



# NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Car services within a 12 mile Radius available with reasonable notice. Please make appointments with the Concierge	**Movies are played twice a day at 1:30 and 7:30 ** Personal Training available with Metro Fitness Monday to Friday, 10:00am to 4:00pm	10:30 Aqua Fitness 11:15 Scattergories 1:00 Seated Low Cardio 2:00 Canasta Time 3:00 Jeopardy 4:00 Happy Hour 5:00 Broadway Trip - SIX	10:30 Standing Barre 11:45 Grace Church Concert 1:00 Seated Barre 2:00 Studio Art w/ Deb 3:00 Rummikub 4:00 One Day University 4:00 Happy Hour	10:30 Aqua Fitness 11:00 Memory Lane Stroll 1:00 Standing Barre 1:30 Tech Talk and Service 3:00 Bingo! 4:00 Happy Hour 7:00 Zoom Lecture w/ Mass Gen.	10:30 Posture & Core 10:30 Tech Talk and Service 12:00 Water Aerobics 1:00 Seated Low Cardio 2:00 Men's Club 3:00 Craft Club 4:30 Happy Hour w/ music	10:00 Craft Club 11:30 Tai Chi w/ Domingo 12:00 Water Aerobics 2:00 Walking Club 3:00 Piano Concert by Katya Grin 4:00 Movie Club 4:30 Happy Hour
11:15 Walking Club 12:00 Word Teasers 1:00 Trip to see Youth Acapella Groups in Mamaroneck 2:00 Studio Art w/ Deb 3:00 Scrabble 4:00 One Day University 4:00 Happy Hour	10:30 Standing Barre 11:00 Crosswords 12:00 Hudson Restaurant Week 1:00 Seated Low Cardio 1:30 Political Roundtable 2:00 Mah Jongg Play 3:00 Community Meeting 4:00 New Neighbor Meet 4:30 Happy Hour	10:00-4:00 Voting Trips 10:30 Aqua Fitness 11:00 Election Day Documentary 1:30 Programming Meeting 2:00 One Day University 2:00 Canasta Time 3:00 Jeopardy 4:00 Happy Hour	10:30 Standing Barre 11:45 Grace Church Concert 1:00 Seated Barre 1:30 Rummikub 2:00 Fine Art w/ Darby 3:00 Election Results Wrap Up 4:00 One Day University 4:00 Happy Hour	10:30 Aqua Fitness 11:00 Memory Lane Stroll 1:00 Standing Barre 1:30 Giving Retrievers 1:30 Tech Talk and Service 2:00 Book Club-Lucy By The Sea 3:00 One Day University 4:00 Happy Hour	10:30 Posture & Core 10:30 Tech Talk and Service 12:00 Water Aerobics 1:00 Seated Low Cardio 1:30 Veterans' Day -Reflections on Service, Loss and Sacrifice 2:00 Men's Club 3:00 Craft Club 4:30 Happy Hour w/ music	10:00 Craft Club 11:30 Tai Chi w/ Domingo 12:00 Water Aerobics 2:00 Walking Club 3:00 Music Performance by Jordelei Entertainment 4:00 Movie Club 4:30 Happy Hour
11:15 Walking Club 12:00 Word Teasers 1:00 Scrabble 2:00 One Day University 2:00 Studio Art w/ Deb 3:30 Piano Recital w/ Nicole Wang 4:00 Happy Hour	10:30 Standing Barre 11:00 Crosswords 1:00 Seated Low Cardio 1:30 Political Roundtable 2:00 Mah Jongg Play 3:00 Lecture w/ Dr. David Peritz 4:00 New Neighbor Meet 4:30 Happy Hour	10:30 Aqua Fitness 11:15 Scattergories 1:00 Standing Barre w/ Chris 1:30 Inside the Beltway- A Political Talk with Geri Shapiro 2:00 Canasta Time 3:00 Jeopardy 4:00 Happy Hour	10:30 Standing Barre 11:45 Grace Church Concert 1:00 Seated Barre 1:30 Norwalk Aquarium 2:00 Studio Art w/ Deb 3:00 Rummikub 4:00 One Day University 4:00 Happy Hour	10:30 Aqua Fitness 11:00 Memory Lane Stroll 1:00 Standing Barre 1:30 Tech Talk and Service 2:00 Do You Get the Picture? 3:00 Word Teasers 3:00 One Day University 4:00 One Day University 4:00 Happy Hour	10:30 Posture & Core 10:30 Tech Talk and Service 12:00 Water Aerobics 1:00 Seated Low Cardio 2:00 Men's Club 3:00 Craft Club 4:00 One Day University 4:30 Happy Hour w/ music	10:00 Craft Club 11:30 Tai Chi w/ Domingo 12:00 Water Aerobics 2:00 Walking Club 3:00 Opera w/ Joe 3:00 One Day University 4:00 Movie Club 4:30 Happy Hour
11:15 Walking Club 12:00 Word Teasers 1:00 Scrabble 2:00 One Day University 2:00 Studio Art w/ Deb 3:30 Harpist Erika Greenfield Performance 4:00 Happy Hour	10:30 Standing Barre 11:00 Crosswords 1:00 Seated Low Cardio 1:30 Lecture w/ Prof. Albertson 2:00 Mah Jongg Play 3:00 Resident Council 4:00 New Neighbor Meet 4:30 Happy Hour	10:30 Aqua Fitness 11:15 Scattergories 1:00 Standing Barre w/ Chris 1:30 Thanksgiving Crafting 2:00 Canasta Time 3:00 Jeopardy 4:00 Happy Hour	10:30 Standing Barre 11:45 Grace Church Concert 1:00 Seated Barre 2:00 Thanksgiving Trivia Time 3:00 Studio Art w/ Deb 4:00 Rummikub 4:00 One Day University 4:00 Happy Hour	10:00 Thanksgiving Parade 10:30 Walking Club 11:30 Thanksgiving Documentary 1:30 Tech Talk and Service 2:30 Thanksgiving Trivia 3:30 Jigsaw Jam 4:00 One Day University 4:00 Happy Hour	10:30 Posture & Core 10:30 Tech Talk and Service 12:00 Water Aerobics 1:00 Seated Low Cardio 2:00 Violin w/ Albert Mulad 3:00 Craft Club 4:00 One Day University 4:30 Happy Hour w/ music	10:00 Craft Club 11:30 Tai Chi w/ Domingo 12:00 Water Aerobics 2:00 Walking Club 3:00 Residents' Game Choice 3:00 One Day University 4:00 Movie Club 4:30 Happy Hour
11:15 Walking Club 12:00 Word Teasers 1:00 Scrabble 2:00 One Day University 2:00 Studio Art w/ Deb 3:00 Tommy Spin Music Perf. 4:00 Happy Hour	10:30 Standing Barre 11:00 Crosswords 1:00 Seated Low Cardio 1:30 Political Roundtable 2:00 Mah Jongg Play 3:00 One Day University 4:00 New Neighbor Meet	10:30 Aqua Fitness 11:15 Scattergories 1:00 Standing Barre w/ Chris 1:30 Thanksgiving Crafting 2:00 Canasta Time 3:00 Jeopardy 4:00 Happy Hour	10:30 Standing Barre 11:45 Grace Church Concert 1:00 Seated Barre 2:00 Arts Westchester Trip 3:00 Studio Art w/ Deb 4:00 One Day University 4:00 Happy Hour			