





NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY															
 <p>THE AVANT</p> <p>A WellQuest Living Community</p>		1 9:30AM FITNESS CLASS (Lge) 11AM POETRY READING (SOL) 2PM MEDITATION TAI CHI (MR) 7:30PM MOVIE NIGHT (MR) Deadline: November 3rd San Mateo County History Museum	2 9:30AM BALANCE CLASS with Rehab Go (Lge) 10AM CURRENT EVENTS w/ Ken (MR) 2PM CHAIR YOGA w/ Jiin (Lge) 3PM THERAPUETIC PAINTING (Sol) 7:30PM MOVIE NIGHT (MR)	3 9:30AM FITNESS CLASS (Lge) 11AM ASIAN ART FOUNDATION PRESENTATION w/NAN (MR) 1PM ACTIVITY MEETING (Sol) 3:30PM CONCERT w/ LEE ALLEN (Lge) 7:30PM MOVIE NIGHT (MR) Deadline: November 7th De Young Museum SF	4 HAPPY BDAY MILLIE G.! 9:30AM BALANCE CLASS w/ Rehab Go (Lge) 11:00AM OPERA & MUSIC LECTURE w/ Deborah (MR) HAPPY HOUR (Lge) 3:00PM—4:00PM 7:30PM MOVIE NIGHT (MR)	5 9:30AM FITNESS CLASS (Lge) 11AM SAN MATEO COUNTY HISTORY MUSEUM (Sign Up) 2PM MATINEE MOVIE (MR) 7:30PM MOVIE NIGHT (MR) Deadline: November 5th Lunch Outing: Pacific Catch															
	6 9:30AM FITNESS CLASS (Lge) 1PM NEIGHBORHOOD WALKING GROUP—ROBLES PARK (Limit: 6 residents; sign up) 2PM MATINEE MOVIE (MR) 7:30PM MOVIE NIGHT (MR) Daylight Saving Time Ends at 2AM. SET CLOCK BACK ONE HOUR.	7 9:30AM FITNESS CLASS (Lge) 11AM LUNCH OUTING: PACIFIC CATCH, MTN. VIEW 1:30PM MUSICAL THEATRE LECTURE w/ Bonnie Weiss (MR) 7:30PM MOVIE NIGHT (MR) TRIVIA DINNER NIGHT!	8 ELECTION DAY 9:30AM FITNESS CLASS (Lge) 11AM WALKING GROUP — Cuesta Park (Sign Up) 1PM MENU MEETING (SOL) 2PM MEDITATION TAI CHI (MR) 7:30PM MOVIE NIGHT (MR)	9 9:30AM BALANCE CLASS with Rehab Go (Lge) 10AM CURRENT EVENTS w/ Ken (MR) 2PM CHAIR YOGA w/ Jiin (Lge) 3PM THERAPEUTIC PAINTING (Sol) 7:30PM MOVIE NIGHT (MR)	10 9:30AM FITNESS CLASS (Lge) 11AM BINGO! (Sol) 1:30PM VETERAN'S DAY PINNING CEREMONY (Lge) 3PM WONDERFUL WORLD OF WINE w/ Charles and Dave (Sol) 7:30PM MOVIE NIGHT (MR)	11 VETERAN'S DAY 9:30AM BALANCE CLASS w/ Rehab Go (Lge) 1:30PM TECH TALK w/Curtis (MR) 3PM VETERAN'S DAY CONCERT w/ Johnny Fabulous! (Lge) HAPPY HOUR 3:30PM — 4:30PM 7:30PM MOVIE NIGHT (MR) <i>Federal Holiday—No Mail Delivery.</i>	12 9:30AM FITNESS CLASS (Lge) 11AM DE YOUNG MUSEUM SF—Ramses the Great and the Gold of the Pharaohs (Sign Up) 2PM MATINEE MOVIE (MR) 7:30PM MOVIE NIGHT (MR) Deadline: November 14th SAN JOSE PLAYHOUSE														
	13 9:30AM FITNESS CLASS (Lge) 11AM SHOPPING TRIP — TRADER JOES (Sign Up) 1PM BOCCE BALL (CY) 2PM MATINEE MOVIE (MR) 7:30PM MOVIE NIGHT (MR) Deadline: November 14 CANTOR ART MUSEUM	14 9:30AM FITNESS CLASS (Lge) 11AM WALKING GROUP— Baylands Sunnyvale (Sign Up) 2PM FLOWER ARRANGING for Dining Room (DR) 3PM CONCERT w/ Hoot N Holler (LR) 7:30PM MOVIE NIGHT (MR)	15 9:30AM FITNESS CLASS (Lge) 11AM POETRY READING (SOL) 1PM PHOTOGRAPHY TALKS w/ Joan Sparks (MR) 2PM BAKING GROUP w/ Carina: Walnut Pumpkin Muffins (DR) 7:30PM CONCERT w/ Stephen Gills (LR)	16 9:30AM BALANCE CLASS with Rehab Go (Lge) 10AM CURRENT EVENTS w/ Ken (MR) 2PM CHAIR YOGA w/ Jiin (Lge) 3PM THERAPEUTIC PAINTING (Sol) 7:30PM MOVIE NIGHT (MR)	17 9:30AM FITNESS CLASS (Lge) 11AM ART & CRAFT: Popcorn Craft (MR) 1PM RESIDENT'S MEETING (Sol) 3:00PM RESIDENT'S BIRTHDAY PARTY (Lge) 7:30PM MOVIE NIGHT (MR)	18 HAPPY BDAY LOIS E.! 9:30AM BALANCE CLASS w/ Rehab Go (Lge) 11:00AM OPERA & MUSIC LECTURE w/ Deborah (MR) WELCOMING NEW RESIDENTS HAPPY HOUR 3:00PM—4:00PM 7:30PM MOVIE NIGHT (MR)	19 9:30AM FITNESS CLASS (Lge) 1PM CANTOR ART CENTER, STANFORD (Sign Up) 2PM MATINEE MOVIE (MR) 7:30PM MOVIE NIGHT (MR) Deadline: November 21 Lunch Outing Vina Enoteca														
	20 9:30AM FITNESS CLASS (Lge) 1PM NEIGHBORHOOD WALKING GROUP—ROBLES PARK (Limit: 6 residents; sign up) 2PM MATINEE MOVIE (MR) 7:30PM MOVIE NIGHT (MR)	21 9:30AM FITNESS CLASS (Lge) 2PM THANKSGIVING TRIVIA CHALLENGE (MR) 3PM THANKSGIVING CONCERT w/ Amethyst Duo (Lge) 7:30PM MOVIE NIGHT (MR) TRIVIA DINNER NIGHT!	22 9:30AM FITNESS CLASS (Lge) 11AM WALKING GROUP — Shoreline Park, Mtn. View (Sign Up) 2PM BOOK CLUB MEETING (Sol) 7:30PM MOVIE NIGHT (MR) Deadline: November 22nd Christmas Ballet on Dec 3rd	23 9:30AM BALANCE CLASS with Rehab Go (Lge) 10AM CURRENT EVENTS w/ Ken (MR) 2PM CHAIR YOGA w/ Jiin (Lge) 3PM THERAPEUTIC PAINTING (Sol) 7:30PM MOVIE NIGHT (MR)	24 THANKSGIVING 9:30AM FITNESS CLASS (Lge) 12:00pm GIVE THANKS & PUMPKIN PIE! (Lge) 2:00PM MATINEE MOVIE (MR) 7:30PM THANKSGIVING MOVIE NIGHT (MR) <i>Federal Holiday—No Mail Delivery.</i> HAPPY BDAY JOHN D.!	25 HAPPY BDAY LUCY E.! 9:30AM BALANCE CLASS w/ Rehab Go (Lge) 11AM LUNCH OUTING: VINA ENOTECA (LOB) 1:30PM TECH TALK w/Curtis (MR) HAPPY HOUR 3:30PM — 4:30PM 7:30PM MOVIE NIGHT (Lge)	26 HAPPY BDAY ANN P.! 9:30AM FITNESS CLASS (Lge) 1:45PM SAN JOSE PLAYHOUSE presents Sunday in the Park with George (Sign Up) 2PM MATINEE MOVIE (MR) 7:30PM MOVIE NIGHT (MR)														
	27 9:30AM FITNESS CLASS (Lge) 1PM BOCCE BALL (CY) 2PM MATINEE MOVIE (MR) 7:30PM MOVIE NIGHT (MR)	28 9:30AM FITNESS CLASS (Lge) 11AM WALKING GROUP— San Antonio Rancho, Cupertino (Sign Up) 2PM FLOWER ARRANGING for Dining Room (DR) 3PM ART & CRAFT: Pinecone Wreath (MR) 7:30PM MOVIE NIGHT (MR)	29 9:30AM FITNESS CLASS (Lge) 11AM POETRY READING (SOL) 2PM MEDITATION TAI CHI (MR) 1PM MITCHELL PARK LIBRARY OUTING (Sign Up) 3PM CONCERT w/ Ian Scarfe (Lge) 7:30PM MOVIE NIGHT (MR)	30 9:30AM BALANCE CLASS with Rehab Go (Lge) 10AM CURRENT EVENTS w/ Ken (MR) 2PM CHAIR YOGA w/ Jiin (Lge) 3PM THERAPEUTIC PAINTING (Sol) 7:30PM MOVIE NIGHT (MR)	<div style="display: flex; align-items: center;">  <div> <h2>LOCATION KEY</h2> <table border="0"> <tr> <td>Lge</td> <td>Lounge</td> <td>1st Floor</td> </tr> <tr> <td>CY</td> <td>Courtyard</td> <td>1st Floor</td> </tr> <tr> <td>MR</td> <td>Media Room</td> <td>2nd Floor</td> </tr> <tr> <td>Sol</td> <td>Solarium</td> <td>3rd Floor</td> </tr> <tr> <td>Zoom</td> <td colspan="2">In Apartment or Media Room (MR)</td> </tr> </table> </div> </div>		Lge	Lounge	1st Floor	CY	Courtyard	1st Floor	MR	Media Room	2nd Floor	Sol	Solarium	3rd Floor	Zoom	In Apartment or Media Room (MR)	
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Zoom	In Apartment or Media Room (MR)																				
						 Motivate Your Body															
						 Rejuvenate Your Spirit															