

SUN	MON	TUE	WED	THUR	FRI	SAT
		10:00 AM Bocce (2L) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 1 11:00 AM Stretching w/ Back Care (HH) 1:30 PM Rummikub in the Afternoon (3LL) 2:00 PM Bingo (HH)	10:00 AM Bocce (2L) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 2 1:00 PM First Wednesday Art Talk by the San Rafael Public Library (Zoom in HH) 2:00 PM Rachel's Exercise Class (HH) 5:30 PM Out to Dinner - Lotus Cuisine of India (LB\$) 7:15 PM Evening Cinema (HH)	3:00 AM Upper/Lower Body Strength Training (HH) 3 10:00 AM Bocce (2L) 10:00 AM Fireside Chat (HH) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 1:30 PM Art Class w/ Katya (Apt 201)	9:30 AM Friday 5-Mile Shopping w/ Victor (LB) 4 10:00 AM Bocce (2L) 10:30 AM Oakland Museum of California (LB \$) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 3:00 PM Line Dancing w/ Light Aerobics (HH) 4:45 PM Happy Hour (MDR)	10:00 AM Bocce (2L) 11:00 AM Rhythm & Balance w/ Torri (HH) 5 1:30 PM Bridge (3LL) 3:00 PM Saturday Cornhole (Lawn by marketing Office) 7:15 PM Saturday Cinema (HH)
Daylight Savings Time Ends 1:30 PM Rummikub in the Afternoon (3LL) 6	Maintenance Employees' Appreciation Week 7 9:30 AM Let's Go Shopping! Corte Madera Town Center (LB) 10:00 AM Bocce (2L) 10:30 AM The Marin Chapter of the SF Opera Guild presents (HH) 10:30 AM Women's MinistryCrafts & Devotional (HH) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 1:30 PM Monday Dominos (3LL) 2:00 PM Strength & Balance w/ Select Rehab (HH) 6:30 PM Fitz & Webber Music Duo (MDR after Dinner)	Maintenance Employees' Appreciation Week 8 10:00 AM Bocce (2L) 10:00 AM Gym Equipment Training (Gym) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 11:00 AM Stretching w/ Back Care (HH) 12:30 PM IL Resident Birthday (MDR) 1:30 PM Rummikub in the Afternoon (3LL) 1:30 PM Shannon Burke - Interpretive Naturalist from Marin County Parks presents: (HH) 2:00 PM Library Shuttle (LB)	Maintenance Employees' Appreciation Week 9 10:00 AM Bocce (2L) 10:45 AM Bible History Class (HH) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 2:00 PM Rachel's Exercise Class (HH) 7:15 PM Evening Cinema (HH)	Maintenance Employees' Appreciation Week 10 3:00 AM Upper/Lower Body Strength Training (HH) 10:00 AM Bocce (2L) 10:00 AM Communion Service - Non-denominational (HH) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 4:00 PM Music by Bread & Roses (HH)	Veterans Day 11 Maintenance Employees' Appreciation Week 9:30 AM Friday 5-Mile Shopping w/ Victor (LB) 10:00 AM Bocce (2L) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 1:30 PM A Musical Afternoon with Ian Scarfe (HH) 3:15 PM Line Dancing w/ Select Rehab (HH) 4:45 PM Happy Hour (MDR)	10:00 AM Bocce (2L) 11:00 AM Rhythm & Balance w/ Torri (HH) 12 1:30 PM Bridge (3LL) 3:00 PM Saturday Cornhole (Lawn by marketing Office) 7:15 PM Saturday Cinema (HH)
1:30 PM Rummikub in the Afternoon (3LL) 13 2:30 PM Our Art Group (HH)	10:00 AM Bocce (2L) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 14 1:30 PM Monday Dominos (3LL) 2:00 PM Strength & Balance w/ Select Rehab (HH) 6:45 PM Marin Harmony Chorus (MDR)	10:00 AM Bocce (2L) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 15 11:00 AM Stretching w/ Back Care (HH) 11:30 AM Out to Lunch - Celia's Mexican Restaurant (Lobby \$) 1:30 PM Rummikub in the Afternoon (3LL) 2:00 PM Bingo (HH)	10:00 AM Bocce (2L) 11:00 AM Book Club Meeting (3FL) 16 11:00 AM Open Art Studio 11am-5pm (Apt 201) 2:00 PM Rachel's Exercise Class (HH) 7:15 PM Evening Cinema (HH)	3:00 AM Upper/Lower Body Strength Training (HH) 17 10:00 AM Bocce (2L) 10:45 AM Residents Club Meeting (HH) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 1:30 PM Art Class w/ Katya (Apt 201) 2:00 PM Cuisine Meeting with Chef Josh (MDR)	9:30 AM Friday 5-Mile Shopping w/ Victor (LB) 18 10:00 AM Bocce (2L) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 1:30 PM Authors Talk - 'when Giants Ruled the Sky' by John Geoghegan (HH) 3:00 PM Line Dancing w/ Light Aerobics (HH) 4:45 PM Happy Hour (MDR)	10:00 AM Bocce (2L) 11:00 AM Rhythm & Balance w/ Torri (HH) 19 1:30 PM Bridge (3LL) 3:00 PM Saturday Cornhole (Lawn by marketing Office) 7:15 PM Saturday Cinema (HH)
1:30 PM Rummikub in the Afternoon (3LL) 20	9:30 AM Target Shopping Bus (LB) 21 10:00 AM Bocce (2L) 10:30 AM Women's MinistryCrafts & Devotional (HH) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 1:30 PM Monday Dominos (3LL) 2:00 PM Strength & Balance w/ Select Rehab (HH) 6:30 PM Todos Santos (MDR after Dinner)	10:00 AM Bocce (2L) 10:00 AM Gym Equipment Training (Gym) 22 11:00 AM Open Art Studio 11am-5pm (Apt 201) 11:00 AM Stretching w/ Back Care (HH) 1:30 PM Rummikub in the Afternoon (3LL) 2:00 PM Library Shuttle (LB)	10:00 AM Bocce (2L) 11:00 AM Healthy Living Lecture Safe Traveling During the Holidays (HH) 23 11:00 AM Open Art Studio 11am-5pm (Apt 201) 2:00 PM Rachel's Exercise Class (HH) 2:00 PM Range of Motion w/ Select Rehab (HH) 7:15 PM Evening Cinema (HH)	Thanksgiving 24 Exercise Classes Cancelled 10:00 AM Bocce (2L) 11:00 AM Open Art Studio 11am-5pm (Apt 201)	Exercise Classes Cancelled 25 10:00 AM Bocce (2L) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 4:45 PM Happy Hour (MDR)	10:00 AM Bocce (2L) 11:00 AM Rhythm & Balance w/ Torri (HH) 26 1:30 PM Bridge (3LL) 3:00 PM Saturday Cornhole (Lawn by marketing Office) 7:15 PM Saturday Cinema (HH)
1:30 PM Rummikub in the Afternoon (3LL) 27 4:30 PM Salvation Army presents Hymn Singing (HH)	10:00 AM Bocce (2L) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 28 1:30 PM Monday Dominos (3LL) 2:00 PM Strength & Balance w/ Select Rehab (HH)	10:00 AM Bocce (2L) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 29 11:00 AM Stretching w/ Back Care (HH) 1:30 PM Rummikub in the Afternoon (3LL) 2:00 PM Bingo (HH)	10:00 AM Bocce (2L) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 30 1:30 PM Sing-A-Long with Spencer Quint (HH) 2:00 PM Rachel's Exercise Class (HH) 2:00 PM Range of Motion w/ Select Rehab (HH) 7:15 PM Evening Cinema (HH)	LOCATION KEY 2L - 2nd FL. Lawn 3LL - 3rd FL. Lounge HH - Hendrix Hall LB - Lobby MDR - Main Dining Room		

November 2022

Independent Living Programs

