

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Quote of the Month

Everyone is handed adversity in life. No one's journey is easy. It's how they handle it that makes people unique.

- Kevin Conroy

<p>9:30 News & Views (GR) 5</p> <p>10:00 Core Connection (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Catholic Mass & Coupons (TV)</p> <p>11:30 Parachute Fitness (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Tape & Paint (LER)</p> <p>3:15 Family Hour (GR)</p> <p>4:15 Hallelujah Hymnals (GR)</p> <p>6:30 Men's Movie: Bonanza (TV)</p> <p>7:00 Heavenly Songs (GR)</p> <p>7:30 Meditative Movements (GR)</p>		<p>9:30 News & Views (GR) 6</p> <p>10:00 Breathe & Balance (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Medici Family (GR)</p> <p>11:30 Balanced Bowling (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Flower Arranging (CK)</p> <p>3:15 Family Hour (GR)</p> <p>4:15 Cheerful Chorus (GR)</p> <p>6:30 Kids Say... Darndest Things (TV)</p> <p>7:00 Family Place Card Prep. (LER)</p> <p>7:30 Wheel of Fortune (LIB)</p>		<p>9:30 News & Views (GR) 7</p> <p>10:00 Pumping Iron (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Roosevelt Family (GR)</p> <p>11:30 Toss & Tone (GR)</p> <p>1:30 IE: Pumpkin Brownies (CK)</p> <p>2:00 TransFitness (LIB)</p> <p>3:15 Heavenly Songs Social (GR)</p> <p>4:15 Timeless Tunes (GR)</p> <p>6:30 TCM Marathon (TV)</p> <p>7:00 Shake Loose A Memory (GR)</p> <p>7:30 CS: Family Matters (GR)</p>		<p>9:30 News & Views (GR) 8</p> <p>10:00 A.M. Aerobics (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Royal Family (GR)</p> <p>11:30 Walking Club (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Manicures & Men's Group (LER)</p> <p>3:15 Ice Cream Party (GR)</p> <p>4:15 Song Gathering (GR)</p> <p>6:30 Down Memory Lane (GR)</p> <p>7:00 Family Place Card Prep. (LER)</p> <p>7:30 Viewer Choice Cinema (TV)</p>		<p>9:30 News & Views (GR) 9</p> <p>10:00 Tai Chi (GR)</p> <p>10:30 Kayla's Barber & Beauty (BS)</p> <p>11:00 Capetian Family (GR)</p> <p>11:30 Tic Tac Toe Throw (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Linked Senior Reminisce (GR)</p> <p>3:15 BF Popcorn Party (GR)</p> <p>4:15 Wellspring Choir (GR)</p> <p>6:30 Gaither Gospel Series (TV)</p> <p>7:00 Donna's Pause for Praise (GR)</p> <p>7:30 Music & Memory (PSR)</p>		<p>9:30 News & Views (GR) 10</p> <p>10:00 Tone Zone (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Turbo Visits (GR)</p> <p>11:30 Golfers Go Green (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Family Place Card Prep. (LER)</p> <p>3:15 Family Hour (GR)</p> <p>4:15 Golden Jukebox (GR)</p> <p>6:30 Colors of Fall (LER)</p> <p>7:30 Finish the Phrase (GR)</p>		<p>9:30 News & Views (GR) 11</p> <p>10:00 Sittercize (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 St. Paul's Sermon (LIB)</p> <p>11:30 Balloon Volleyball (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Katie's Patriotic Melodies (GR)</p> <p>3:15 Veteran's Day Social (GR)</p> <p>4:15 America's Classic Hits (GR)</p> <p>6:30 I Love Lucy Marathon (TV)</p> <p>7:00 American Pride Time Slip (GR)</p> <p>7:30 Puzzlin' w/ Pals (CK)</p>	
<p>9:30 News & Views (GR) 12</p> <p>10:00 Youthful Yoga (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Catholic Mass & Coupons (TV)</p> <p>11:30 Balanced Bowling (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Picker & Papa Perform (GR)</p> <p>3:15 Family Hour (GR)</p> <p>4:15 Hallelujah Hymnals (GR)</p> <p>6:30 Men's Movie: Andy Griffith Show (TV)</p> <p>7:00 Mandala Creations (LER)</p> <p>7:30 Meditative Movements (GR)</p>		<p>9:30 News & Views (GR) 13</p> <p>10:00 Pumping Iron (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Rothschild Family (GR)</p> <p>11:30 Parachute Fitness (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 BF Flower Arranging (CK)</p> <p>3:15 Family Hour (GR)</p> <p>4:15 Reminiscent Records (GR)</p> <p>6:30 ReMARKable Music (GR)</p> <p>7:30 Viewer Choice Cinema (TV)</p>		<p>9:30 News & Views (GR) 14</p> <p>10:00 Don't Sit, Get Fit (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Nehru-Gandhi Dynasty (GR)</p> <p>11:30 Tic Tac Toe Throw (GR)</p> <p>1:30 IE: Beer & Cheese Bread (CK)</p> <p>2:00 TransFitness (LIB)</p> <p>3:15 Beer & Bread Social (GR)</p> <p>4:15 Sing That Tune (GR)</p> <p>6:30 Rascal (TV)</p> <p>7:00 Family Place Cards (LER)</p> <p>7:30 Nat. Geo. Nook (PSR)</p>		<p>9:30 News & Views (GR) 15</p> <p>10:00 Fitness & Resistance (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Ming Dynasty (GR)</p> <p>11:30 Family Road Trip (LIB)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Manicures & Men's Group (LER)</p> <p>3:15 Ice Cream Party (GR)</p> <p>4:15 Voices Unite (GR)</p> <p>6:30 Viewer Choice Cinema (TV)</p> <p>7:00 Family Place Cards (LER)</p> <p>7:30 Puzzlin' w/ Pals (GR)</p>		<p>9:30 News & Views (GR) 16</p> <p>10:00 Senior Stretch (GR)</p> <p>10:30 Kayla's Barber & Beauty (BS)</p> <p>11:15 Sue's Chair Dancing (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Knots of Love (PSR)</p> <p>2:00 Linked Senior Reminisce (GR)</p> <p>3:15 Popcorn Party (GR)</p> <p>4:15 Hymns for Him (GR)</p> <p>6:30 Karen's Spiritual Signs (GR)</p> <p>7:00 Donna's Spiritual Group (GR)</p> <p>7:30 Music & Memory (PSR)</p>		<p>9:30 News & Views (GR) 17</p> <p>10:00 Limber Up & Stretch Out (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Rockefeller Family (GR)</p> <p>11:30 Balloon Volleyball (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Terrific Tie-Dye (LER)</p> <p>3:15 Family Hour (GR)</p> <p>4:15 "Sing, Sing, Sing!" (GR)</p> <p>6:30 Kids Say...Darndest Things-1962 (TV)</p> <p>7:00 Shake Loose A Memory (GR)</p> <p>7:30 CS: Family Matters (GR)</p>		<p>9:30 News & Views (GR) 18</p> <p>10:00 Fitness Focus (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 St. Paul's Sermon (LIB)</p> <p>11:30 Golfers Go Green (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Memories in the Making Art (LER)</p> <p>3:15 Family Hour (GR)</p> <p>4:15 Song Connection (GR)</p> <p>6:30 Brady Bunch Marathon (TV)</p> <p>7:00 Lucky Dice (GR)</p> <p>7:30 Down Memory Lane (GR)</p>	
<p>9:30 News & Views (GR) 19</p> <p>10:00 Stretch & Tone (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Catholic Mass & Coupons (TV)</p> <p>11:30 Tic Tac Toe Throw (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 You're the Rock of the Family (LER)</p> <p>3:15 Family Hour (GR)</p> <p>4:15 Hallelujah Hymnals (GR)</p> <p>6:30 Men's Movie: The Family Man (TV)</p> <p>7:00 Heavenly Songs (GR)</p> <p>7:30 Meditative Movements (GR)</p>		<p>9:30 News & Views (GR) 20</p> <p>10:00 Peek at Piyo (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Kennedy Family (GR)</p> <p>11:30 Golfers Go Green (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Flower Arranging (CK)</p> <p>3:15 Family Hour (GR)</p> <p>4:15 Vivacious Vocals (GR)</p> <p>6:30 Kids Say...Darndest Things- (TV)</p> <p>7:00 T. Giving Bracelets (LER)</p> <p>7:30 Puzzlin' w/ Pals (CK)</p>		<p>9:30 News & Views (GR) 21</p> <p>10:00 Full Body Fitness (GR)</p> <p>10:30 Red Hat Social (GR)</p> <p>11:00 Tudor Family (GR)</p> <p>11:30 Golfer Go Green (GR)</p> <p>1:30 IE: Artisan Bread Bake (CK)</p> <p>2:00 TransFitness (LIB)</p> <p>3:15 Heavenly Songs Social (GR)</p> <p>4:15 Classic Hit Chorus (GR)</p> <p>6:30 TCM Marathon (TV)</p> <p>7:00 Give Thanks Tree (LER)</p> <p>7:30 Nat. Geo. Nook (PSR)</p>		<p>9:30 News & Views (GR) 22</p> <p>10:00 Circuit Training (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Resident Council (GR)</p> <p>11:30 Tic Tac Toe Throw (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Manicures & Men's Group (LER)</p> <p>3:15 Ice Cream Party (GR)</p> <p>4:15 BF Duets (GR)</p> <p>6:30 Viewer Choice Cinema (TV)</p> <p>7:00 Give Thanks Tree (LER)</p> <p>7:30 Relax & Read (PSR)</p>		<p>9:30 News & Views (GR) 23</p> <p>10:00 Tryptophan Fitness Plan (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Macy's Thanksgiving Parade (GR)</p> <p>11:30 Balanced Bowling (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Linked Senior Reminisce (GR)</p> <p>3:15 Popcorn Party (GR)</p> <p>4:15 Spiritual Songs (GR)</p> <p>6:30 Reminisce: Family (GR)</p> <p>7:00 Donna's Bible Study (GR)</p> <p>7:30 Music & Memory (PSR)</p>		<p>9:30 News & Views (GR) 24</p> <p>10:00 Senior Stability (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Turbo Visits (GR)</p> <p>11:30 Parachute Fitness (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 BF Time Slip (LIB)</p> <p>3:15 Family Hour (GR)</p> <p>4:15 Oldies but Goodies (GR)</p> <p>6:30 Curly Top (TV)</p> <p>7:00 Lucky Dice (GR)</p> <p>7:30 Down Memory Lane (GR)</p>		<p>9:30 News & Views (GR) 25</p> <p>10:00 Induce Endurance (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 St. Paul's Sermon (LIB)</p> <p>11:30 Balanced Bowling (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Smoky Mountain Memories (GR)</p> <p>3:15 Family Hour (GR)</p> <p>4:15 Fall Falsettos (GR)</p> <p>6:30 I Dream of Genie (TV)</p> <p>7:00 Shake Loose A Memory (GR)</p> <p>7:30 CS: Family Matters (GR)</p>	
<p>9:30 News & Views (GR) 26</p> <p>10:00 Flexibility Fitness (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Catholic Mass & Coupons (TV)</p> <p>11:30 Golfers Go Green (GR)</p> <p>1:30 BF Brain Boosters (GR)</p> <p>2:00 Calvary Spiritual Group (GR)</p> <p>3:15 Family Hour (GR)</p> <p>4:15 Hymns w/ Friends (GR)</p> <p>6:30 Men's Movie: Beverly Hillbillies (TV)</p> <p>7:00 Beading Bunch (LER)</p> <p>7:30 Meditative Movements (GR)</p>		<p>9:30 News & Views (GR) 27</p> <p>10:00 Tenacious Toners (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Astor Family (GR)</p> <p>11:30 Balanced Bowling (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Flower Arranging (CK)</p> <p>3:15 Family Hour (GR)</p> <p>4:15 Timeless Tunes (GR)</p> <p>6:30 Kids Say...Darndest Thing-1952 (TV)</p> <p>7:00 Shake Loose A Memory (GR)</p> <p>7:30 CS: Family Matters (GR)</p>		<p>9:30 News & Views (GR) 28</p> <p>10:00 BF Workout (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Curie Family (GR)</p> <p>11:30 Tic Tac Toe Throw (GR)</p> <p>1:30 IE: Pizza Kitchen (CK)</p> <p>2:00 TransFitness (LIB)</p> <p>3:15 BF & Family Pizza Party (GR)</p> <p>4:15 Reminiscent Records (GR)</p> <p>6:30 TCM Marathon (GR)</p> <p>7:00 Autumn Mandalas (LER)</p> <p>7:30 Puzzlin' w/ Pals (CK)</p>		<p>9:30 News & Views (GR) 29</p> <p>10:00 Benchmark Aerobics (GR)</p> <p>10:30 Gracious Oasis (GR)</p> <p>11:00 Food Committee (CK)</p> <p>11:30 Balloon Volleyball (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Manicures & Men's Group (LER)</p> <p>3:15 BF Ice Cream Party (GR)</p> <p>4:15 Songs of Yesteryear (GR)</p> <p>6:30 Cherished Journey Scarves (LIB)</p> <p>7:00 Family Fun Time Slip (GR)</p> <p>7:30 Down Memory Lane (GR)</p>		<p>9:30 News & Views (GR) 30</p> <p>10:00 Full Body Fitness (GR)</p> <p>10:30 Kayla's Barber & Beauty (BS)</p> <p>11:00 Eid Milad Un Nabi (GR)</p> <p>11:30 Parachute Fitness (GR)</p> <p>1:30 Brain Boosters (GR)</p> <p>2:00 Linked Senior Reminisce (GR)</p> <p>3:15 Popcorn Party (GR)</p> <p>4:15 Heartfelt Hymns (GR)</p> <p>6:30 Gaither Gospel Series (TV)</p> <p>7:00 Donna's Inspiration (GR)</p> <p>7:30 Music & Memory (PSR)</p>				<h3>Room Location Codes</h3> <p>DR Dining Room</p> <p>BS Beauty Salon</p> <p>GR Gathering Room</p> <p>PS Penn State Room</p> <p>CK Country Kitchen</p> <p>LER Life Enrichment Room</p> <p>LIB Library</p> <p>PAT Patio</p> <p>O Outing</p> <p>TV TV Room</p> <p>PL Parking Lot</p>	