

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Key: Dining Room (DR) Game Room (GR) Bistro (B) Lobby (L) Theater (TH) Front Porch (FP) Patio (P) Salon (S)	Happy Birthday! Abby Goodman 11/10 JoAnne Schwing 11/10 Loretta Perry 11/12 Hattie Garrison 11/24 Margaret Driscoll 11/25 Joy Ware 11/26 Anthony Karabiac 11/28	10:00 Walking Club (L) 1 10:30 Daily Devotion (GR) 11:00 Current Events & Conversation (GR) 2:00 Crafter's Circle (GR) 3:00 Test Your November IQ (B) 4:00 Fresh Air & Sunshine (FP) 6:00 Supper Club Social Hour (B)	10:00 Walking Club (L) 2 10:30 Daily Devotion (GR) 11:00 Sit & Get Fit (GR) 2:00 Meet & Greet Social (B) 3:00 Cranium Crunches (GR) 4:00 November Word Search Crossword Puzzles (GR) 6:00 Hallmark Movies & Mysteries (B)	10:00 Walking Club (L) 3 10:30 Daily Devotion (GR) 11:00 Current Events & Conversation (GR) 1:30 Hangman Word Game (B) 3:00 Daily Chronicle Discussion (B) 4:00 Fresh Air & Sunshine (FP) 6:00 History Channel (B)	10:00 Walking Club (L) 4 10:30 Daily Devotion (GR) 11:00 Sit & Get Fit (GR) 2:00 November Birthday Celebration (B) 3:00 Monthly Gazette (B) 4:00 Travelogue 6:00 Shabbat Service (YouTube – GR Television)	10:00 Shabbat Service (YouTube – GR Television) 5 10:30 Daily Bread Readings (GR) 11:00 Autumn Coloring & Crosswords (GR) 2:00 Friends & Family Visits (FP) 3:00 Card Sharks Card Games (B) 4:00 Afternoon Stroll (L) 6:00 Supper Club Social Hour (B)
10:00 inTouch w/Dr. Charles Stanley (B - Ch. 8) 11:00 Grove Avenue Baptist Church Service (B – Ch. 12) 🏈 1:00 Sunday Football (B) 3:30 Music Performance with Jamie Sims (Memory Care) 4:00 Dominoes (GR) 6:00 HGTV (B) Daylight Saving Time Ends	10:00 Manicures/Pedicures (S) 7 10:30 Daily Devotion (GR) 11:00 Sit & Get Fit (GR) 1:30 BINGO (GR) 2:30 You Be the Judge (GR) 4:00 “Hollywood Squares” Word Search (GR) 🏈 6:00 Monday Night Football 🏈	10:00 Walking Club (L) 8 10:30 Morning Wake-Up Hot Apple Cider & Doughnuts (B) 2:00 Resident Council Meeting (TH) 3:00 November IQ - Test Your Knowledge (B) 6:00 Supper Club Social Hour (B)	10:00 Walking Club (L) 9 10:30 Daily Devotion (GR) 11:00 Crafter's Circle (Holiday Card Creations) (B) 1:30 Publix Shopping Trip 3:00 Thanksgiving A to Z Word List (B) 4:00 Card Sharks Card Games (GR) 6:00 HGTV (B)	10:00 Walking Club (L) 10 10:30 Daily Devotion (GR) 11:00 Current Events & Conversation (GR) 2:00 Food Committee Meeting with Hugh (B) 3:00 Trivia Time (B) 4:00 Travelogue (GR) 6:00 Supper Club Social Hour (B)	🎖️ Happy Veterans Day 🎖️ 11 10:00 Walking Club (L) 10:30 Daily Devotion (GR) 11:00 Sit & Get Fit (GR) 2:00 Veterans Day Patriotic Music Performance with Chris Price (DR) 4:00 Fresh Air & Sunshine (FP) 6:00 Shabbat Service (YouTube – GR Television) Veterans Day Remembrance Day (Canada)	10:00 Shabbat Service (YouTube – GR Television) 12 10:30 Daily Bread Readings (GR) 11:00 Clue Card Game (GR) 2:00 Fresh Air & Sunshine (FP) 3:00 Movie Matinee (B) 4:00 Afternoon Stroll (L) 6:00 Supper Club Social Hour (B)
10:00 inTouch w/Dr. Charles Stanley (B - Ch. 8) 13 11:00 Grove Avenue Baptist Church Service (B – Ch. 12) 🏈 1:00 Sunday Football (B) 2:00 Bananagrams Game (B) 4:00 Coloring & Crossword Puzzles (GR) 6:00 HGTV (B)	10:00 Walking Club (L) 14 10:30 Daily Devotion (GR) 11:00 Sit & Get Fit (GR) 2:00 Virginia War Memorial Presentation (DR) 3:00 Daily Chronicle Discussion (B) 4:00 Fresh Air & Sunshine (FP) 🏈 6:00 Monday Night Football 🏈	10:00 Walking Club (L) 15 10:30 Daily Devotion (GR) 11:00 Current Events & Conversation (GR) 2:00 Crafter's Circle (GR) 3:00 You Be the Judge (GR) 4:00 Travelogue (GR) 6:00 Hallmark Movies & Mysteries (B)	10:00 Walking Club 16 10:30 Daily Devotion (GR) 11:00 Sit & Get Fit (GR) 1:30 Movie Matinee “84 Charing Cross Road” (TH) 3:00 Fresh Air & Sunshine (FP) 4:00 Dominoes (GR) 6:00 Supper Club Social Hour (B)	10:00 Walking Club (L) 17 10:30 Daily Devotion (GR) 11:00 Current Events & Conversation (GR) 2:00 Caring Canines Pet Visit (FP) 3:00 Fresh Air & Sunshine (FP) 4:00 Word Pyramid Puzzles (GR) 6:00 History Channel (B)	10:00 Walking Club (L) 18 10:30 Daily Devotion (GR) 11:00 Sit & Get Fit (GR) 2:00 Chef's Demonstration with Hugh (B) 3:00 You Be the Judge (GR) 4:00 Cranium Crunches (GR) 6:00 Shabbat Service (YouTube – GR Television)	10:00 Shabbat Service (YouTube – GR Television) 19 10:30 Daily Bread Readings (GR) 11:00 Dominoes (GR) 2:00 Board Games (GR) 3:00 Movie Matinee (B) 4:00 Afternoon Stroll (L) 6:00 Supper Club Social Hour (B)
10:00 inTouch w/Dr. Charles Stanley (B - Ch. 8) 20 11:00 Grove Avenue Baptist Church Service (B – Ch. 12) 🏈 1:00 Sunday Football (B) 2:00 Daily Chronicles (GR) 3:00 Afternoon Stroll (L) 4:00 Board Games (GR) 6:00 HGTV (B)	10:00 Walking Club (L) 21 10:30 Daily Devotion (GR) 11:00 Sit & Get Fit (GR) 2:00 “Friendsgiving” Pie Social with Marcie Fries (B) 3:00 Creative Coloring (GR) 4:00 Tom Turkey Word Puzzles (GR) 🏈 6:00 Monday Night Football 🏈	10:00 Walking Club (L) 22 10:30 Morning Wake-Up Hot Apple Cider & Doughnuts (B) 2:00 Music with Craig Anders (DR) 3:00 EZ Does It Trivia (GR) 4:00 Board Games (GR) 6:00 Supper Club Social Hour (B)	10:00 Walking Club (L) 23 10:30 Daily Devotion (GR) 11:00 Sit & Get Fit (GR) 10:45 Music with Mary Stella (MC) 2:00 Wine Down Wednesday & Trivia Fun (B) 4:00 Searching for November Puzzles (GR) 6:00 History Channel (B)	🍂 Happy Thanksgiving 🍂 24 9:00 Macy's Thanksgiving Day Parade (B - Ch. 12) 1:30 BINGO (GR) 2:30 Thankful for Thanksgiving Humor & Trivia (GR) 3:00 Celebrating Thanksgiving Crosswords (GR) 6:00 Hallmark Holiday Movie (B) Thanksgiving Day (US)	10:00 Walking Club (L) 25 10:30 Daily Devotion Readings (GR) 11:00 Daily Chronicles (B) 2:00 Celebrate Thanksgiving Word Search (GR) 4:00 Fresh Air & Sunshine (FP) 6:00 Shabbat Service (YouTube – GR Television)	10:00 Shabbat Service (YouTube – GR Television) 26 10:30 Daily Bread Readings (GR) 11:00 Clue Card Game (GR) 2:00 Dominoes (GR) 4:00 Afternoon Stroll (L) 6:00 Supper Club Social Hour (B)
10:00 inTouch w/Dr. Charles Stanley (B - Ch. 8) 27 11:00 Grove Avenue Baptist Church Service (B – Ch. 12) 🏈 1:00 Sunday Football (B) 3:00 Friends & Family Visits (L) 4:00 Cranium Crunches (GR) 6:00 HGTV (B)	10:00 Walking Club (L) 28 10:30 Daily Devotion (GR) 11:00 Sit & Get Fit (GR) 1:30 Mix-It-Up Word Scramble (B) 3:00 Daily Chronicles Discussion (B) 4:00 Picture Perfect Coloring (GR) 🏈 6:00 Monday Night Football 🏈	10:00 Walking Club (L) 29 10:30 Daily Devotion (GR) 11:00 Current Events & Conversation (GR) 2:30 Henrico County Mobile Library (B) 3:00 Take a Break Book Club (B) 6:00 Hallmark Movies & Mysteries (B)	10:00 Walking Club 30 10:30 Daily Devotion (GR) 11:00 Sit & Get Fit (GR) 2:00 Catholic Communion Service (TH) 3:00 Wine Down Wednesday (B) 4:00 Fresh Air & Sunshine (FP) 6:00 Supper Club Social Hour (B)	 November 2022 Discovery Village at the West End – Assisted Living Calendar of Events. Our Assisted Living activities include physical, social, cognitive, spiritual and intellectual programs.		

Each daily activity is scheduled to last at least 30 minutes. Activities are subject to change. Outings depart from front lobby. Discovery Village at the West End, 2422 University Park Boulevard, Richmond VA 23233 / 804-554-1555.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Key: P- Patio B- Legends Bar D- Dining Room L- Library W- Wellness Center T- Theater + - Sign up Required #- Resident led	Dining Room Hours: Open Breakfast: 8:30 a.m. – 12:00 p.m. Daytime Dining: 12:00 p.m. – 5:30 p.m. Formal Dining: 5:30 p.m.	9:00 Morning Meditation Ch 970 10:00 Strength and Balance Class (B) 11:00 Fox Rehab Health Talk: Benefits of Exercise (T) 12:00 Tech Class with Mark (L) 2:00 Fox Rehab (Parkinson's Voice Project) (T) 3:00 Holiday Card Making (B+) 4:30 Happy Hour (B) 6:30 Putter ball (B#)	10:00 Chair Yoga (B) 11:00 Operation Christmas Child Shopping (+) * <i>Please see back for more information</i> 12:00 My Life Story Luncheon (B+) <i>*regularly scheduled lunch.</i> Topic-Thanksgiving-The Day I burnt theThanksgivings across the years! 2:00 Candy Bingo: (B) 4:00 Resident Happy Hour (B) 7:00 Card Game - 31 (L#)	9:00 Morning Meditation Ch 970 10:15 Balance Class with Fox Rehab (B) 10:45 Muffins and Mimosas (B) 11:15 Group Crossword Puzzles (B) 2:00 TOWN HALL MEETING IN THE DINING ROOM 4:30 Happy Hour (B) 6:30 Putter ball (B#)	9:30 Limited Shopping Bus Run (+) 10:00 Chair Yoga (B) 11:15 Lunch Bunch: Capprecio's (+) 1:30 Shopping Bus Run (+) 2:00 Dollar Bingo (B) 4:30 Wine and Cheese Happy Hour (B) 7:00 Bob's Friday Flix (T) <i>*Please see Communication Board for list of movies</i>	10:00 Virtual Line Dancing Ch 970 11:00 Line Dancing with Phyllis (B) 1:00 Rummikub (L#) 4:30 Resident Happy Hour (B#) 6:00 Virtual Concert * See back for details Alzheimer's Walk Day
10:00 Virtual Exercise – Ch. 970 11:00 Grove Ave Baptist Church Service on NBC 12 3:00 Documentary – Ch 970	9:30 Grocery /Bank Bus Run (+) 10:00 Brain Fitness (L) 11:00 Ageless Grace (B) 1:00 Rummikub (L#) 1:00 Nickel Bingo (B) 1:30 Shopping Bus Run (+) 2:00 Busy Fingers Group (L#) 4:30 Resident Happy Hour (B#) 6:30 Cornhole (B#)	**SHUTTLE TO POLLING PLACE (+) 9:00 Morning Meditation-Ch 970 10:00 Strength / Balance Class (B) 12:00 – 2:00 Shred It Event (L) 1:00 Party Bridge (L#+) 2:00 Fox Rehab: (Parkinson's Voice Project) (T+) 3:00 On Site Dermatology Apartment Visits (+) 4:30 Happy Hour (B) 6:30 Putter ball (B#)	10:00 Chair Yoga (B) 10:45 Cinnamon Rolls (B) 10:45 Sip and Social (B) 11:00 Operation Christmas Child Shopping (+) 2:00 Prize Pokeno (B) 3:00 Gratitude Walk (B) 4:30 Resident Happy Hour (B#) 7:00 Card Game "31" (L#)	Nail Tech in the Salon Today 9:00 Morning Meditation Ch 970 10:15 Balance Class with Fox Rehab (B) 10:45 Muffins (B) 10:45 Sip and Social (B) 1:00 Henrico County Library (B) 2:00 Paint for Good -Watercolor Class "It's the Great Pumpkin" (B+\$) 4:30 Happy Hour (B) 6:30 Cornhole (B#)	9:30 Limited Shopping Bus Run (+) 10:00 Chair Yoga (B) 1:00 Rummikub – 3 tables (L#) 1:00 Contract Rummy –1 table(L#) 1:30 Shopping Bus Run (+) 2:00 Celebrating our Veterans(B) 2:00-4:00 Turn in Shoe Boxes (B) 4:30 Wine and Cheese Happy Hour (B) 7:00 Bob's Friday Flix (T) <i>*Please see Communication Board for list of movies</i> Veterans Day Remembrance Day (Canada)	10:00 Virtual Exercise Ch 970 11:00 – 2:00 HOLIDAY VENDOR FAIR (L / B) 1:00 Rummikub (L#) 2:00 Ladder Ball in the Lobby (#) 4:30 Resident Happy Hour (B#) 7:00 Movie: The Lighthouse (T)
10:00 Virtual Exercise – Ch. 970 11:00 Grove Ave Baptist Church Service on NBC 12 2:00 Unforgettable Film Fest: The Intouchables (French) (T) 3:00 Documentary – Ch 970	9:30 Grocery Bus Run (+) 10:00 Brain Fitness (L) 11:00 Jamin' with Jilison (B) 1:00 Rummikub L#) 1:00 Dollar Bingo (B) 1:30 Shopping Bus Run (+) 2:00 Bible Study (T#) 2:00 Busy Fingers (L#) 4:30 Resident Happy Hour (#) 7:00 Books with Benefits(L#) <i>The Book Woman's Daughter</i>	9:00 Morning Meditation Ch 970 10:00 Strength & Balance Class (B) 11:00 Blood Pressure Checks (W) 11:00 Activity Planning Meeting (B) 12:00 Tech Class with Mark (L) 2:00 Fox Rehab: (Parkinson's Voice Project) (T+) 3:00 Holiday Card Making (B+) 4:30 Happy Hour (B) 6:30 Memory Support group (T)	9:30 Hearing Aid Clinic (L) 10:00 Chair Yoga (B) 12:00 Catholic Communion (T+) 2:00 Nickel Bingo 4:15 Crafting Hour with our Friends with Down Syndrome (B+) 4:30 Resident Happy Hour (B#) 7:00 Card Game – "31" (L#)	9:00 Made to order Omelets (+) 10:15 Balance Class with Fox Rehab (B) 10:45 Assorted Donuts (B) 11:15 Group Crossword Puzzle (B) 2:00 Movie: Blue Miracle (T) 3:00 Chef's Demo/Tasting (B+) 4:30 Happy Hour (B) 6:30 Cornhole (B#)	9:30 Limited Shopping Run(+) 10:00 Chair Yoga (B) 11:00 Lunch Bunch: Glory Days (+) 1:00 Rummikub (L#) 1:30 Shopping Bus Run (+) 2:00 Prize Bingo 4:30 Wine and Cheese Happy Hour (B) 7:00 Bob's Friday Flix (T) <i>* Please see Communication Board for list of movies</i>	10:00 Virtual Exercise Ch 970 11:00 Line Dancing with Phyllis (B) 1:00 Rummikub (L#) 2:00 Ladder Ball in the Lobby (#) 4:30 Resident Happy Hour (B#) 7:00 Movie: Emperor (T)
10:00 Virtual Exercise – Ch. 970 11:00 Grove Ave Baptist Church Service on NBC 12 12:00 – 2:00 pm Sunday Brunch (D+) <i>*to go boxed Dinners delivered free of charge</i> <i>* See Flyer for information</i> 3:00 Documentary – Ch 970	9:30 Grocery Bus Run (+) 10:00 Brain Fitness Packets (L) 11:00 Ageless Grace (B) 1:00 Rummikub (L#) 1:00 Candy Bingo (L) 1:30 Shopping Bus Run (+) 2:00 Busy Fingers Group (L#) 4:30 Resident Happy Hour (B#) 7:00 Poetry Club (#)	Nail Tech in the Salon Today 9:00 Morning Meditation Ch 970 10:00 Strength & Balance Class (B) 11:00 One Day University: 2:00 Fox Rehab: (Parkinson's Voice Project) (T+) 4:30 Happy Hour (B) 6:30 Putter ball (B#)	10:00 Chair Yoga (B) 11:15 Mt. Vernon Baptist Church Service and Communion (T) 2:00 Dollar Bingo 3:00 Gratitude Walk (B) 4:30 Resident Happy Hour (B#) 7:00 Card Game "31" (L#)	HAPPY THANKSGIVING! 9:00 Macy's Thanksgiving Parade (Ch NBC 12) (B) *Come watch with friends in the Bar No transportation today Thanksgiving Day (US)	9:00 Morning Meditation Ch 970 12:00 Various Card Games (L#) 1:00 Rummikub (L#) 4:30 Resident Happy Hour (B#) 7:00 Bob's Friday Flix (T#)	10:00 Virtual Exercise Ch 970 1:00 Rummikub (L#) 2:00 Ladder Ball in the Lobby (#) 4:30 Resident Happy Hour (B#) 7:00 Movie: No Time to Die (T)
10:00 Virtual Exercise – Ch. 970 11:00 Grove Ave Baptist Church Service on NBC 12 3:00 Documentary – Ch 970	Grocery/ Bank Run (+) 10:00 Brain Fitness (L) 11:00 Jamin' with Jilison (B) 1:00 Rummikub (L#) 1:00 Nickel Bingo (B) 1:30 Shopping Bus Run (+) 2:00 Bible Study (T#) 2:00 Busy Fingers (L#) 4:30 Resident Happy Hour (B) 7:00 Books With Benefits Mtg: (L#) <i>The Book Woman's Daughter</i>	10:00 Strength & Balance Class (B) 11:00 2:00 Fox Rehab: (Parkinson's Voice Project) (T+) 2:00 Wreath Making Class (B+) 4:30 Happy Hour (B) 6:30 Cornhole (B#)	9:00 Complimentary Breakfast (B+) <i>Remember to sign up!</i> 10:00 Chair Yoga in the Library 11:00 Hollywood Cemetery Tour (+) 2:00 Prize Pokeno (B) 4:30 Resident Happy Hour (B#) 7:00 Card Game "31" (L#)	November 2022		

Type the name, address, and other information about your community/company here.