NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Sunday Service- Richmond First Baptist Church Live on WRIC TV- Channel 8 2:30 Netflix Movie: ***Something's Gotta Give* (2003)** Starring: Jack Nicholson, Diane Keaton, and Keanu Reeves (G) 3:00 Bible Study w/ Deacon Will (C#) Daylight Saving Time Ends	2 10:00 Walmart (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) **1:00 Activity Planning Meeting (A)** 3:00 Fox Fitness (A) 4:00 Happy Hour (P) **6:30 Sing Along w/ St. Michael's Second Cup Acoustic Worship Band (ML)**	3 **9:30 Voting Run (R)** 10:30 Sit & Fit Exercise (A) **11:00 Catholic Communion & Rosary (C)** 11:15 The Great Courses - Being Human pt.1: What's So Special About Being Human? (G) **1:00 Voting Run (R)** 2:00 This Week in History (L#) **2:30 Voting Run (R)** 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P) **6:30 Tuesday TV Series: AMC's *Turn* (G#)**	4 9:30 Bird Watching + Identification (P) 10:00 Publix (R) 10:30 Sit & Fit Exercise (A) 1:00 Bridge Club (G#) **2:00 Poetry Group w/ Ellee (L)** 3:00 Fox Fitness (A) 4:00 Happy Hour (P)	5 10:30 Sit & Fit Exercise (A) 11:15 Group Crossword Puzzle (AL) **11:30 Lunch Bunch: Joe's Inn (R)** 2:00 Devotions and Hymns w/ Chaplain Alphonso (L) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P)	6 10:30 Tai Chi w/ Marti (A) 11:15 The Great Courses- The American West pt. 6 (G) 12:00 Veteran's Luncheon (P) **Sign Up Required** **3:00 Bible Study w/ Susan Coppage (C)** 4:00 Happy Hour (P) **6:00 Music Performance w/ the McAllister's (ML)**	7 9:30 Coffee & Wordsearch (P) 1:00 Rummikub (G#) **2:00 Seasonal Craft with Lori (A)** 4:00 Resident Happy Hour: Bring Your Own Beverage (P#)
8 11:00 Sunday Service- Richmond First Baptist Church Live on WRIC TV- Channel 8 **1:00 Sunday Service with Chaplain Don from Ascend Hospice (C)** 2:30 Movie: ***Seven Years in Tibet*** (1997) Starring: Brad Pitt, David Thewlis, & BD Wong (G) 3:00 Bible Study w/ Deacon Will (C#)	9 10:00 Kroger (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) **1:00 Resident Directory Picture Day (ML)** 2:00 Knit & Crotchet Club (L#) 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 6:00 Poker Night (G#)	10 10:30 Sit & Fit Exercise (A) **11:00 Catholic Communion & Rosary (C)** 11:15 The Great Courses - Being Human pt.2: Junk Food Monkeys (G) 2:00 This Week in History (L#) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P) **6:30 Tuesday TV Series:** AMC's ***Turn* (G#)**	11 **10:00 Veteran's Recognition Ceremony w/ Ascend Hospice (ML)** **11:00 Music Performance: Kevin Salyer (ML)** 1:00 Bridge Club (G#) 1:30 Food Lion (R) 2:00 Wine-Down Wednesday Room Visits 3:00 Fox Fitness (A) 4:00 Happy Hour (P) Veterans Day	12 **9:30 Garden Club: Winter Planting Party w/ Stonehenge Garden Club (P)** 10:30 Sit & Fit Exercise (A) 11:15 Group Crossword Puzzle (AL) 2:00 Devotions and Hymns w/ Chaplain Alphonso (L) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P)	13 10:30 Sit & Fit Exercise (A) 11:15 The Great Courses- The American West pt. 7 (G) **2:00 Chair Yoga w/ Kathy (A)** 4:00 Happy Hour (P) **6:00 Music Performance w/ Joe Loschiavo (ML)**	14 9:30 Coffee & Wordsearch (P) **10:00 Dollar Store (R)** **11:00 Saturday Service- Chaplain Alphonso (C)** 1:00 Rummikub (G#) 2:00 Health & Nutrition Talk w/ Bonnie (A#) 4:00 Resident Happy Hour: Bring Your Own Beverage (P#)
15 **11:00 Sunday Service w/ Reverend Lynda Moore (C)** **1:30 Music Performance: Flobone Trombone & Flute Duo (ML)** 3:00 Movie: ***The Birdcage* (1996)** Starring: Robin Williams, Nathan Lee, & Gene Hackman (G) 3:00 Bible Study w/ Deacon Will (C#)	16 10:00 Walmart (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) **1:00 Trip: Virginia Museum of History and Culture's "Barbie™*: A Cultural Icon*" Exhibit (R)** 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 6:00 Poker Night (G#)	17 10:30 Sit & Fit Exercise (A) **11:00 Catholic Communion & Rosary (C)** 11:15 The Great Courses -Being Human pt.3: The Burden of Being Burden Free (G) 2:00 This Week in History (L#) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P) **6:30 Tuesday TV Series: AMC's *Turn* (G#)**	18 10:00 Publix (R) **10:30 Town Hall Meeting (D)** **11:15 AudioNova Hearing Aid Clinic w/ Elijah Tozar (G)** 1:00 Bridge Club (G#) **2:00 Resident Food Meeting (A)** 3:00 Fox Fitness (A) 4:00 Happy Hour (P) **6:00 Music Performance w/ Andrew Magruder (ML)** 10:00 1st Fl Meeting (G)	19 **11:00 Jammin' w/ Jillson Exercise (A)** 1:00 Card Game: Hand and Foot (G#) **1:00 Health Talk & BP Checks w/ Helen from Fox Rehab (A)** 2:00 Devotions and Hymns w/ Chaplain Alphonso (L) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P)	20 10:30 Tai Chi w/ Marti (A) 11:15 The Great Courses- The American West pt. 8 (G) **1:30 Trip: New Thrift Savers Mega Store at Arboretum Shopping Center (R)** **3:00 Bible Study w/ Susan Coppage (C)** 4:00 Happy Hour (P)	21 9:30 Coffee & Wordsearch (P) **10:00 Men's Group w/ Eli (G)** **11:00 Saturday Service- Chaplain Alphonso (C)** 1:00 Rummikub (G#) **2:00 Not Your Granny's Bingo w/ Bonnie (A#)** 4:00 Resident Happy Hour: Bring Your Own Beverage (P#)
22 11:00 Sunday Service- Richmond First Baptist Church Live on WRIC TV- Channel 8 **1:00 Pumpkin Pie Social w/ Breanne (A)** 2:30 Movie: ***Annie* (1982)** Starring: Aileen Quinn, Carol Burnett, & Tim Curry (G) 3:00 Bible Study w/ Deacon Will (C#)	23 10:00 Kroger (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) **1:00 Cooking with Alyssa (A)** 2:00 Knit & Crotchet Club (L#) 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 6:00 Poker Night (G#)	24 10:30 Sit & Fit Exercise (A) **11:00 Catholic Communion & Rosary (C)** 11:15 The Great Courses - Being Human pt. 4: Bugs in the Brain (G) 2:00 This Week in History (L#) 3:00 B - I - N - G - O (A) 4:00 Happy Hour (P) **6:30 Tuesday TV Series:** AMC's ***Turn* (G#)**	25 9:30 Bird Watching + Identification (P) 10:00 Food Lion (R) 10:30 Sit & Fit Exercise (A) 1:00 Bridge Club (G#) 2:00 Wine-Down Wednesday Room Visits 3:00 Fox Fitness (A) 4:00 Happy Hour (P) **6:00 Music Performance: Jaime Lloyd on Acoustic Guitar (ML)** 10:00 2nd Fl Meeting (2nd Fl Alcvove)	26 	27 10:30 Sit & Fit Exercise (A) 11:15 The Great Courses- The American West pt. 9 (G) **1:00 CABA Book Club: *The Hundred Years of Lenni and Margot* by Marianne Cronin (L)** **2:00 Chair Yoga w/ Kathy (A)** 4:00 Happy Hour (P)	28 9:30 Coffee & Wordsearch (P) **10:00 Dollar Store (R)** 1:00 Rummikub (G#) **2:00 Scenic Ride: Million Dollar House Tour w/ Scott (R)** 4:00 Resident Happy Hour: Bring Your Own Beverage (P#)
29 11:00 Sunday Service- Richmond First Baptist Church Live on WRIC TV- Channel 8 **1:30 Craft: Swirled Christmas Ornaments w/ Kristen (A)** 3:00 Movie: ***The Devil Wears Prada* (2006)** Starring: Meryl Streep, Anne Hathaway, & Emily Blunt (G) 3:00 Bible Study w/ Deacon Will (C#)	30 10:00 Walmart (R) 10:30 Sit & Fit Exercise (A) 11:15 Brain Fitness (P) **1:30 Speaking Historically Lecture Series w/ Professor Louis Cei (A)** 3:00 Fox Fitness (A) 4:00 Happy Hour (P) 6:00 Poker Night (G#)	**Location Key** **A- Activity Room/ The Gathering Place** **C- Chapel** **G- Game Room** **ML- Main Lobby** **L-Library** **P- Pub** **AL- Assisted Living 1st Floor Lobby** **R- Sign Up Required** **#- Resident-Led Activity**				

Assisted Living | The Crossroads at Bon Air, 9100 Bon Air Crossings Drive, Richmond, VA 23235 (804) 560-1440
All Activities Are Subject To Change & Residents Will Be Notified. Activities Meet Residents Physical, Mental/Cognitive, Emotional, Psychosocial, & Spiritual Needs.