

SUN

MON

TUE

WED

THUR

FRI

SAT

LOCATION KEY
 AL - Assisted Living Activity Room
 ALDL - Assisted Living Dining Room Lobby
 AUD - Auditorium
 DR - Dining Room
 LS - Lifestyles Center
 LSC - Lifestyles Center Conference Room
 PL - Pool
 PG - Putting Green by the Wellness Center
 TS - Thrift Shop
 UR - Upper Room Assisted Living 3rd Floor
 WC - Wellness Center

Daylight Savings Time Ends
 9:30 AM Bus to Christ Congregational, Holy Rosery, and Saint Andrews
 10:00 AM Bus to Old Cutler Presbyterian
 11:00 AM Sunday Brunch (DR)
 2:00 PM "Baking Challah with Mindy Wolff" (LS)
 4:00 PM Darts (LS)
 4:00 PM Sunday Vespers (AL)

9:30 AM Bus to Christ Congregational, Holy Rosery, and Saint Andrews
 10:00 AM Bus to Old Cutler Presbyterian
 11:00 AM Sunday Brunch with Piano Music by Lani (DR)
 3:00 PM Drama Club Play "Killing Time at East Ridge" (LS)
 4:00 PM Darts (LS)
 4:00 PM Sunday Vespers (AL)

8:00 AM Walking Club (WC)
 9:00 AM Water Aerobics (PL)
 9:30 AM Publix Outing (Bus circles)
 9:30 AM Shuffleboard (Shuffleboard Court)
 10:00 AM Ceramics (LS)
 10:30 AM Sittercise (ALDL)
 1:00 PM Getting Creative with Crafts
 2:00 PM Stretch & Flexibility Class (WC)
 2:00 PM Learn to Play Bridge (LS)
 2:00 PM Games (LS)
 2:30 PM Pet Therapy (ALDL)
 3:30 PM Cornhole Toss (LS)
 4:30 PM Theme Night "Disco" (DR)

8:00 AM Walking Club (WC)
 9:00 AM Water Aerobics (PL)
 9:30 AM Publix Outing (Bus circles)
 9:30 AM Shuffleboard (Shuffleboard Court)
 10:00 AM Ceramics (LS)
 10:30 AM Sittercise (ALDL)
 1:00 PM Getting Creative with Crafts
 2:00 PM Stretch & Flexibility Class (WC)
 2:00 PM Learn to Play Bridge (LS)
 2:00 PM Games (LS)
 2:30 PM Pet Therapy (ALDL)
 3:30 PM Cornhole Toss (LS)
 4:30 PM Theme Night "Disco" (DR)

8:00 AM Walking Club (WC)
 9:00 AM Water Aerobics (PL)
 9:30 AM Publix Outing (Bus circles)
 9:30 AM Shuffleboard (Shuffleboard Court)
 10:00 AM Ceramics (LS)
 10:30 AM Sittercise (ALDL)
 1:00 PM Getting Creative with Crafts
 2:00 PM Stretch & Flexibility Class (WC)
2:00 PM Communications Committee (LSC)
 2:00 PM Learn to Play Bridge (LS)
 2:00 PM Games (LS)
 2:30 PM Pet Therapy (ALDL)
 3:00 PM Grief Support Group (LSC)
 3:30 PM Cornhole Toss (LS)

8:30 AM Core & Pilates Class (WC)
 9:00 AM Cutler Bay Senior Games "Shuffleboard Mixed Singles" (LS)
 9:00 AM Garden Shop
 9:00 AM Thrift Shop
 9:30 AM Balance and Flexibility (WC)
 10:00 AM Step Class (WC)
 10:30 AM Episcopal Communion Service (UR)
 12:00 PM Cutler Bay Senior Games "Table Tennis" (LS)
 1:00 PM Canasta (LS)
 1:00 PM Cutler Bay Senior Games "Hoeshoe's" (LS)
 1:00 PM Bridge (LS)
 1:30 PM Get Strong Class (WC)
2:00 PM Lifestyles Committee (LSC)
 3:00 PM Art's Weekly Discussion (PL)
 3:00 PM Mahjong (LS)
 3:30 PM Betty's Bible Study (AL Activity Room)

8:30 AM Core & Pilates Class (WC)
 9:00 AM Cutler Bay Senior Games "Shuffleboard Mixed Singles" (LS)
 9:00 AM Garden Shop
 9:00 AM Thrift Shop
 9:30 AM Balance and Flexibility (WC)
 10:00 AM Step Class (WC)
 10:30 AM Episcopal Communion Service (UR)
 12:00 PM Cutler Bay Senior Games "Table Tennis" (LS)
 1:00 PM Canasta (LS)
 1:00 PM Cutler Bay Senior Games "Hoeshoe's" (LS)
 1:00 PM Bridge (LS)
 1:30 PM Get Strong Class (WC)
2:00 PM Lifestyles Committee (LSC)
 3:00 PM Art's Weekly Discussion (PL)
 3:00 PM Mahjong (LS)
 3:30 PM Betty's Bible Study (AL Activity Room)

8:30 AM Core & Pilates Class (WC)
 9:00 AM Garden Shop
 9:00 AM Thrift Shop
 9:30 AM Balance and Flexibility (WC)
 9:30 AM CVS/Walgreens Outing (Bus circles)
 10:00 AM Step Class (WC)
 10:30 AM Episcopal Communion Service (UR)
 1:00 PM Canasta (LS)
 1:00 PM Bridge (LS)
 1:30 PM Get Strong Class (WC)
 2:00 PM Dan Hudak Presents: Breakout Roles II (LS)
 3:00 PM Art's Weekly Discussion (PL)
 3:00 PM Mahjong (LS)
 3:30 PM Betty's Bible Study (AL Activity Room)

8:00 AM Walking Club-Cancelled (WC)
 9:00 AM Water Aerobics-Cancelled (PL)
 9:00 AM Grand Re-Opening of the Wellness Center (WC)
 10:00 AM Stretch & Flexibility Class-Cancelled (ALDL)
10:00 AM Town Council (LSC)
 10:00 AM Art Class (LS)
 10:30 AM Sittercise-Cancelled (ALDL)
 11:00 AM AvMed Presentation "Drawing for Longevity" (LS)
 2:00 PM Dominos (LS)
 2:00 PM Technology Clinic (LSC)

8:00 AM Walking Club (WC)
 9:00 AM Water Aerobics (PL)
 10:00 AM Stretch & Flexibility Class (ALDL)
 10:00 AM Art Class (LS)
 10:30 AM Sittercise-Cancelled (ALDL)
 10:30 AM Outing to "The Palms at Town and Country Mall Shopping & Lunch"
 10:30 AM Health Screening (WC)
 11:00 AM AvMed Presentation "Drawing for Longevity" (LS)
 2:00 PM Dominos (LS)
2:00 PM Village Voice (AUD)

8:00 AM Walking Club (WC)
 9:00 AM Water Aerobics (PL)
10:00 AM Facilities/ Beautification Committee (LSC)
 10:00 AM Stretch & Flexibility Class (ALDL)
 10:00 AM Tai Chi Class (WC)
 10:00 AM Art Class (LS)
 10:30 AM Sittercise (ALDL)
 2:00 PM Dominos (LS)
2:00 PM Town Hall (AUD)
 6:00 PM Outing to see "Night in the Next Whiskey Bar" (Gusman Concert Hall)

9:00 AM New Residents Breakfast (DR)
 9:00 AM Thrift Shop (Open for Donations)
 9:30 AM Balance and Flexibility (WC)
 9:30 AM Outing to Banks (Bus circles)
 10:00 AM Step Class (WC)
 12:00 PM Miami-Dade Library Bookmobile (Three Palms Parking Lot)
 1:30 PM Get Strong Class (WC)
 1:30 PM Hillsdale Online Course (LS)
2:00 PM Dining Committee (DR)
 2:00 PM Publix Outing

9:00 AM Thrift Shop (Open for Donations)
 Balance and Flexibility (WC)
 9:30 AM Outing to Banks (Bus circles)
 10:00 AM Step Class (WC)
 12:00 PM Miami-Dade Library Bookmobile (Three Palms Parking Lot)
 1:30 PM Get Strong Class (WC)
 1:30 PM Hillsdale Online Course (LS)
 2:00 PM Publix Outing

9:00 AM Thrift Shop (Open for Donations)
 Balance and Flexibility (WC)
 9:30 AM Outing to Banks (Bus circles)
 10:00 AM Step Class (WC)
 12:00 PM Miami-Dade Library Bookmobile (Three Palms Parking Lot)
 1:30 PM Get Strong Class (WC)
 1:30 PM Hillsdale Online Course (LS)
 2:00 PM Publix Outing
4:00 PM Birthday Night "Autumn Festival" (DR)

8:00 AM Walking Club (WC)
 9:00 AM Water Aerobics (PL)
 9:30 AM Target Outing (Bus circles)
 10:00 AM Stretch & Flexibility Class (WC)
 10:00 AM Car/ Golf Cart Detailing Services (TS)
 1:00 PM Afternoon Tea with the Executive Director-Cancelled (Bistro)
 1:30 PM Chorus (AUD)
 3:00 PM Mahjong (LS)
 3:30 PM Cornhole Toss (LS)
 4:00 PM Jewish Service with Rabbi Wolff (Lounge-3rd Floor Assisted Living)
 4:30 PM Residents' Happy Hour by "Freddie Perez" (PL)

8:00 AM Walking Club (WC)
 9:00 AM Water Aerobics (PL)
 9:30 AM Walmart Outing (Bus circles)
 10:00 AM Stretch & Flexibility Class (WC)
10:00 AM Technology Committee (LSC)
 10:30 AM SHINE Medicare Counseling (LS)
 1:30 PM Chorus (AUD)
 3:00 PM Mahjong (LS)
 3:30 PM Cornhole Toss (LS)
 4:30 PM Karaoke (LS)
 4:30 PM Residents' Happy Hour (PL)

8:00 AM Walking Club (WC)
 9:00 AM Water Aerobics (PL)
 9:30 AM Trader Joe's Outing (Bus circles)
 10:00 AM Stretch & Flexibility Class (WC)
10:00 AM Finance Committee (LSC)
 11:00 AM Lunch and a Movie "Darkest Hour" (LS)
 12:00 PM Cutler Bay Senior Games Award Celebration (AUD)
 1:30 PM Chorus (LS)
 2:00 PM Caregiver Support Group (LSC)
 3:00 PM Mahjong (LS)
 3:30 PM Cornhole Toss (LS)
 4:30 PM Residents' Happy Hour (PL)

10:00 AM Putting on the Green (PG)
 10:30 AM Bingo (AUD)
 2:00 PM Support Group Meeting (LSC)
 2:00 PM Tai Chi Class (ALDL)
 3:30 PM Drama Club (LSC)
 7:00 PM Saturday Movie Night "The Burial" (LS)

Veterans Day
 10:00 AM Putting on the Green (PG)
 10:30 AM Bingo (AUD)
 2:00 PM Support Group Meeting (LSC)
 2:00 PM Veteran's Day Program (AUD)
 3:30 PM Drama Club (LSC)
 7:00 PM Saturday Movie Night "Sitting in Bars with Cake" (LS)

10:00 AM Putting on the Green (PG)
 10:30 AM Bingo (LS)
 2:00 PM Senior Tech Connect Class Presented by Nick Jachtchenko (LS)
 2:00 PM Support Group Meeting (LSC)
 2:00 PM Tai Chi Class (ALDL)
 3:00 PM Bible Study "God Wants You Well" (ALDL)
 3:30 PM Drama Club- Cancelled (LSC)
 4:00 PM Chorus Concert (AUD)
 7:00 PM Saturday Movie Night "War Pony" (LS)

November 2023

Independent Living Calendar

