

Sun

Mon

Tue

Wed

Thu

Fri

Sat



WHISPERING WINDS Distinctive Retirement Lifestyles

- RED= Sign up Required
- BLUE= Activity (No sign up)
- PURPLE= Fitness
- GREEN= Resident Lead
- BLACK= Event

**1**  
 8:00 Rise and Thrive (1P)  
 8:45 Morning Exercise (1A)  
 10:00 Rosary (3C)  
 10:30 Communion (3C)  
 11:00 Functional Circuit (1G)  
 11:00 UPWORD (1FS)  
 1:30 Chosen Series (3T)  
 1:30 Bridge (2CR)  
 1:30 Gametime: 3x5 (1FS)  
 2:00 Balance (1A)  
**3:30 First Happy Hour (1A)**  
**Pub Trivia**

**2**  
 10:00 Safeway Shopping  
 10:00 Rosary (3C)  
 10:45 Rides to House of Covenant  
 12:45 Bingo (1A)  
 1:00 Shopping Trip  
 7:00 Saturday Night Movie (3T)  
*Remembering Gene Wilder – Documentary 1 hr 32*

**3**  
 9:15 Church Rides  
 10:00 Community Worship-Zion Lutheran (3T)  
 11:00 First Pres. Church Service ch. 12  
 1:30 Bridge Club (1P)  
 3:00 Socrates Café (3T)  
 7:00 Mexican Train (1FS)

**4**  
 8:00 Rise and Thrive (1P)  
 8:45 Morning Exercise (1A)  
 10:00 Better Brains (3T)  
 11:00 Functional Circuit (1G)  
 12:00 Jo T. on the Piano (D)  
 1:30 Gametime: 3x5 (1P)  
 2:00 Matinee Movie (3T)  
 2:00 Balance (1A)  
 3:30 1-10 Game (1P)  
 3:30 Games w/ Deb (1FS)  
 7:00 Readers Theater (3T)

**5**  
 8:45 Morning Exercise (1A)  
 10:00 Bingo (1A)  
 10:30 Busy Fingers (1FS)  
 11:15 Sit-N-Fit (1A)  
 1:00 Rummikub (1FS)  
 2:00 Cardio Chair Dancing (1A)  
**3:30 Resident Birthday Party (1A)**  
 4:00 Left, Right, Center (1FS)

**6**  
 8:00 Rise and Thrive (1P)  
 8:45 Morning Exercise (1A)  
 10:00 Scrabble (1FS)  
 11:30 Ale Trail—Luncheon-10 Barrel  
 1:00 Chair Volleyball (1A)  
 1:30 Gametime: 3x5 (1P)  
 1:30 Mah Jong Game (2CR)  
 2:00 Balance (1A)  
 3:00 The Piano Guys—Concert TV (3T)

**7**  
 8:45 Morning Exercise (1A)  
 10:00 Bingo (1A)  
 11:15 Sit-N-Fit (1A)  
 1:00 Mexican Train (1FS)  
 2:00 Poker (2B)  
 2:00 Cardio Drumming (1A)  
 3:00 Watercolors w/ Bill Lewis (3AC)  
 6:00 Chess Club (1P)

**8**  
**10-12:00 Veterans' Brunch (1A)**  
 8:00 Rise and Thrive (1P)  
 10:00 Rosary (3C)  
 10:30 Communion (3C)  
 11:00 Functional Circuit (1G)  
 11:00 UPWORD (1FS)  
 1:00 Northern Exposure Series (3T) Time change—New Series—Comedy-Drama  
**1:00 Shopping - Costco**  
 1:30 Bridge (2CR)  
 1:30 Gametime: 3x5 (1FS)  
 2:00 Balance (1A)  
**3:30 Happy Hour (1A)**

**9**  
 10:00 Safeway Shopping  
 10:00 Rosary (3C)  
 10:45 Rides to House of Covenant  
 12:45 Bingo (1A)  
 1:00 Shopping Trip  
 7:00 Saturday Night Movie (3T)  
*Sweet Home Alabama -Romantic Comedy 1 hr 49*

**10**  
 9:15 Church Rides  
 10:00 Community Worship-Zion Lutheran (3T)  
 11:00 First Pres. Church service ch.12  
 1:30 Bridge Club (1P)  
 3:00 Socrates Café (3T)  
 7:00 Mexican Train (1FS)

**11**  
**Veterans Day**  
 8:00 Rise and Thrive (1P)  
 8:45 Morning Exercise (1A)  
**10:00 Veterans Day Parade**  
 10:00 Better Brains (3T)  
 11:00 Functional Circuit (1G)  
 12:00 Jo T. on the Piano (D)  
 1:30 Gametime: 3x5 (1P)  
 2:00 Matinee Movie (3T)  
 2:00 Balance (1A)  
 3:30 1-10 Game (1P)  
 3:30 Games w/ Deb (1FS)



**12**  
 8:45 Morning Exercise (1A)  
 10:00 Bingo (1A)  
 10:30 Busy Fingers (1FS)  
 11:15 Sit-N-Fit (1A)  
 1:00 Rummikub (1FS)  
 2:00 Cardio Chair Dancing (1A)  
 4:00 Left, Right, Center (1FS)  
**5:00 Larry Rauch on Piano (D)**

**13**  
 8:00 Rise and Thrive (1P)  
 8:45 Morning Exercise (1A)  
 10:00 Scrabble (1FS)  
 10:00 Welcome Coffee (1FS)  
 10:00 Craft Time w/ Deb (3AC)  
 1:00 Chair Volleyball (1A)  
 1:30 Gametime: 3x5 (1P)  
 1:30 Mah Jong Game (2CR)  
 2:00 Balance (1A)  
**3:00 Live Music Jazz Guys (1FS)**

**14**  
 8:45 Morning Exercise (1A)  
 10:00 Bingo (1A)  
**10:30 Women's History Presentation (3T) Clara Barton**  
 11:15 Sit-N-Fit (1A)  
 1:00 Mexican Train (1FS)  
 2:00 Cardio Drumming (1A)  
 2:00 Poker (2B)  
 6:00 Chess Club (1P)  
**Caregivers Appreciated Day!**

**15**  
 8:00 Rise and Thrive (1P)  
 8:45 Morning Exercise (1A)  
 10:00 New Residents-Overview Tour (FS)  
**10:00 Book Club (3T)**  
 10:00 Rosary (3C)  
 10:30 Communion (3C)  
 11:00 Functional Circuit (1G)  
 1:00 Northern Exposure Series (3T)  
**1:00 Shopping - Costco**  
 1:30 Bridge (2CR)  
 1:30 Gametime: 3x5 (1FS)  
 2:00 Balance (1A)



**16**  
 10:00 Safeway Shopping  
 10:00 Rosary (3C)  
 10:45 Rides to House of Covenant  
 12:45 Bingo (1A)  
 1:00 Shopping Trip  
 7:00 Saturday Night Movie (3T)  
*Cinderella Man –Drama 2 hr 24*

**17**  
 9:15 Church Rides  
 10:00 Community Worship-Zion Lutheran (3T)  
 11:00 First Pres. Church service ch.12  
 1:30 Bridge Club (1P)  
 3:00 Socrates Café (3T)  
 7:00 Mexican Train (1FS)

**18**  
 8:00 Rise and Thrive (1P)  
 8:45 Morning Exercise (1A)  
 10:00 Better Brains (3T)  
 11:00 Functional Circuit (1A)  
 12:00 Jo T. on the Piano (D)  
 1:30 Gametime: 3x5 (1P)  
 2:00 Matinee Movie (3T)  
 2:00 Balance (1A)  
 3:30 1-10 Game (1P)  
 3:30 Games w/ Deb (1FS)  
 7:00 Readers Theater (3T)

**19**  
 8:45 Morning Exercise (1A)  
 10:00 Bingo (1A)  
 10:30 Busy Fingers (1FS)  
 11:15 Sit-N-Fit (1A)  
 1:00 Rummikub (1FS)  
 2:00 Cardio Chair Dancing (1A)  
 3:00 Residents Meeting (1A)  
 4:00 Left, Right, Center (1FS)  
**6:00 Jam Session with The Jammers (1A)**

**20**  
 8:00 Rise and Thrive (1P)  
 8:45 Morning Exercise (1A)  
 10:00 Scrabble (1FS)  
 11:30 American Cuisine—Dump City Dumplings  
 1:00 Chair Volleyball (1A)  
 1:30 Gametime: 3x5 (1P)  
 1:30 Mah Jong Game (2CR)  
 2:00 Balance (1A)  
**3:30 Muffin Social (1A)**



**21**  
 8:45 Morning Exercise (1A)  
 10:00 Bingo (1A)  
 11:15 Sit-N-Fit (1A)  
 11:15 Cooking with Chef (1P)  
 1:00 Mexican Train (1FS)  
 2:00 Poker (2B)  
 2:00 Cardio Drumming (1A)  
**3:00 Get to know your neighbor (3T)**  
 3:00 Watercolors w/ Bill Lewis (3AC)  
 6:00 Chess Club (1P)

**22**  
 8:00 Rise and Thrive (1P)  
 8:45 Morning Exercise (1A)  
 10:00 Rosary (3C)  
 10:30 Communion (3C)  
 11:00 Functional Circuit (1G)  
 1:00 Northern Exposure Series (3T)  
**1:00 Shopping - Costco**  
 1:30 Bridge (2CR)  
 1:30 Gametime: 3x5 (1FS)  
 2:00 Balance (1A)  
**3:30 Happy Hour (1A)**

**23**  
 10:00 Safeway Shopping  
 10:00 Rosary (3C)  
 10:45 Rides to House of Covenant  
 12:45 Bingo (1A)  
 1:00 Shopping Trip  
 7:00 Saturday Night Movie (3T)  
*Paint Your Wagon—Western 2 hr 36*

**24**  
 9:15 Church Rides  
 10:00 Community Worship-Zion Lutheran (3T)  
 11:00 First Pres. Church service ch.12  
 1:30 Bridge Club (1P)  
 3:00 Socrates Café (3T)  
 7:00 Mexican Train (1FS)

**25**  
 8:00 Rise and Thrive (1P)  
 8:45 Morning Exercise (1A)  
 10:00 Better Brains (3T)  
 11:00 Functional Circuit (1G)  
 12:00 Jo T. on the Piano (D)  
 1:30 Gametime: 3x5 (1P)  
 2:00 Matinee Movie (3T)  
 2:00 Balance (1A)  
 3:30 1-10 Game (1P)  
 3:30 Games w/ Deb (1FS)

**26**  
 8:45 Morning Exercise (1A)  
 10:00 Bingo (1A)  
 10:30 Busy Fingers (1FS)  
 11:30 Turkey Trot Poker Walk! (1A)  
 1:00 Rummikub (1FS)  
 2:00 Cardio Chair Dancing (1A)  
 4:00 Left, Right, Center (1FS)

**27**  
 8:45 Morning Exercise (1A)  
 10:00 Scrabble (1FS)  
 10:30 Busy Fingers (1FS)  
 1:00 Chair Volleyball w/Deb (1A)  
 1:30 Gametime: 3x5 (1P)  
 1:30 Mah Jong Game (2CR)  
**3:00 Live Music Paul Eddy (1A)**

**28**  
  
**11-3:00 Thanksgiving Dinner (D)**  
 1:00 Mexican Train (1FS)  
 2:00 Poker (2B)  
 6:00 Chess Club (1P)

**29**  
 8:45 Morning Exercise (1A)  
 10:00 Rosary (3C)  
 10:00 Activities Committee Meeting (1FS)  
 10:30 Communion (3C)  
 1:00 Northern Exposure Series (3T)  
**1:00 Shopping - Costco**  
 1:30 Bridge (2CR)  
 1:30 Gametime: 3x5 (1FS)  
**2:30 Live Music—Tumble Weeds**  
**3:30 Happy Hour (1A)**

**30**  
 10:00 Safeway Shopping  
 10:00 Rosary (3C)  
 10:45 Rides to House of Covenant  
 12:45 Bingo (1A)  
 1:00 Shopping Trip  
 7:00 Saturday Night Movie (3T)  
*The Greatest Showman—Musical 1 hr 45*