

**Wednesdays in November**  
**Balanced Exercise with Katelyn**  
**11:15 am, Gym**

Welcome Preferred Therapy Occupational Therapist Katelyn who will be providing balanced-focused exercise each Wednesday morning in November.

**Wednesday, November 1**  
**Movie Matinee: *The Farewell***  
**1:30 pm, Grand Living Room**

A 2019 comedy/drama starring Awkwafina, about a family who returns to China under the guise of a fake wedding to stealthily say goodbye to their beloved matriarch - the only person that doesn't know she only has a few weeks to live.

**Tuesdays & Thursdays in November**  
**Yoga Class with Gretchen**  
**10:30 am, Gym**

**Please note:** In Gretchen's absence, a **Yoga video** will be shown on the following dates: **11/7, 11/9, and 11/21. No Yoga** will be held on Thanksgiving day, **11/23**. Please sign-up at the Front Desk for classes led by Gretchen.

**Fridays in November**  
**Strength & Balance Exercise with Pam**  
**10:30 am, Gym**

Join Pam Vacca, an expert exercise leader who knows how to safely challenge participants to build strength and balance using a variety of tools. Please sign-up at the Front Desk.

**Sunday, November 5**  
**Betty R. Memorial Service**  
**Bus leaves Front Lobby at 12:30 pm**

Bus transportation will be provided for those wishing to attend the memorial service of our dear friend. Please sign-up at the Front Desk.

**Monday, November 6**  
**Shop at Trader Joe's, Kohl's**  
**Bus leaves Front Lobby at 10:30 am**  
 Please sign-up at the Front Desk.

**Mondays in November**  
**Chair Aerobics Video**  
**11:15 am, Gym**

Join Jacki for an invigorating chair aerobics workout.  
**Please note: There will be no Chair Aerobics held on Monday, November 27.**

**Monday, November 6**  
**Podcast Group**  
**2:00 pm, Inn Library**

Join Jacki for an interesting and informative podcast or two.

**Tuesdays in November**  
**News & Views with Robert Waldman**  
**2:00 pm, Grand Living Room**

Robert facilitates insightful discussion on current events. Discussion articles are available in the Inn Library prior to Tuesday meetings or contact Activities if you would like to be added to the email list.

**Wednesday, November 8**  
**Movie Matinee: *Past Lives***  
**1:30 pm, Grand Living Room**

This 2023 highly acclaimed movie is finally available on streaming. It is the story of Nora and Hae Sung, two deeply connected childhood friends, who are wrest apart after Nora's family emigrates from South Korea. Decades later, they are reunited for one fateful week as they confront destiny, love and the choices that make a life.

**Thursdays in November**  
**Shopping at Hannaford**  
**Bus leaves Front Lobby at 2:00 pm**  
 Please sign-up at the Front Desk.

**Sunday, November 12**  
**The MET On Demand: *Der Rosenkavalier***  
**1:00 pm, Grand Living Room**

One of today's most exhilarating talents, Lise Davidsen, takes the stage as the Marschallin in Strauss's elegant comedy *Der Rosenkavalier*. The Norwegian soprano joins mezzo-soprano Samantha Hankey as Octavian, the Marschallin's impetuous lover, and soprano Erin Morley as Sophie, the young heiress who comes between them. Bass Günther Groissböck is the lecherous Baron Ochs, with Maestro Simone Young on the podium to lead a stately - and uproarious - staging.

**Monday, November 13**  
**Shop at Marden's with an option for Lunch Out**  
**Bus leaves Front Lobby at 10:15 am**

Join us for a trip to Biddeford to shop at Marden's Surplus & Salvage, Maine's best discount store. There will be an option to stop for lunch, if the majority of attendees would like to. Please indicate when you sign-up at the Front Desk if you are interested in including lunch on this shopping trip.

**Wednesday, November 15**  
**Movie Matinee: *Truth***  
**1:30 pm, Grand Living Room**

Controversy surrounds CBS anchor Dan Rather (Robert Redford) and "60 Minutes" producer Mary Mapes (Cate Blanchett) after the network broadcasts a report about President George W. Bush and his military service. This 2015 movie is based on the book "Truth and Duty" by Mary Mapes.

**Friday, November 17**  
**Guest Social Hour: Accordion Music with Gary**  
**4:00 p.m., Grand Living Room**  
 Always a good time when our friend Gary joins us.

**Monday, November 20**  
**Shop at NH Liquor & Wine Outlet**  
**Bus leaves Front Lobby at 1:30 pm**  
 Get ready for the holidays with a trip to the NH Liquor & Wine Outlet for all of your libation needs. Please sign-up at the Front Desk.

**Monday, November 20**  
**How to Read Poetry**  
**3:00 pm, Grand Living Room**  
 Poems are often perceived as something cryptic and beyond understanding, however, there is information that may help us grasp a poem's meaning. Join Jacki for an interactive discussion.

**Wednesday, November 22**  
**Movie Matinee: *The Social Network***  
**1:30 pm, Grand Living Room**  
 In 2003, Harvard undergrad and computer genius Mark Zuckerberg (Jesse Eisenberg) begins work on a new concept that eventually turns into the global social network known as Facebook. Six years later, he is one of the youngest billionaires ever, but finds that his success leads to both personal and legal complications. This film was nominated for eight Academy Awards in 2011, winning three.

**Monday, November 27**  
**Festival of Fostering Trees**  
**Bus leaves Front Lobby at 10:30**  
 Foster's Clambake hosts this fundraising event that kicks off the Christmas season. Join us just to see the beautiful trees (admission is FREE) or purchase raffle tickets (25 for \$5, cash only) for a chance to win a tree with all the trimmings. Please sign-up at the Front Desk.

**Wednesday, November 29**  
**Movie Matinee: *The Big Short***  
**1:30 pm, Grand Living Room**

This 2015 Oscar-winning film adaptation of author Michael Lewis's best-selling book of the same name, focuses on the lives of several American financial professionals who predicted and profited from the build-up and subsequent collapse of the housing bubble in 2007 and 2008. Staring Christian Bale, Ryan Gosling, and Steve Carell.

**Additional November Information**

- Coffee & Chat Group meets every Tuesday, Thursday, and Saturday at 9:30 am in the Inn Library.
- Blood Pressure Clinic, Tuesdays at 9:30 am, Inn Library.
- Catholic Communion is available to individuals on Monday mornings. Contact Activities to be added to the list.
- Social Hour, including drinks, appetizers, and trivia, is held Fridays at 4:00 pm in the Grand Living Room.
- **Inn Resident Council, Wednesday, November 15, at 1:00 pm** in the Grand Living Room.
- Play Bridge every Saturday and Sunday at 2:00 pm in the Game Room. Sign-up at the Front Desk to join.

