






Inn & Cottages November 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Happy Birthday!</i> Natalie W. - 11/6 Windy B. - 11/13 Barbara D. - 11/19 Isabel B. - 11/24</p> 			<p><i>1</i> 11:15 Balanced Exercise w/Katelyn - G 1:30 Movie: <i>The Farewell</i> - GLR 2:30 Accordion Music with Gary - D</p>	<p><i>2</i> 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 Shop at Hannaford</p>	<p><i>3</i> 10:30 Strength & Balance Exercise with Pam - G 4:00 Social Hour - GLR</p>	<p><i>4</i> 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p><i>5</i> 12:30 Betty R Memorial 2:00 Bridge - GR</p>  <p>Daylight Savings Time Ends</p>	<p><i>6 Communion Visits</i> 10:30 Shop at Trader Joe's, Kohl's 11:15 Chair Aerobics - G 2:00 Podcast Group - L</p>	<p><i>7</i> 9:30 Blood Pressure Clinic - L 9:30 Coffee & Chat - L 10:30 Yoga Video - G 2:00 News & Views - GLR</p>	<p><i>8</i> 11:15 Balanced Exercise w/Katelyn - G 1:30 Movie: <i>Past Lives</i> - GLR 2:30 Music with Terrie Collins - D</p>	<p><i>9</i> 9:30 Coffee & Chat - L 10:30 Yoga Video - G 2:00 Shop at Hannaford</p>	<p><i>10</i> 10:30 Strength & Balance Exercise with Pam - G 4:00 Social Hour - GLR</p>	<p><i>11</i> 9:30 Coffee & Chat - L 2:00 Bridge - GR</p> 
<p><i>12</i> 1:00 MET On Demand: Der Rosenkavalier - GLR 2:00 Bridge - GR</p>	<p><i>13 Communion Visits</i> 10:15 Shop at Marden's with Option for Lunch 11:15 Chair Aerobics - G</p>	<p><i>14</i> 9:30 Blood Pressure Clinic - L 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 News & Views - GLR</p>	<p><i>15</i> 11:15 Balanced Exercise w/Katelyn - G 1:00 Resident Council - GLR 1:30 Movie: <i>Truth</i> - GLR 2:30 Saxophone Music with Brian Kane - D</p>	<p><i>16</i> 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 Shop at Hannaford</p>	<p><i>17</i> 10:30 Strength & Balance Exercise with Pam - G 4:00 Social Hour & Music with Gary - GLR</p>	<p><i>18</i> 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p><i>19</i> 2:00 Bridge - GR</p>	<p><i>20 Communion Visits</i> 11:15 Chair Aerobics - G 1:30 Shop at NH Liquor & Wine Outlet 3:00 How to Read Poetry - GLR</p>	<p><i>21</i> 9:30 Blood Pressure Clinic - L 9:30 Coffee & Chat - L 10:30 Yoga Video - G 2:00 News & Views - GLR</p>	<p><i>22</i> 11:15 Balanced Exercise w/Katelyn - G 1:30 Movie: <i>The Social Network</i> - GLR 2:30 Piano Music with Dave Stone - D</p>	<p><i>23</i> 9:30 Coffee & Chat - L</p> 	<p><i>24</i> 10:30 Strength & Balance Exercise with Pam - G 4:00 Social Hour - GLR</p>	<p><i>25</i> 9:30 Coffee & Chat - L 2:00 Bridge - GR</p>
<p><i>26</i> 2:00 Bridge - GR</p>	<p><i>27 Communion Visits</i> 10:30 Festival of Fostering Trees</p> 	<p><i>28</i> 9:30 Blood Pressure Clinic - L 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 News & Views - GLR</p>	<p><i>29</i> 11:15 Balanced Exercise w/Katelyn - G 1:30 Movie: <i>The Big Short</i> - GLR 2:30 Piano Music with Shelli LaTorre - D</p>	<p><i>30</i> 9:30 Coffee & Chat - L 10:30 Yoga - G 2:00 Shop at Hannaford</p>		<p>G - Gym GLR - Grand Living Room L - Library PR - Primrose Dining Room D - Dickens Dining Room GR - Game Room</p>