





## Celebrations! Tenant Birthdays

**NOVEMBER 3**

Alice King  
Betty Lou McVay

**NOVEMBER 9**

Nancy Raim

**NOVEMBER 10**

Margaret “Mag” Doermann

**NOVEMBER 13**

JoEllen Rehder

**NOVEMBER 17**

Marie Krueger

**NOVEMBER 21**

Vernon Beasmore  
Ninon Galvez

**NOVEMBER 23**

Beatrice Kusch

**NOVEMBER 29**

Ethel Allen

## Staff Birthdays

**NOVEMBER 6**

My’Lynn Conner

**NOVEMBER 15**

Dazsa Aldana

**NOVEMBER 18**

Dakota Muters

**NOVEMBER 19**

Amanda Kacena

**NOVEMBER 26**

James Paul

## Staff Anniversaries

**NOVEMBER 20**

Abby Ritchie

**NOVEMBER 29**

Abbey Petersen



*Congrats Abby! 9 Years*

# activities WITH Natalya

**Book Club** | Join our Summit Point book club! New reads are selected by members of our community and discussed weekly on Mondays at 12:45pm. Books are provided by the library, all are welcome!

**Make Greeting Cards** | Make greeting cards with our fun paper, craft scissors, and stamps.

**Polish Party** | Relax and enjoy a manicure from our life enrichment staff. Choose from our color selection or bring a color of your own!

**Communion** | Catholic Communion is served weekly on Wednesdays in the library at 1:30pm

**Podiatrist** | Have a private visit from our podiatrist in the comfort of your apartment. Sign up in the activity book.

**Coe College Thursday Forum** | Thursday mornings we will be traveling to Coe College to listen to a lecture about Evolution Before, During and After Darwin.

**Elite Fitness** | Get moving with our fitness instructor Tim with chair exercises that everyone can do.

**Millennium Therapy Exercise** | Stay healthy and stretch out your muscles with a Millennium Therapy led exercise class.

**Tailgating Party** | Cheer on the Iowa Hawkeye football team with the company of friends and good food! The time, channel and opposing team will be announced the week of.

**Magic Show** | Troy will be coming to perform some magic and comedy for our community on 11/22/22.

**Turkey Craft with To The Rescue** | We are partnering with To The Rescue to make a fun fall craft together.

**Chef Demo** | Our favorite chef will be giving a food demonstration for tenants with a taste test of some tasty dishes.

**Bingo** | Bring your pennies! Each game wagers one penny per card you play. We host bingo three times a week and provide the chips and cards to play on.

**Pool Club** | Play a couple rounds of pool and compete to beat the life enrichment staff!

**Couples Card Club** | Get together with the other couples at Summit Pointe for a game of cards.

**Bake with Memory Lane** | We will be baking bread with Memory Lane this month, come on over and enjoy time well spent reminiscing.

**Church Service** | Meet weekly for a non-denominational church service on Wednesday mornings. Every Sunday evening we will be showing a documentary. Give any suggestions to Natalya and she will do her best to honor your request.

**Medallion Hunt** | Each day a new clue will be revealed, if you find it bring it to the front desk and you will be rewarded with a prize!

diabetes or digestive disorders all show improvement after volunteering.

Whether due to a disability, a lack of transportation, or time constraints, many people choose to volunteer their time via phone or computer. In today’s digital age, many organizations need help with writing, graphic design, email, and other web-based tasks. Some organizations may require you to attend an initial training session or periodical meetings while others can be conducted completely remotely. In any volunteer situation, make sure that you are getting enough social contact, and that the organization is available to support you should you have questions.

### BENEFIT 3: VOLUNTEERING CAN ADVANCE YOUR CAREER

If you’re considering a new career, volunteering can help you get experience in your area of interest and meet people in the field. Even if you’re not planning on changing careers, volunteering gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task management, and organization. You might feel more comfortable stretching your wings at work once you’ve honed these skills in a volunteer position first.

#### Teaching you valuable job skills

Just because volunteer work is unpaid does not mean the skills you learn are basic. Many volunteering opportunities provide extensive training. For example, you could become an experienced crisis counselor while volunteering for a women’s shelter or a knowledgeable art historian while donating your time as a museum docent.

Volunteering can also help you build upon skills you already have and use them to benefit the greater community. For instance, if you hold a successful sales position, you can raise awareness for your favorite cause as a volunteer advocate, while further developing and improving your public speaking, communication, and marketing skills.

#### Gaining career experience

Volunteering offers you the chance to try out a new career without making a long-term commitment. It is also a great way to gain experience in a new field. In some fields, you can volunteer directly at an organization that does the kind of work you’re interested in.

For example, if you’re interested in nursing, you could volunteer at a hospital or a nursing home.

Your volunteer work might also expose you to professional organizations or internships that could benefit your career.

When it comes to volunteering, passion and positivity are the only requirements

While learning new skills can be beneficial to many, it’s not a requirement for a fulfilling volunteer experience. Bear in mind that the most valuable assets you can bring to any volunteer effort are compassion, an open mind, a willingness to pitch in wherever needed, and a positive attitude.

### BENEFIT 4: VOLUNTEERING BRINGS FUN AND FULFILLMENT TO YOUR LIFE

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

Many people volunteer in order to make time for hobbies outside of work as well. For instance, if you have a desk job and long to spend time outdoors, you might consider volunteering to help plant a community garden, walk dogs for an animal shelter, or help out at a children’s camp.

#### What are your volunteering goals?

To find a volunteer position that’s right for you, look for something that matches your personality, skills, and interests. Ask yourself if there is something specific you want to do or achieve as a volunteer.

For example, you might want to:

- Improve your neighborhood.
- Meet new people with different outlooks or experiences.
- Try something new.
- Do something rewarding with your spare time.
- See new places or experience a different way of living.
- Try a new type of work that you might want to pursue as a full-time job.
- Expand on your interests and hobbies.

#### How much time should you volunteer?

Volunteering doesn’t have to take over your life to be beneficial. In fact, research shows that just two to three hours per week, or about 100 hours a year, can confer the most benefits—to both you and your chosen cause. The important thing is to volunteer only the amount of time that feels comfortable to you. Volunteering should feel like a fun and rewarding hobby, not another chore on your to-do list.

#### Getting the most out of volunteering

You’re donating your valuable time, so it’s important that you enjoy and benefit from your volunteering. To make sure that your volunteer position is a good fit:

Ask questions. You want to make sure that the experience is right for your skills, your goals, and the time you want to spend. Sample questions for your volunteer coordinator might address your time commitment, if there’s any training involved, who you will be working with, and what to do if you have questions during your experience.

Make sure you know what’s expected. You should be comfortable with the organization and understand the time commitment. Consider starting small so that you don’t overcommit yourself at first. Give yourself some flexibility to change your focus if needed.

Don’t be afraid to make a change. Don’t force yourself into a bad fit or feel compelled to stick with a volunteer role you dislike. Talk to the organization about changing your focus or look for a different organization that’s a better fit.

Enjoy yourself. The best volunteer experiences benefit both the volunteer and the organization. If you’re not enjoying yourself, ask yourself why. Is it the tasks you’re performing? The people you’re working with? Or are you uncomfortable simply because the situation is new and unfamiliar? Pinpointing what’s bothering you can help you decide how to proceed.







# VOLUNTEERING

## and its surprising benefits



Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier. Learn how to find the right volunteer opportunity for you.

### WHY VOLUNTEER?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

### BENEFITS OF VOLUNTEERING: 4 WAYS TO FEEL HEALTHIER AND HAPPIER

1. Volunteering connects you to others.
2. Volunteering is good for your mind and body.
3. Volunteering can advance your career.
4. Volunteering brings fun and fulfillment to your life.

### BENEFIT 1: VOLUNTEERING CONNECTS YOU TO OTHERS

One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and

your family as much as the cause you choose to help. Dedication your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

### Make new friends and contacts

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

### Increase your social and relationship skills

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.

### Volunteering as a family

Children watch everything you do. By giving back to the community, you'll show them firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.

### BENEFIT 2: VOLUNTEERING IS GOOD FOR YOUR MIND AND BODY

Volunteering provides many benefits to both mental and physical health.

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Working with pets and

other animals has also been shown to improve mood and reduce stress and anxiety.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

### I have limited mobility—can I still volunteer?

People with disabilities or chronic health conditions can still benefit greatly from volunteering. In fact, research has shown that adults with disabilities or health conditions ranging from hearing and vision loss to heart disease,

**Princess Pampering** | Indulge in some selfcare and enjoy some time relaxing before supper.

**Mistletoe Market** | Come with us to a Christmas market in Cedar Rapids!

**Festival of Trees** | Take a tour of some beautifully decorated trees from businesses in the Cedar Rapids and Marion area.

**Elizabeth Hopkins Speaker** | Enjoy an entertaining performance and educational experience from guest speaker, Marci.

**Friendship in a Flash** | Make new friends and continue to grow your relationship with others in our community.

**Purl Jam** | Join our crafting club! Every Friday morning gather for cross stitch, knitting, quilting, crocheting, etc. Great group to share ideas and get inspired!

**Veterans Pining Ceremony** | All veterans are asked to join us in remembering and honoring your service.

**Movie Theater Trip** | We will be going to see, A Boy Called Christmas! Sign up in the activity book.

**Human Foosball** | Get moving with a spin on the fun game of foosball.

**Grudgeball** | Challenge your body, mind and opponents to try and score as many points in this unique game.

**Go Vote** | Sign up to get a ride to vote in the latest election.

**Karaoke** | Sing your heart out and blow off some stress with this light hearted activity.

**Hang a Memory/Share a Memory** | We will gather to create a display of one of your favorite memories. Then we will reunite to share our memories with one another.

**Show and Share** | Bring something you created, something you cherish or something you are curious about to our upcoming show and share.

**How Long Can You Go** | A spin on the classic card game, Uno. Learn the rules and have some fun.

**Balderdash** | If you love to be creative, like word play, and enjoy laughter, this is the game for you!

**Counting Sheep Game** | In honor of Pajama Party Day we will be playing a silly and competitive game that gets your moving.

**Guided Meditation** | Find relaxation from within with this guided mediation.

**Prepare Workshop** | As we get closer to opening our new workshop for tenants, come and explore the area and help us get things tidied up.

**Summit Store** | Earn "Summit Cash" by attending activities this November. On Black Friday you will be given the opportunity to spend away at our Summit Shop to purchase gifts for loved ones or a special treat for yourself. The more activities you attend the more savings you will have for shopping!

**Pumpkin Pie Taste Test** | Try pumpkin pies made around the area and vote for which one is best!

**Sunday Stretch** | Start your week with a series of stretches lead by life enrichment staff.

# NOTES FROM SUMMIT!

## Nursing Corner w/ Jenni

As the weather starts to change it's important that you continue to find different ways to get your daily exercise in...exercise classes are available Monday, Wednesday, Thursdays with Elite Fitness. Fridays with a physical therapist from Millennium solutions. You can also utilize the wellness center across the hall from the small dining room. Put on a movie and take a walk on the new treadmill!

## Transportation w/ Randy

Monthly schedule:

**Monday, Wednesday and Friday appointments** should be scheduled through 2:30pm. The bus and car are available to give rides on these days.

**Tuesday and Thursday appointments** should be scheduled through 11:30am. The bus in NOT available for rides.

## Housekeeping

Just a reminder, if you want your shelving dusted or kitchen counters wiped down please move items to the side of off shelves. We would love to clean these areas but do not want to risk breaking your personal items.

## Marketing

We are excited to be part of the Marion Community Promise program as well as the Linn Mar Venture program. Both these programs give all tenants the opportunity to be part of the community in some facet. One area we are about to start with engages our tenants with Linn Mar's middle schools. Several tenants will be supporting students learning to sew.

In the near future we will be looking for those who would like to support students in other areas such as construction, art, history and more! Make sure you talk to Kayla if you are interested in participating!

\*Speaking of the schools...Oakridge Middle School has asked if their orchestra could play for us in December. Make sure to check out the December calendar for dates and times.

\*Expect some visitors! We have invited seniors of two different churches to join us for breakfast every Tuesday and Thursday through the months of November and December. During this time, Terrie has decided to create an omelet bar!

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><b>Summit Pointe Senior Living</b></div> <p>Please remember that this calendar could change weekly. We will post updated activity schedules at the front desk and elevators.</p> <p><b>REMINDER:</b> Sign up for activities highlighted in yellow Activities in red are lead by tenants</p>			<div><b>1</b> <i>Day of The Dead</i></div> <div><b>10:00 AM</b> Dollar Tree</div> <div><b>1:00 PM</b> Day of The Dead Craft – FL</div> <div><b>2:00 PM</b> Bingo – FL</div> <div><b>3:15 PM</b> DayoftheDead Social – FL</div>	<div><b>2</b></div> <div><b>9:30 AM</b> Church Services – FL</div> <div><b>10:00 AM</b> Farkle Dice Game – CH</div> <div><b>1-3 PM</b> Podiatrist</div> <div><b>1:00 PM</b> Activity Council – FL</div> <div><b>1:30 PM</b> Communion – L</div> <div><b>2:00 PM</b> Dominos – CH</div> <div><b>2:30 PM</b> How Long Can You Go Game – FL</div> <div><b>3:30 PM</b> Elite Fitness – FL</div>	<div><b>3</b> <i>We've Got Spirit Day</i> <i>Wear your school colors</i></div> <div><b>8:15 AM</b> Coe College Thursday Forum Museum</div> <div><b>10:00 AM</b> Elite Fitness – FL</div> <div><b>1:30 PM</b> Bonnie and Mike – FL</div> <div><b>2:00 PM</b> Food Council – DR</div> <div><b>3:00 PM</b> Friendship in a Flash – FL</div> <div><b>6:15 PM</b> Bingo – FL</div>	<div><b>4</b></div> <div><b>9:15 AM</b> Purl Jam – FL</div> <div><b>10:00 AM</b> Bible Study – L</div> <div><b>10:30 AM</b> Millennium Therapy Exercise – FL</div> <div><b>1:00 PM</b> Pool Club – CH</div> <div><b>2:00 PM</b> Happy Hour with Harold Gray – DR</div> <div><b>3:00 PM</b> Trivia Pursuit – FL</div>	<div><b>5</b></div> <div>Tailgating Party – TBD</div> <div><b>10:00 AM</b> Coloringand Conversation – L</div> <div><b>2:00 PM</b> Dominos – CH</div>
<div><b>6</b></div> <div><b>9:00 AM</b> Presbyterian Church – FL</div> <div><b>10:30 AM</b> St Joseph's Catholic Church – FL</div> <div><b>1:00 PM</b> Couples Card Club – CH</div> <div><b>1:30 PM</b> Bingo – FL</div> <div><b>3:00 PM</b> Sunday Stretch</div> <div><b>6:00 PM</b> Documentary – FL</div>	<div><b>7</b> <i>Times We Treasure Day</i></div> <div><b>9:00 AM</b> Rosary – PD</div> <div><b>10:00 AM</b> Hang a Memory – FL</div> <div><b>12:45 PM</b> Book Club – L</div> <div><b>1:00 PM</b> Share a Memory – FL</div> <div><b>2:00 PM</b> Dominoes – CH</div> <div><b>2:30 PM</b> One on One Visits</div> <div><b>3:30 PM</b> Elite Fitness – FL</div>	<div><b>8</b> <i>Mocktail Day</i></div> <div></div> <div><b>2:00 PM</b> Bingo -FL</div> <div><b>3:15 PM</b> Mocktail &amp; Cocktail Social-FL</div> <div></div>	<div><b>9</b></div> <div><b>9:30 AM</b> Church Services – FL</div> <div><b>10:15 AM</b> Technology Assistant – PD</div> <div><b>1:00 PM</b> Scarecrow craft – FL</div> <div><b>1:30 PM</b> Communion – L</div> <div><b>2:00 PM</b> Dominos – CH</div> <div><b>2:30 PM</b> Prepare Workshop – FL</div> <div><b>3:30 PM</b> Elite Fitness – FL</div>	<div><b>10</b></div> <div><b>8:15 AM</b> Coe College Thursday Forum</div> <div><b>10:00 AM</b> Elite Fitness – FL</div> <div><b>1:00 PM</b> Mistletoe Market</div> <div><b>2:00 PM</b> Elizabeth Hopkins Speaker – FL</div> <div><b>6:15 PM</b> Bingo – FL</div>	<div><b>11</b> <i>Veterans Day</i></div> <div><b>9:15 AM</b> Make Poppy Pins – FL</div> <div><b>10:00 AM</b> Bible Study – L</div> <div><b>10:00 AM</b> Veterans Pinning Ceremony-FL</div> <div><b>10:30 AM</b> MillenniumTherapy Exercise – ML</div> <div><b>1:00 PM</b> Pool Club – CH</div> <div><b>2:00 PM</b> Happy Hour with Larry Jensen – DR</div> <div><b>3:00 PM</b> WWII Trivia – FL</div>	<div><b>12</b></div> <div>Tailgating Party – TBD</div> <div><b>10:00 AM</b> Coloringand Conversation – L</div> <div><b>2:00 PM</b> Dominos – CH</div>	
<div><b>13</b></div> <div><b>9:00 AM</b> Presbyterian Church – FL</div> <div><b>10:30 AM</b> St Joseph's Catholic Church – FL</div> <div><b>1:00 PM</b> Couples Card Club – CH</div> <div><b>1:30 PM</b> Bingo – FL</div> <div><b>3:00 PM</b> Sunday Stretch</div> <div><b>6:00 PM</b> Documentary – FL</div>	<div><b>14</b> <i>Pajama Party Day</i></div> <div><b>9:00 AM</b> Rosary – PD</div> <div><b>10:00 AM</b> Counting Sheep Game – FL</div> <div><b>12:45 PM</b> Book Club – L</div> <div><b>1:00 PM</b> Grudgeball – FL</div> <div><b>2:00 PM</b> Dominoes – CH</div> <div><b>2:30 PM</b> One on One Visits</div> <div><b>3:30 PM</b> Elite Fitness – FL</div> <div><i>Wear Pajamas</i></div>	<div><b>15</b></div> <div><b>9:00 AM</b> Hy-Vee</div> <div><b>10:00 AM</b> Jackbox Games with To The Rescue – FL</div> <div><b>11:30 AM</b> Lunch Bunch Outing - FL</div> <div><b>2:00 PM</b> Bingo – FL</div> <div><b>3:15 PM</b> GNOMEvember Social – FL</div>	<div><b>16</b></div> <div><b>9:30 AM</b> Church Services – FL</div> <div><b>10:00 AM</b> Baking with Memory Lane – ML</div> <div><b>1:00 PM</b> Vitals – PD</div> <div><b>1:00 PM</b> Create a Fall Greeting Card – PD</div> <div><b>1:30 PM</b> Communion – L</div> <div><b>1:30 PM</b> Lala Ladies – FL</div> <div><b>2:00 PM</b> Dominos – CH</div> <div><b>2:00 PM</b> Chef Demo – BW</div> <div><b>2:30 PM</b> Show and Share – FL</div> <div><b>3:30 PM</b> Elite Fitness – FL</div>	<div><b>17</b> <i>Homemade Bread Day</i></div> <div><b>8:15 AM</b> Coe College Thursday Forum</div> <div><b>10:00 AM</b> Elite Fitness – FL</div> <div><b>1:00 PM</b> Bake Bread with Memory Lane – ML</div> <div><b>2:30 PM</b> Polish Party – FL</div> <div><b>6:15 PM</b> Bingo – FL</div>	<div><b>18</b> <i>National Princess Day</i></div> <div><b>9:15 AM</b> Purl Jam – FL</div> <div><b>10:00 AM</b> Bible Study – L</div> <div><b>10:30 AM</b> Millennium Therapy Exercise – FL</div> <div><b>1:00 PM</b> Pool Club – CH</div> <div><b>2:00 PM</b> November Birthday Party: Happy Hour with Treasured Music</div> <div><b>3:00 PM</b> Princess Pampering – FL</div> <div><i>Wear a Crown</i></div>	<div><b>19</b></div> <div>Tailgating Party – TBD</div> <div><b>9:00 AM</b> Festival of Trees</div> <div><b>10:00 AM</b> Coloring and Conversation – L</div> <div><b>2:00 PM</b> Dominos – CH</div>	
<div><b>20</b></div> <div><b>9:00 AM</b> Presbyterian Church – FL</div> <div><b>10:30 AM</b> St Joseph's Catholic Church – FL</div> <div><b>1:00 PM</b> Couples Card Club – CH</div> <div><b>1:30 PM</b> Bingo – FL</div> <div><b>3:00 PM</b> Sunday Stretch</div> <div><b>6:00 PM</b> Documentary – FL</div>	<div><b>21</b> <i>Medallion Hunt Begins</i></div> <div><b>9:00 AM</b> Rosary – PD</div> <div><b>10:00 AM</b> Garbage Card Game – FL</div> <div><b>12:45 PM</b> Book Club – L</div> <div><b>1:00 PM</b> Human Foosball – FL</div> <div><b>2:00 PM</b> Dominoes – CH</div> <div><b>2:30 PM</b> One on One Visits</div> <div><b>3:30 PM</b> Elite Fitness – FL</div>	<div><b>22</b> <i>Medallion Hunt</i></div> <div><b>9:00 AM</b> Target</div> <div><b>1:00 PM</b> Thanksgiving Headbandz Game – FL</div> <div><b>2:00 PM</b> Bingo – FL</div> <div><b>2:00 PM</b> Magic Show w/ live Magician– FL</div> <div><b>3:15 PM</b> Apple Cider Social – FL</div>	<div><b>23</b> <i>Medallion Hunt Pumpkin Pie Day</i></div> <div><b>9:30 AM</b> Church Services – FL</div> <div><b>10:00 AM</b> UNO Game – CH</div> <div><b>1:00 PM</b> Coaster Craft – FL</div> <div><b>1:30 PM</b> Communion – L</div> <div><b>2:00 PM</b> Dominos – CH</div> <div><b>2:30 PM</b> Pumpkin Pie Taste Test – FL</div> <div><b>3:30 PM</b> Elite Fitness – FL</div>	<div><b>24</b> <i>Medallion Hunt</i></div> <div></div>	<div><b>25</b> <i>Black Friday Medallion Hunt</i></div> <div><b>9:15 AM</b> Purl Jam – FL</div> <div><b>10:00 AM</b> Bible Study – L</div> <div><b>10:30 AM</b> Millennium Therapy Exercise – FL</div> <div><b>1:00 PM</b> Summit Store – CH</div> <div><b>2:00 PM</b> Happy Hour and Tailgating Party – FL</div>	<div><b>26</b></div> <div><b>10:00 AM</b> Coloringand Conversation – L</div> <div><b>2:00 PM</b> Dominos – CH</div>	
<div><b>27</b></div> <div><b>9:00 AM</b> Presbyterian Church – FL</div> <div><b>10:30 AM</b> St Joseph's Catholic Church – FL</div> <div><b>1:00 PM</b> Couples Card Club – CH</div> <div><b>1:30 PM</b> Bingo – FL</div> <div><b>3:00 PM</b> Sunday Stretch</div> <div><b>6:00 PM</b> Documentary – FL</div>	<div><b>28</b> <i>Puzzles and Prizes Day</i></div> <div><b>12:45 PM</b> Book Club – L</div> <div><b>2:00 PM</b> Dominoes – CH</div> <div><b>9:00 AM</b> Start Christmas Decorating meet in FL</div>	<div><b>29</b></div> <div>Movie Theater Trip TBA</div> <div><b>9:00 AM</b> Walmart</div> <div><b>1:00 PM</b> Swoop Card Game – FL</div> <div><b>2:00 PM</b> Bingo – FL</div>	<div><b>30</b></div> <div><b>9:30 AM</b> Church Services – FL</div> <div><b>10:00 AM</b> Balderdash Game – CH</div> <div><b>1:00 PM</b> Winter Wreath Art Project – FL</div> <div><b>1:30 PM</b> Communion – L</div> <div><b>2:00 PM</b> Dominos – CH</div> <div><b>2:30 PM</b> Family Feud – FL</div> <div><b>3:30 PM</b> Elite Fitness – FL</div>	<div>BDR = Brentwood Dining Room</div> <div>BP = Back Patio</div> <div>CDR = Carlisle Dining Room</div> <div>FD = Front Desk</div> <div>FF = Front Foyer</div> <div>FL = Fireside Lounge</div> <div>FP = Front Porch</div> <div><b>2022</b></div> <div>NOVEMBER</div>			