


# November



Ginny Dunn 11/3  
 Dave Henriquez 11/3  
 Ruth Page 11/3  
 Charles Ives 11/5  
 Ernie Howard 11/6  
 Janet Billey 11/7  
 Sonja Erickson 11/7

Cathy Garland 11/8  
 Joanne Cauthen 11/13  
 Carole Hennessee 11/18  
 Dot Southwell 11/22  
 Lynda Thompson 11/22  
 Golda McKenny 11/27  
 James Pinochet 11/29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>Wear Your Name Tag Day</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
# + L - #Floor Lounge. MT - Movie Theater CR - Community Room HH - Heritage Hall L - Lobby DR - Dining Room LL - Lower Level MDR - Manor Dining Room AC - Arts & Craft Room GR - Garden Room CH 99 - Channel 99	8:00 Walking Club - L 10:00 Healthy Bones and Strong Muscles - HH <b>11:00 YC Library in Rock Hill</b> 2:00 Muscle Stretch - CR 2:00 Bingo - HH 3:00 Cardio Fitness - CR 3:00 CVS/Walgreens/Dollar Tree 4:00 TED Talks - CR 6:00 Movie - MT	8:30 Publix on Herlong 10:00 Lou Ardrey Bible Study - HH 10:00 Balance in Motion - CR 10:00 Food Lion 11:00 Water Aerobics - P 11:00 Neurobics - CR 2:00 Muscle Stretch - HH 3:00 Table Games - CR <b>3:00 Musical Performance - HH Ansel Couch</b> 7:00 Hymn Sing - HH	10:00 Healthy Bones and Strong Muscles - HH 11:00 Blood Pressure Clinic - CR <b>11:30 Lunch at Brixx Pizza</b> 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH 3:00 Church Service - HH 4:00 Cardio Fitness - CR	8:30 Publix on Cherry Rd 10:00 Balance in Motion - HH 10:00 Harris Teeter 11:00 Neurobics - CR 2:00 Muscle Stretch - HH <b>3:00 Banana Pudding Social CR</b> 4:00 Water Aerobics - P	<b>10:00-4:00 COVID Booster - HH</b> <b>10:00 Guest Speaker - CR Ready or Not - Here Come the Holidays!</b> <b>11:30 Charlotte Premium Outlet</b> 1:30 Healthy Bones and Strong Muscles - CR 2:00 Muscle Stretch - CR 3:00 Cardio Fitness - CR 3:30 Movie - MT	10:30 Westminster Choir Practice - HH <b>11:30 Lunch at Eggs Up</b> 2:00 Bingo - HH 4:00 Table Games
<b>7</b> 4:00 Vespers - HH	<b>8</b> 10:00 Healthy Bones and Strong Muscles - HH 2:00 Muscle Stretch - CR 2:00 Bingo - HH 3:00 Cardio Fitness - CR 3:00 CVS/Walgreens/Dollar Tree 4:00 TED Talks - CR 6:00 Movie - MT	<b>9</b> 8:30 Publix on Herlong 10:00 Balance in Motion - HH 10:00 Food Lion <b>11:00 Audiology Center - HH</b> 11:00 Water Aerobics - P 11:00 Neurobics - CR 2:00 Muscle Stretch - HH 3:00 Table Games - CR <b>5:15 Winthrop Basketball</b> 7:00 Hymn Sing - HH	<b>10</b> 10:00 Healthy Bones and Strong Muscles - HH 11:00 Blood Pressure Clinic - CR 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH <b>2:00 Walmart Newport</b> 3:00 Church Service - HH 4:00 Cardio Fitness - CR <b>5:00 Dinner at Olive Garden</b>	<b>11</b> <b>Veterans Day</b> <b>8:30 Veteran's Breakfast - DR</b> 8:30 Publix on Cherry Rd 10:00 Balance in Motion - HH 10:00 Harris Teeter <b>11:00 Visit / Performance - CY 4th Grade from WCCS</b> 2:00 Muscle Stretch - HH <b>3:00 Veterans Day Program-HH</b> 4:00 Water Aerobics - P	<b>12</b> 10:00 Healthy Bones and Strong Muscles - HH 11:00 Tai Chi - HH <b>1:30 Tour of Rock Hill with Mayor John Gettys</b> 2:00 Muscle Stretch - HH 3:00 Cardio Fitness - CR 3:30 Movie - MT	<b>13</b> <b>10:00 Operation Christmas Child Boxing Party - CR</b> 10:30 Westminster Choir Practice - HH <b>1:15 Winthrop Basketball</b> 2:00 Bingo - HH 4:00 Table Games - CR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>14</b> <b>1:30 Movie with Sharon - MT</b> <b>"The Cutting Edge"</b> 3:00 Catholic Church Service H 4:00 Vespers - HH	<b>15</b> 8:00 Walking Club - L 10:00 Healthy Bones and Strong Muscles - HH <b>11:00 YC Library in Rock Hill</b> 2:00 Muscle Stretch - CR 2:00 Bingo - HH 3:00 Cardio Fitness - CR 3:00 CVS/Walgreens/Dollar Tree 6:00 Movie - MT	<b>16</b> 8:30 Publix on Herlong 10:00 Balance in Motion - HH 10:00 Food Lion 11:00 Water Aerobics – P 11:00 Neurobics - CR 2:00 Muscle Stretch - HH 3:00 Table Games - CR 7:00 Hymn Sing - HH	<b>17</b> 10:00 Healthy Bones and Strong Muscles - HH 11:00 Blood Pressure Clinic - CR <b>11:30 Lunch at Napa</b> 12:30 Balloon Volleyball – HH 2:00 Muscle Stretch - HH 3:00 Church Service - HH 4:00 Cardio Fitness - CR <b>4:30 Musical Performance - HH</b> <b>Scott Griffin</b>	<b>18</b> 8:30 Publix on Cherry Rd 10:00 Balance in Motion - HH 10:00 Harris Teeter 11:00 Neurobics – CR 2:00 Muscle Stretch - HH <b>2:30 Walk to End Alzheimer's-L</b> <b>3:00 Musical Performance - HH</b> <b>Joan &amp; Paul for All Seasons</b> 4:00 Water Aerobics – P <b>4:30 Happy Hour - L</b>	<b>19</b> <b>9:30 Donuts &amp; Coffee - CR</b> 10:00 Healthy Bones and Strong Muscles - HH 11:00 Tai Chi - HH <b>10:30 Outing to Kings Mt. Nat.</b> <b>Military Park &amp; Lunch at</b> <b>238 Cherokee Grill</b> 2:00 Muscle Stretch - HH 3:00 Cardio Fitness - CR 3:30 Movie - MT	<b>20</b> 10:00 Exercise - CR 10:30 Westminster Chior Practice - HH 11:00 Cornhole & Other Games - CR 2:00 Bingo - HH 4:00 Table Games - CR
<b>21</b> <b>2:30 Musical Performance - HH</b> <b>Winthrop Students</b> 4:00 Vespers - HH	<b>22</b> 10:00 Healthy Bones and Strong Muscles - HH 2:00 Muscle Stretch - CR 2:00 Bingo - HH <b>3:00 Turkey (&amp; Dog) Trot - L</b> 4:00 TED Talks - CR 6:00 Movie - MT <b>6:45 Winthrop Chorale &amp;</b> <b>Chamber Singers</b>	<b>23</b> 8:30 Publix on Herlong 10:00 Balance in Motion - HH 10:00 Food Lion 11:00 Water Aerobics – P 11:00 Neurobics - CR 2:00 Muscle Stretch - HH 3:00 Table Games - CR 7:00 Hymn Sing - HH	<b>24 Gentle Care Nails is Here</b> <b>9:00 Gentle Care Nails - CR</b> 10:00 Healthy Bones and Strong Muscles - HH 11:00 Blood Pressure Clinic - CR <b>12:00 Lunch at Michael's</b> <b>Rock Hill Grille</b> 12:30 Balloon Volleyball – HH 2:00 Muscle Stretch - HH <b>2:00 Walmart Market</b> 3:00 Church Service - HH 4:00 Cardio Fitness - CR	<b>25</b> 	<b>26</b> 10:00 Healthy Bones and Strong Muscles - HH <b>11:30 Brunch at Eggs Up</b> 2:00 Bingo - HH 3:30 Movie	<b>27</b> 10:30 Westminster Chior Practice - HH <b>2:00 Musical Performance - HH</b> <b>Patrick Hudson</b> 4:00 Table Games
<b>28</b> <b>1:30 Movie with Sharon - MT</b> <b>"The Intern"</b> 4:00 Vespers - HH	<b>29</b> 10:00 Healthy Bones and Strong Muscles - HH <b>11:00 YC Library in Rock Hill</b> 2:00 Muscle Stretch - CR 2:00 Bingo - HH 3:00 Cardio Fitness - CR 3:00 CVS/Walgreens/Dollar Tree 4:00 TED Talks - CR 6:00 Movie - MT	<b>30</b> 8:30 Publix on Herlong 10:00 Balance in Motion - HH 10:00 Food Lion 11:00 Water Aerobics – P 11:00 Neurobics - CR 2:00 Muscle Stretch - HH <b>3:00 Wellness Snack Social - L</b> 3:00 Table Games - CR 7:00 Hymn Sing - HH				