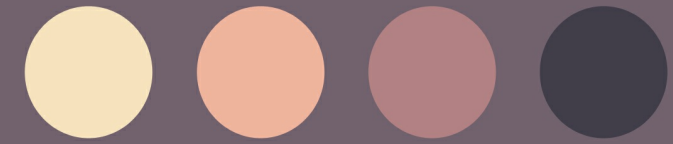


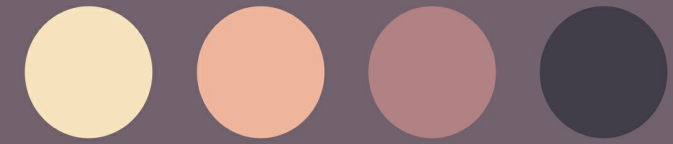
NOVEMBER 2024



Independent Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A friendly reminder that monthly calendars are subject to change. Your weekly calendars and flyers will provide a more accurate reflection of programming.		WA=Willard Auditorium MR=Meeting Room 3AR=3rd Floor Activity Room Cont. Issues Activity = Contemporary Issues Please be sure to sign up for outings at Front Desk	Interested in bringing back an activity you don't see on the schedule or proposing something new? Let us know! 410 842 0404		1 9:30 Sit & Stand - FITNESS CTR 10:30 Crossword w/ Bridget / FC 1:00 Writing Group - WA 1:30 Knitting Group - 3rd FLOOR LOUNGE 3:00 Social Hour Fitness Center	2 9:30 Yoga- FITNESS CTR 1:00 Meditation- FC 2:00 Movie Day; TBA
3 Daylight Saving Ends	4	5 Election Day	6	7	8	9
10:00 Catholic Virtual Mass w/ Comm. / WA 1:45 Prayer&Reflect / Chap 2:00 Ecum. Service / Chap 2:30 Fellowship w/ refresh / Chap 3:15 Jeopardy -MR	9:30 Sit & Stand - FITNESS CTR 1:30 Wii Bowling - FC 2:30 Music & Song w// Michael Brown / WA 6:30 Harbor City Chorus/ WA	9:00 Meadowood Walking Group 10:00 Zumba - FITNESS CTR 10:00 Kenilworth Shopping: Trader Joe Or Any Store 1:30 Bookmobile - Front Door 3:00 Bingo With David FC	9:30 Sit & Stand - FITNESS CTR 10:00 Banking & Shopping 10:30 Activity w. Melissa/Heather 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:00 Catholic Comm / FC 2:30 Music w/ Vintage Entertainment / WA	9:30 Daily Chronicles and Horoscopes/ CBA 10:00 Eddies Market 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:00 Cont Issues/ WA 3:00 Pgill Singers Practice- MR 3:15 3:15 Balloon Volleyball w/ Towson Univ. B.ball / WA	9:30 Sit & Stand - FITNESS CTR 10:15 Garden Club / WA 1:00 Writing Group - WA 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:30 Assoc. Exec. Bd. - Conf. Rm	9:30 Yoga- FITNESS CTR 1:00 Meditation- FC 2:00 Movie Day; TBA 7:15 Bingo - WA
10	11 Veterans Day	12	13	14	15	16
10:00 Catholic Virtual Mass w/ Comm. / WA 1:45 Prayer&Reflect / Chap 2:00 Ecum. Service / Chap 2:30 Fellowship w/ refresh / Chap 3:15 Documentary Day-3AR	9:30 Sit & Stand - FITNESS CTR 1:30 Wii Bowling - FC 2:30 Music & Song w/ Ken King / WA 6:30 Harbor City Chorus/ WA 7:15 Book Club- 4th Fl. Library	9:00 Meadowood Walking Group 10:00 Zumba - FITNESS CTR 10:00 Hunt Valley Shopping: Wegmans Or Any Store There 3:00 Bingo With David FC	9:30 Sit & Stand - FITNESS CTR 10:00 Banking & Shopping 10:30 Gilchrist 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:00 Catholic Comm - FC 2:30 Mary Ann Jung Portrays..	9:30 Daily Chronicles and Horoscopes/ CBA 11:00 Restaraunt: J & P New York Italianos. Good Food And A Nice Ride 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:00 Cont Issues/ WA 3:00 Pgill Singers Practice- MR	9:30 Sit & Stand - FITNESS CTR 10:30 Nat Geo-WA 1:00 Writing Group - WA 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:30 Residents General Mtg. -IL DR	9:30 Yoga- FITNESS CTR 1:00 Meditation- FC 2:00 Movie Day; TBA 3:00 BYOB - PUB

NOVEMBER 2024



Independent Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 10:00 Catholic Virtual Mass w/ Comm. / WA 1:45 Prayer&Reflect / Chap 2:00 Ecum. Service / Chap 2:30 Fellowship w/ refresh / Chap 3:15 Jeopardy -MR	18 9:30 Sit & Stand - FITNESS CTR 1:30 Wii Bowling - FC 2:00 Catholic Mass w/ Fr. Nick 2:30 Crossword-WA 7:30 Middle River Concert Band	19 9:00 Meadowood Walking Group 10:00 Zumba - FITNESS CTR 10:00 Shopping: Towson Market Place, Target, Weis Or Any Store There 3:00 Bingo With David FC	20 9:30 Sit & Stand - FITNESS CTR 10:00 Banking & Shopping 10:30 Topics of Life / 3AR 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:30 David Dellman Magic / WA	21 9:30 Daily Chronicles and Horoscopes/ CBA 10:00 Shopping: Grauls, Walgreens Drug Store & Liquor Store 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:00 Cont Issues/ WA 3:00 Pgill Singers Practice- MR	22 9:30 Sit & Stand - FITNESS CTR 1:00 Writing Group - WA 1:30 Knitting Group - 3rd FLOOR LOUNGE	23 9:30 Yoga- FITNESS CTR 1:00 Meditation- FC 2:00 Movie Day; TBA 7:15 Bingo - WA
24 10:00 Catholic Virtual Mass w/ Comm. / WA 1:45 Prayer&Reflect / Chap 2:00 Ecum. Service / Chap 2:30 Fellowship w/ refresh / Chap 3:15 Documentary Day-3AR	25 9:30 Sit & Stand - FITNESS CTR 1:30 Wii Bowling - FC 2:30 Music w. Woof/WA 6:30 Harbor City Chorus/ WA	26 9:00 Meadowood Walking Group 10:00 Zumba - FITNESS CTR 10:00 Brunch At IHOP 3:00 Bingo With David FC	27 9:30 Sit & Stand - FITNESS CTR 10:00 Banking & Shopping 10:30 Baking w/ Bridget / 3AR 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:00 Catholic Comm - FC	28 Thanksgiving 9:30 Daily Chronicles and Horoscopes/ CBA 1:30 Knitting Group - 3rd FLOOR LOUNGE 2:00 Cont Issues/ WA / CX 3:00 Pgill Singers Practice- MR	29 9:30 Sit & Stand - FITNESS CTR 1:00 Writing Group - WA 1:30 Knitting Group - 3rd FLOOR LOUNGE	30 9:30 Yoga- FITNESS CTR 1:00 Meditation- FC 2:00 Movie Day; TBA