

Castro, Chelsea & BJK Activities November 2011



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|--|---|
| | | 1 10:30 Chair Fitness/Spa 10:30 Member Council 2:00 Group Walk 2:00 Movies/Snacks 2-5 Art in Activity Room 3:00 Computer 101 4:00 Writer's Group 7:00 Meditation | 2 7:30 Rise & Shine Yoga/Spa 10:45 Chair Fitness/Castro 11:00 MS Support Group 1:30 Composer Movie 2:00 Group Walk 2:30 Snacks 3:30 Beginners Writing Group | 3 10:30 Chair Fitness/Spa 1:00 Piano/Sing-a-Long 2:00 Movie 2:00 Group Walk 2:30 Snacks 4:00 Wine and Cheese Party | 4 10:45 Chair Fitness/Castro 2:00 Group Walk 2:30 Movies & Snacks 2:45 Water Fitness 6:30 C Tichenor Piano Bar & Buffet | 5 8:30 Hatha Restorative Yoga/Spa 9-4 Activity Room Open 9-5 Tag Sale for Garden Project 10:30 Bingo 1:00 Castro Ride 1:30 Movie 2:30 Snack |
| 6 9-4 Activity Room Open 11:00 Bingo 12:30 Movie Trip "The Help" 3-5 Movie/Snacks 4:00 Press Room Game Time | 7 7:30 Rise & Shine Yoga/Spa 9:30 Bingo 10:30 Chair Games 2:00 Group Walk 2:45 Water Fitness 3:00 Movie/Snacks | 8 10:30 Chair Fitness/Spa 10:30 Member Council 2:00 Group Walk 2:00 Movies/Snacks 2-5 Art in Activity Room 3:00 Computer 101 4:00 Writer's Group 7:00 Meditation | 9 7:30 Rise & Shine Yoga/Spa 10:45 Chair Fitness/Castro 11:00 MS Support Group 1:30 Composer Movie 2:00 Group Walk 2:30 Snack 3:00 Therapy Dog Visit 3:30 Beginners Writing Group | 10 10-12 Flu Shot Clinic 10:30 Chair Fitness/Spa 1:00 Piano/Sing-a-Long 2:00 Movie 2:00 Group Walk 2:30 Snack | 11 <u>Happy Veterans Day!</u> 10:45 Chair Fitness/Castro 11:00 Veterans Day Flag Raising 12:00 Castro Lunch at Garbo's 1:30 Movie 2:00 Group Walk 2:45 Water Fitness 2:30 Snacks 6:30 C Tichenor Piano Bar & Buffet | 12 8:30 Hatha Restorative Yoga/Spa 9-4 Activity Room Open 1:30 Movies 2:30 Snacks 3:00 Castro Ride |
| 13 9-4 Activity Room Open 11:00 Bingo 1:30 Castro Ride 3-5 Movie/Snacks 4:00 Press Room Game Time | 14 7:30 Rise & Shine Yoga/Spa 9:30 Bingo 10:30 Chair Games 2:00 Group Walk 2:45 Water Fitness 3:00 Movie/Snacks | 15 10:30 Chair Fitness/Spa 10:30 Member Council 2:00 Group Walk 2:00 Movies/Snacks 2-5 Art in Activity Room 3:00 Computer 101 4:00 Writer's Group 7:00 Meditation | 16 7:30 Rise & Shine Yoga/Spa 10:45 Chair Fitness/Castro 11:00 MS Support Group 1:30 Composer Movie 2:00 Group Walk 2:30 Snacks 3:30 Beginners Writing Group | 17 10:30 Chair Fitness/Spa 1:00 Piano/Sing-a-Long 2:00 Movie 2:00 Group Walk 2:30 Snacks 3:30 Blood Pressure Clinic 3:30 Afternoon Tea | 18 10:45 Chair Fitness/Castro 11:30 Lunch Tomasitas 1:30 Movie 2:00 Group Walk 2:30 Snacks 2:45 Water Fitness 6:30 C Tichenor Piano Bar & Buffet | 19 8:30 Hatha Restorative Yoga/Spa 9-4 Activity Room Open 1-3 Shopping at DeVargas/Santa Fe Place 1:30 Bingo 1:30 Movies 2:30 Snacks 3:00 Castro Ride |
| 20 9-4 Activity Room Open 11:00 Bingo 3-5 Movie/Snacks 4:00 Press Room Game Time | 21 7:30 Rise & Shine Yoga/Spa 9:30 Bingo 10:30 Chair Games 2:00 Group Walk 2:45 Water Fitness 3:00 Movie/Snacks | 22 10:30 Chair Fitness/Spa 10:30 Member Council 2:00 Group Walk 2:00 Movies/Snack 2-5 Art in Activity Room 3:00 Computer 101 4:00 Writer's Group 7:00 Meditation | 23 7:30 Rise & Shine Yoga/Spa 10:45 Chair Fitness/Castro 11:00 MS Support Group 1:30 Composer Movie 2:00 Group Walk 2:30 Snacks 3:30 Beginners Writing Group | 24 <u>Happy Thanksgiving!</u> 10:30 Chair Fitness/Spa 12-3 Thanksgiving Buffet 2:00 Movies 2:00 Group Walk 2:30 Snack | 25 10:45 Chair Fitness/Castro 1:30 Movie 2:00 Group Walk 2:30 Snack 2:45 Water Fitness 6:00 Plaza Tree Lighting Ceremony 6:30 C Tichenor Piano Bar & Buffet | 26 8:30 Hatha Restorative Yoga/Spa 9-4 Activity Room Open 1:30 Bingo 1:30 Movie 2:30 Snacks 3:00 Castro Ride |
| 27 9-4 Activity Room Open 11:00 Bingo 3-5 Movie/Snacks 4:00 Press Room Game Time | 28 7:30 Rise & Shine Yoga/Spa 9:30 Bingo 10:30 Chair Games 1:30 Piano/Sing-a-Long/Bday Party 2:45 Water Fitness 3:00 Movie | 29 10:30 Chair Fitness/Spa 10:30 Member Council 2:00 Group Walk 2:00 Movies/Snacks 2-5 Art in Activity Room 3:00 Computer 101 4:00 Writer's Group 7:00 Meditation | 30 7:30 Rise & Shine Yoga/Spa 10:45 Chair Fitness/Castro 11:00 MS Support Group 1:30 Castro Monthly Meeting 2:00 Composer Movie 2:30 Snacks 3:30 Beginners Writing Group | ➤ For outings please RVSP by calling the Concierge 428-7777 (Van charges do apply for Chelsea members) Festival attendees must make arrangements to purchase tickets. ➤ If you have suggestions for activities, please let Kathleen know 428-7792. ➤ Chelsea Members Activities are listed in Bold Blue type. Castro members are welcome to attend Chelsea Member activities. | | |