





November 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:30 Yoga 9:00-10:30 Open Swim 9:30 Mass 10:30 Book Club-AUD 11:00 Balance Class 1:00 Memory Café (ZOOM) 1:30 Matter of Balance Class-AUD 1:30 Movie "Freedom Writers" –TH 2:00 Silver Strength-FIT 2:45 Pilates-FIT	2 8:30 Yoga 9:30 Mass 1:30 Movie "Freedom Writers" –AUD 2:00 Tai Chi-FIT 2:00 Crossword Puzzle-NBH/3 2:45 Dance-FIT 3:00 Bookies-VL 3:15-4:15 Open Swim 4:30 All Soul's Day Service	3 8:30 Yoga 9:00-10:30 Open Swim 9:30 Mass 11:00 Balance Class 1:00 Knitting Group-CH Fireplace 1:30 Movie "Freedom Writers" –TH 2:00 Silver Strength-FIT 2:00 CSJ 170th Celebration (Channel 991) 2:45 Pilates-FIT 3:00 CSJ 170th Celebration Social-BIS 3:00 Story Time 6:30 Game Night-BIS	4 8:30 Yoga 9:30 Mass 10:30 Bingo-AUD 1:00-3:00 Computer Tutor 1:30 Matter of Balance Class-AUD 1:30 Movie "Freedom Writers" –TH 2:00 Tai Chi-FIT 2:15 Exploring Ways to Pray-ART 2:45 Dance-FIT 3:15-4:15 Open Swim	5 8:30 Yoga 9:00-10:30 Open Swim 9:30 Mass 11:00 Balance Class 1:30 Armchair Travel-TH 2:00 Silver Strength-FIT 2:00 Crossword Puzzle-NBH/3 3:00 Intro to Strategies for Trauma Awareness & Resilience *(See Note) 4:00 Lizard Lounge-4th Floor	6 1:30 Movie "Freedom Writers" –TH
7 9:30 Mass 1:30 Movie "Freedom Writers" –TH	8 8:30 Yoga 9:00-10:30 Open Swim 9:30 Mass 10:30 Book Club-AUD 11:00 Balance Class 1:30 Matter of Balance Class-AUD 1:30 Movie "The Americanization of Emily" –TH 2:00 Silver Strength-FIT 2:45 Pilates-FIT	9 8:30 Yoga 9:30 Mass 1:30 Movie "The Americanization of Emily" –TH 2:00 Tai Chi-FIT 2:00 Crossword Puzzle-NBH/3 2:45 Dance-FIT 3:15-4:15 Open Swim 6:00-8:00 Computer Tutor	10 8:30 Yoga 9:00-10:30 Open Swim 9:30 Mass 10:00 Dementia Friends Champion Training-ZOOM 10:30 Painting With Sally-ART 11:00 Balance Class 1:00 Knitting Group-CH Fireplace 1:30 Movie "The Americanization of Emily" –AUD 2:00 Silver Strength-FIT 2:45 Pilates-FIT 3:00 Story Time 6:30 Game Night-BIS	11 8:30 Yoga 9:30 Mass 10:30 Bingo-AUD 1:00-3:00 Computer Tutor 1:30 Matter of Balance Class-AUD 1:30 Movie "The Americanization of Emily" –TH 2:00 Tai Chi-FIT 2:15 Exploring Ways to Pray-ART 2:45 Dance-FIT 3:00 Intro to Resilience *(See Note) 3:15-4:15 Open Swim	12 8:30 Yoga 9:00-10:30 Open Swim 9:30 Mass 10:30 Don Irwin Performance-AUD 11:00 Balance Class 1:30 Armchair Travel-TH 2:00 Silver Strength-FIT 2:00 Crossword Puzzle-NBH/3 4:00 Lizard Lounge-4th Floor	13 1:30 Movie "The Americanization of Emily" –TH 2:00 Arts & Crafts with Liz– Commons Dining Room
14 9:30 Mass 1:30 Movie "The Americanization of Emily" –TH	15 8:30 Yoga 9:00-10:30 Open Swim 9:30 Mass 10:30 Book Club-AUD 11:00 Balance Class 1:00 Memory Café (ZOOM) 1:30 Matter of Balance Class-AUD 1:30 Movie "Hoosiers" –TH 2:00 Silver Strength-FIT 2:45 Pilates-FIT	16 8:30 Yoga 9:30 Mass 10:30 Scams & Cyber Threats Presentation-AUD 1:30 Movie "Hoosiers" –TH 2:00 Tai Chi-FIT 2:00 Crossword Puzzle-NBH/3 2:45 Dance-FIT 3:00 Lars-Erick Carlson Band-AUD 3:15-4:15 Open Swim 6:00-8:00 Computer Tutor	17 8:30 Yoga 9:00-10:30 Open Swim 9:30 Mass 1:00 Knitting Group-CH Fireplace 11:00 Balance Class 11:15 Anointing-AUD 12:30 Mexican Train-PDR 1:30 Movie "Hoosiers" –AUD 2:00 Silver Strength-FIT 2:45 Pilates-FIT 3:00 Intro to Talking Circles *(See Note) 3:00 Story Time 6:30 Game Night-BIS	18 8:30 Yoga 9:30 Mass 10:30 Bingo-AUD 1:30 Matter of Balance Class-AUD 1:30 Movie "Hoosiers" –TH 2:00 Tai Chi-FIT 2:45 Dance-FIT 3:15-4:15 Open Swim	19 8:30 Yoga 9:00-10:30 Open Swim 9:30 Mass 10:30 Assisted Living Meeting-AUD 11:00 Balance Class 1:30 Armchair Travel-TH 2:00 Music Appreciation: Frank Sinatra-AUD 2:00 Silver Strength-FIT 4:00 Lizard Lounge-4th Floor	20 1:30 Movie "Hoosiers" –TH
21 9:30 Mass 1:30 Movie "Hoosiers" –TH	22 8:30 Yoga 9:00-10:30 Open Swim 9:30 Mass 10:30 Painting With Sally-ART 11:00 Balance Class 1:30 Matter of Balance Class-AUD 1:30 Movie "Planes, Trains and Automobiles" –TH 2:00 Silver Strength-FIT 2:45 Pilates-FIT	23 8:30 Yoga 9:30 Mass 10:30 Independent Living Meeting-AUD 1:30 Movie "Planes, Trains and Automobiles" –TH 2:00 Tai Chi-FIT 2:00 Crossword Puzzle-NBH/3 2:45 Dance-FIT 3:15-4:15 Open Swim 6:00-8:00 Computer Tutor	24 8:30 Yoga 9:00-10:30 Open Swim 9:30 Mass 11:00 Balance Class 1:00 Knitting Group-CH Fireplace 1:30 Movie "Planes, Trains and Automobiles" –TH 2:00 Silver Strength-FIT 2:00 Pie Social-AUD 2:45 Pilates-FIT 3:00 Story Time 6:30 Game Night-BIS 7:00 Racial Equity Talking *(See Note)	25 9:30 Mass 	26 8:30 Yoga 9:00-10:30 Open Swim 9:30 Mass 11:00 Balance Class 1:30 Armchair Travel-TH 2:00 Silver Strength-FIT 4:00 Lizard Lounge-4th Floor	27 1:30 Movie "Planes, Trains and Automobiles" –TH 2:00 Arts & Crafts with Liz– Commons Dining Room
28 9:30 Mass 1:30 Movie "Planes, Trains and Automobiles" –TH	29 8:30 Yoga 9:00-10:30 Open Swim 9:30 Mass 10:30 Book Club-AUD 11:00 Balance Class 1:30 Matter of Balance Class-AUD 1:30 Movie "Mary Poppins Returns" –TH 2:00 Silver Strength-FIT 2:45 Pilates-FIT	30 8:30 Yoga 9:30 Mass 1:30 Movie "Mary Poppins Returns" –TH 2:00 Tai Chi-FIT 2:00 Crossword Puzzle-NBH/3 2:45 Dance-FIT 3:00 Intro to Restorative Justice *(See Note) 3:15-4:15 Open Swim 6:00-8:00 Computer Tutor	Programs can be watched on Channel 990 if it does not have a room listed after it. *These classes require you to sign up online. Please see the posters in the common spaces (elevators, information table, NBH common areas) to get the link for the class.	*Calendar and Activities are subject to change* See flyers for most current information Activities Hotline-Dial *5454 Get the ZOOM link for Memory Café at *5014	KEY AUD- Auditorium TH- Movie Theater BIS-Bistro 4th Floor– Common Corridor PDR-Private Dining Room FIT-Wellness Fitness Studio ART-Art Room (on 3rd Floor) CH-Chapel	KEY NBH-Neighborhood in the Commons Assisted Living VL-Village Lounge (on 2nd Floor) BIS-Bistro