
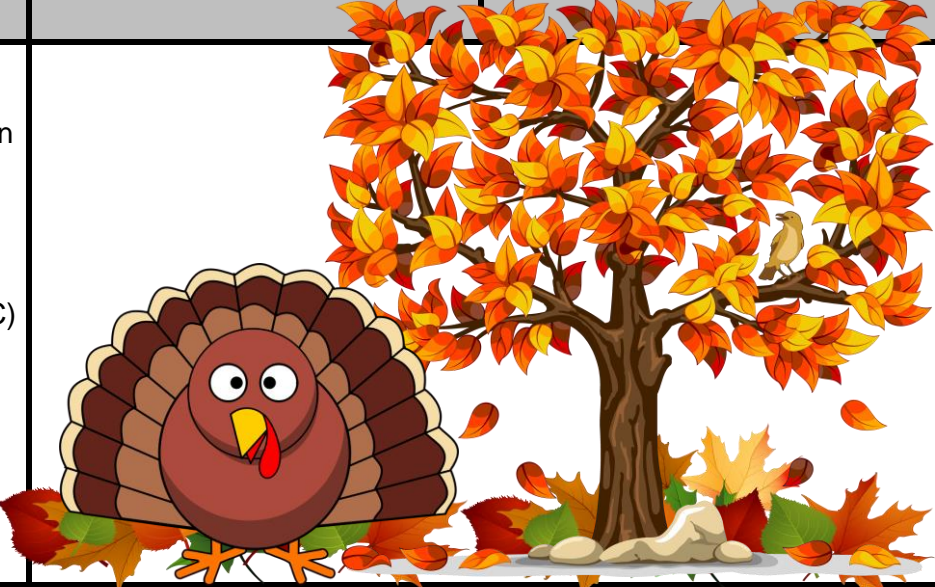








Retirement Living November 2017 Vitality Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Happy Birthday!			1	2	3	4	
 <p>11/1 Rodney Ledgerwood 11/2 Harold Ochs 11/3 David Shannon 11/4 Junis Schnabel 11/4 Betty Barnett 11/6 Delores Woerner 11/8 Lee Davis 11/9 Elaine Burgess 11/10 Avis Barnaby 11/10 Lois Ochs 11/10 Gerald Hixson 11/10 Ralph Wiseman</p>			<p>11/15 Marilyn Corbett 11/15 Wilma Lange 11/15 Carol McKinstry 11/15 Ray Norsworthy 11/17 Bob Zabor 11/22 Kelli Presley 11/24 Louise Lentz 11/26 Pat Smith 11/28 Jeanie Tadej 11/28 Gene Aliverti 11/29 Bob McKee 11/30 Jean Wilson</p>	<p>6:00-7:30 Open Swim (VC) 7:30 VC Orientation (VC) 9:00 Water Fitness Class (VC) 9:00 "Jesus Calling" Devotion (CH) 9:15 Morning Drive: Frog Hollow (W) 11:00 Gentle Yoga (VC) 12:00-2:00 1 on 1 *By Appt (VC) 1:00 BINGO (COM) 1:00 Hand & Foot (2E) 1:00-2:30 Wii Bowling League (VC) 2:30 Movie (TH) 3:00 Craft (ART) 3:00-4:30 Open Wii Bowling (VC)</p>	<p>6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Medical Transportation 9:00 "Jesus Calling" Devotion (CH) 10:30 Pictionary (2L) 11:00 Brain Fitness (VC) 11:00 Humane Society (2L) 1:00 Water Walking (VC) 2:30 Movie (TH) 3:00-4:30 Open Wii Bowling (VC) 6:00 Movie (TH) 6:00 Rummikub (3L) Personal Training by Apt. (VC)</p>	<p>6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:00 "Jesus Calling" Devotion (CH) 9:15 Shopping: Safeway / Bi-Mart 10:00 Catholic Communion (CH) 10:30 Ship, Captain, Crew (COM) 11:00 Cardio Tone (VC) 11:45 Travel: Lunch Bunch "Walt's Place" 1:30 Computer Help (BC) 2:00 Bridge (2E) 3:00 Veterans' Social (COM) 3:00-4:30 Open Wii Bowling (VC) 6:30 Vespers (CH)</p>	<p>6:30-10:30 Open Swim (VC) 9:00 Travel: To Village Church (W) 10:30-7:00 Open Wii Bowling(VC) 11:00 Village Church LIVE (TH) 1:30 Games (3L) 2:30 Movie (TH) 4:00 Worship Service 6:00 Table Games (3L)</p>
5	6	7	8	9	10	11	
<p>6:30-9:00 Open Swim (VC) 10:30-7:00 Open Wii Bowling(VC) 10:30 Catholic Eucharist (CH) 1:05 Seattle Seahawks vs Washington Redskins (TH) 4:00 Worship Service 6:00 Rummikub (3L)</p>	<p>6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:00 Donut Social (COM) 9:00 "Jesus Calling" Devotion (CH) 9:30 Shopping: Walmart/Andy's 10:30 Hang Man Game (2L) 11:00 Stretch, Stand & Lift (VC) 1:00 Bible Study (COM) 1:00-5:00 Medical Transportation 1:00-2:30 Wii Bowling League (VC) 1:00-4:00 Bridge (2E) 3:30 Sing-a-long (2L) 3:00-4:30 Open Wii Bowling (VC)</p>	<p>6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Medical Transportation 9:00 "Jesus Calling" Devotion (CH) 10:30 Ship, Captain, Crew (COM) 11:00 Chair Aerobics (VC) 1:00 Water Walking (VC) 1:00 Pinochle (2E) 1:00-2:30 Wii Bowling League (VC) 1:30 Beginning Watercolor (COM) 2:30 Movie (TH) 3:00 Two Bit BINGO (COM) 3:00-4:30 Open Wii Bowling (VC) 6:30 Travel: WW Symphony (W) Personal Training by Apt. (VC)</p>	<p>6:00-7:30 Open Swim (VC) 7:30 VC Orientation (VC) 9:00 Water Fitness Class (VC) 9:00 "Jesus Calling" Devotion (CH) 9:15 Morning Drive: Old MF Hwy 11:00 Gentle Yoga (VC) 12:00-2:00 1 on 1 *By Appt (VC) 1:00 BINGO (COM) 1:00 Hand & Foot (2E) 1:00-2:30 Wii Bowling League (VC) 2:30 Movie (TH) 3:00 Craft (ART) 3:00-4:30 Open Wii Bowling (VC) 5:30 Ice Cream Social (COM) 6:45 Council Meeting (CON)</p>	<p>6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Medical Transportation 9:00 "Jesus Calling" Devotion (CH) 10:00 Presbyterian Communion (C) 10:30 Pictionary (2L) 11:00 Brain Fitness (VC) 1:00-2:30 Wii Bowling League (VC) 2:30 Movie (TH) 3:00-4:30 Open Wii Bowling (VC) 5:25 Seattle Seahawks vs Arizona Cardinals (TH) 6:00 Rummikub (3L) Personal Training by Apt. (VC)</p>	<p>6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:30 Shopping: Bi-Mart/Super 1 9:00 "Jesus Calling" Devotion (CH) 9:00am-3:00pm Craft Fair (2L) 10:30 Ship, Captain, Crew (COM) 11:00 Cardio Tone (CON) 2:00 Bridge (2E) 2:00 Book Club (COM) 3:00-4:30 Open Wii Bowling (VC) 6:30 Vespers (CH)</p>	<p>6:30-10:30 Open Swim (VC) 9:00 Travel: To Village Church (W) 10:30-7:00 Open Wii Bowling(VC) 11:00 Village Church LIVE (TH) 1:30 Games (3L) 2:30 Movie (TH) 3:00 WW University (R) String Quartet Performance 6:00 Table Games (3L)</p>	
12	13	14	15	16	17	18	
<p>6:30-9:00 Open Swim (VC) 9:00 Water Walking (VC) 10:30 Catholic Eucharist (CH) 10:30-7:00 Open Wii Bowling(VC) 2:30 Movie (TH) 4:00 Worship Service 6:00 Rummikub (3L)</p>	<p>6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:00 Donut Social (COM) 9:00 "Jesus Calling" Devotion (CH) 9:30 Shopping: Walmart/Andy's 10:30 Hang Man Game (2L) 11:00 Stretch, Stand & Lift (CON) 1:00 Bible Study (COM) 1:00-5:00 Medical Transportation 1:00-2:30 Wii Bowling League (VC) 1:00-4:00 Bridge (2E) 3:00 Birthday Party (CON) 3:00-4:30 Open Wii Bowling (VC)</p>	<p>6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Medical Transportation 9:00 "Jesus Calling" Devotion (CH) 10:00-3:30 Book Fair (2L) 10:30 Ship, Captain, Crew (COM) 11:00 Chair Aerobics (CON) 1:00 Water Walking (VC) 1:00 Pinochle (2E) 1:00-2:30 Wii Bowling League (VC) 1:30 Beginning Watercolor (COM) 2:30 Movie (TH) 3:00 Two Bit BINGO (COM) 3:00-4:30 Open Wii Bowling (VC)</p>	<p>6:00-7:30 Open Swim (VC) 7:30 VC Orientation (VC) 9:00 Water Fitness Class (VC) 9:00 "Jesus Calling" Devotion (CH) 9:15 Morning Drive: Birch Creek (W) 11:00 Gentle Yoga (CON) 11:00 Episcopal Worship (CH) 12:00-2:00 1 on 1 *By Appt (VC) 1:00 BINGO (COM) 1:00 Hand & Foot (2E) 2:00 Travel: Klickers (W) 2:30 Movie (TH) 3:00 Craft (ART) 3:00-4:30 Open Wii Bowling (VC)</p>	<p>6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Medical Transportation 9:00 "Jesus Calling" Devotion (CH) 10:30 Pictionary (2L) 11:00 Brain Fitness (VC) 1:00 Advanced Water Yoga (VC) 1:00-2:30 Wii Bowling League (VC) 2:00 Friendship Social (RR) 2:30 Movie (TH) 3:00-4:30 Open Wii Bowling (VC) 6:00 Rummikub (3L) 6:00 Movie (TH) Personal Training by Apt. (VC)</p>	<p>6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:00 "Jesus Calling" Devotion (CH) 9:30 Shopping: Bi-Mart/Super 1 9:30 WW Clinic Audiology *By Appt. Only (ART) 10:30 Ship, Captain, Crew (COM) 11:00 Cardio Tone (CON) 1:30 Computer Help (BC) 2:00 Bridge (2E) 3:00-4:30 Open Wii Bowling (VC) 6:30 Vespers</p>	<p>6:30-10:30 Open Swim (VC) 9:00 Travel: To Village Church (W) 10:30-7:00 Open Wii Bowling(VC) 11:00 Village Church LIVE (TH) 1:30 Games (3L) 2:30 Movie (TH) 4:00 Worship Service (CH) 6:00 Table Games (3L)</p>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20	21	22	23	24	25
6:30-9:00 Open Swim (VC) 9:00 Water Walking (VC) 10:30 Catholic Eucharist (CH) 10:30-7:00 Open Wii Bowling(VC) 2:30 Movie (TH) 4:00 Worship Service (CH) 6:00 Rummikub (3L)	6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:00 Donut Social (COM) 9:00 "Jesus Calling" Devotion (CH) 9:30 Shopping: Walmart/Andy's 10:30 Hang Man Game (2L) 11:00 Stretch, Stand & Lift (CON) 1:00 Bible Study (COM) 1:00-5:00 Medical Transportation 1:00-2:30 Wii Bowling League (VC) 1:00-4:00 Bridge (2E) 3:30 Sing-a-long (2L) 3:00-4:30 Open Wii Bowling (VC) 5:30 Seattle Seahawks vs Atlanta Falcons (TH)	6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Medical Transportation 9:00 "Jesus Calling" Devotion (CH) 10:30 Ship, Captain, Crew (COM) 11:00 Chair Aerobics (CON) 1:00 Water Walking (VC) 1:00 Pinochle (2E) 1:30 Beginning Watercolor (COM) 1:00-2:30 Wii Bowling League (VC) 2:30 Movie (TH) 3:00 Two Bit BINGO (COM) 3:00-4:30 Open Wii Bowling (VC) 5:00 Travel: Dinner Dash Personal Training by Apt. (VC)	6:00-7:30 Open Swim (VC) 7:30 VC Orientation (VC) 9:00 Water Fitness Class (VC) 9:00 "Jesus Calling" Devotion (CH) 9:15 Morning Drive: Bennington Lake/Airport (W) 11:00 Gentle Yoga (CON) 1:00 BINGO (COM) 1:00 Hand & Foot (2E) 12:00-2:00 1 on 1 *By Appt (VC) 1:00-2:30 Wii Bowling League (VC) 2:30 Movie (TH) 3:00 Craft (ART) 3:00-4:30 Open Wii Bowling (VC) 5:30 Ice Cream Social (COM)	Business Office Closed Front Desk Closed Baker Boyer Bank Closed Pool & Spa Closed 5:00 am - 9:00 pm 11:00 am-2:00 pm Thanksgiving Dinner in the Restaurant <i>Happy Thanksgiving</i>	6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:00 "Jesus Calling" Devotion (CH) 9:30 Shopping: Bi-Mart/Super 1 10:30 Ship, Captain, Crew (COM) 11:00 Cardio Tone (CON) 1:30 Computer Help (BC) 2:00 Bridge (2E) 2:00 Book Club (COM) 3:00 Needlework (ART) 3:00-4:30 Open Wii Bowling (VC) 6:30 Vespers	6:30-10:30 Open Swim (VC) 9:00 Travel: To Village Church (W) 10:30-7:00 Open Wii Bowling(VC) 11:00 Village Church LIVE (TH) 1:30 Games (3L) 2:30 Movie (TH) 4:00 Worship Service (CH) 6:00 Table Games (3L)
26	27	28	29	30		
6:30-9:00 Open Swim (VC) 9:00 Water Walking (VC) 10:30-7:00 Open Wii Bowling(VC) 10:30 Catholic Eucharist (CH) 1:05 Seattle Seahawks vs San Francisco 49ers (TH) 4:00 Worship Service (CH) 6:00 Rummikub (3L)	6:00-7:30 Open Swim (VC) 9:00 Water Fitness Class (VC) 9:00 Donut Social (COM) 9:30 Shopping: Walmart/Andy's 10:30 Hang Man Game (2L) 11:00 Stretch, Stand & Lift (CON) 1:00-5:00 Medical Transportation 1:00 Bible Study 1:00-2:30 Wii Bowling League (VC) 1:00-4:00 Bridge (2E) 3:00 Cooking w/Carolyn (COM) 3:00-4:30 Open Wii Bowling (VC)	6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Medical Transportation 10:30 Ship, Captain, Crew (COM) 11:00 Chair Aerobics (CON) 1:00 Water Walking (VC) 1:00 Pinochle (2E) 1:30 Beginning Watercolor (COM) 1:00-2:30 Wii Bowling League (VC) 2:30 Movie (TH) 3:00 Two Bit BINGO (COM) 3:00-4:30 Open Wii Bowling (VC) Personal Training by Apt. (VC)	6:00-7:30 Open Swim (VC) 7:30 VC Orientation (VC) 8:00 Men's Breakfast (R) 9:00 Water Fitness Class (VC) 9:15 Morning Drive: Cottonwood 11:00 Gentle Yoga (CON) 1:00 BINGO (COM) 1:00 Hand & Foot (2E) 12:00-2:00 1 on 1 *By Appt (VC) 1:00-2:30 Wii Bowling League (VC) 2:30 Movie (TH) 3:00 Craft (ART) 3:00-4:30 Open Wii Bowling (VC)	6:00-7:30 Open Swim (VC) 7:30 Advanced Walking (VC) 8:00-5:00 Medical Transportation 10:30 Pictionary (2L) 11:00 Brain Fitness (VC) 1:00 Water Walking (VC) 2:30 Movie (TH) 3:00-4:30 Open Wii Bowling (VC) 7:00 Holiday Celebration (R) Christmas Tree Lighting		
LOCATION KEY			SWEET ONION RESTAURANT	VITALITY CENTER FITNESS AREA	VITALITY CENTER POOL AND SPA	THE 'RED ROOSTER' ICE CREAM PARLOR GENERAL STORE AND BISTRO
1st Floor	2nd Floor	3rd Floor	OPEN DAILY 7:00 AM TO 7:00 PM	OPEN DAILY 5:00 AM TO 9:00 PM	HOURS MONDAY-THURSDAY 6:00 am to 6:00 pm	GENERAL STORE AND BISTRO OPEN DAILY 12:00 pm to 3:00 pm
W - West Entrance CH - Chapel R - Restaurant VC - Vitality Center GC - Golf Course E - East Entrance	BC -Business Center CON -Conference Room LIB -Library 2L -2nd Floor Lobby BS-Beauty Shop 2E-2nd Floor East Wing	COM -Community Room RR - Red Rooster ART -Art Room TH -Movie Theater 3L -3rd Floor Lobby	BREAKFAST 7:00 am to 10:00 am  LUNCH 11:00 am to 1:30 pm  DINNER 4:30 to 7:00 pm 		FRIDAY 6:00 am to 4:00 pm SATURDAY & SUNDAY 6:30 am to 10:30 am 	
			LIC#1640	VC VITALITY CENTER		1st Floor