

# NOVEMBER EVENTS & ACTIVITIES



# INDEPENDENT LIVING

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|--|---|--|---|--|---|---|
| 1  | 2   | 3  | 4   | 5  | 6   | 7   |
| <p>11:00 (SP) Sunday Worship with Holy Eucharist<br/>Feast of All Saints - Offering Sunday<br/>Rev. Paulette Magnuson, Celebrant -M</p>  <p>7:20 (S) Cowboys at Eagles- M</p> | <p>9:45 (P) Walk for Wellness- FC<br/>10:30 (P) Standing Chair Yoga-FC<br/>11:00 (P) Full Body Floor Stretch- FC<br/>12:00 (S) Monday Sundaes- B<br/>3:30 (I) Documentary Series: <i>Story of God: Gods Among Us</i>- M<br/>6:30 (V) The Good Neighbors<br/>Volunteer Group: <i>The KnitWits Knitters for Charity</i>- M</p>  | <p>8:00 Transport for Doctor Appts.<br/>9:45 (P) Dance Fitness: <i>On Broadway</i>-FC<br/>10:30 (P) Water Walking- P<br/>11:30 (S) Mahjongg: <i>Learn or Play</i>- Apt 1032<br/>12:00 (S) Springs Bucks Bingo- M<br/>2:00 (E) Oil Painting w/ Nancy-M<br/>6:30 (SP) The Bistro Bible Bunch with Dr. Larry Fane- B</p>              | <p>10:00 (SP) Wednesday Worship-M<br/>11:00 (P) Theraband Resistance- FC<br/>11:30 (P) Standing Chair Yoga-FC<br/>12:00 (P) Floor Yoga- M<br/>1:00 (I) "Wellness For Life" Workshop with Reliant Home Health: <i>Everything You Need to Know About Diabetes</i>- M<br/>6:00 (S) Wine Down Wednesday Evening by the Fire: <i>Wine &amp; Friends around the Fire Pit</i>- P</p> | <p>9:45 (P) Walk for Wellness- FC<br/>10:30 (P) Balance &amp; Strength- FC<br/>12:00 (S) Cooking Class: <i>Zucchini Bites and Homemade Ranch Sauce</i> - Apt 1032<br/>3:30 (E) Caregiver Support Group- Apt 1004<br/>3:30 (I) Documentary Series: <i>Ask the Doctor: Allergies</i><br/>6:30 (E) Night at the Movies: <i>007 Casino Royale</i>- M</p> | <p>9:45 (P) Water Relaxation- P<br/>10:00 (P) Aqua Zumba- P<br/>10:30 (P) Water Relaxation- P<br/>12:00 (I) Pub Trivia Challenge- M<br/>3:00 (S) Happy Hour: <i>Live Music by Marty Ruiz: "Making Memories"</i>- M<br/>6:30 (S) B.Y.O.B. Poker Night- M</p>                 | <p>10:00 (P) Walk for Wellness- FC<br/>6:30 (E) Night at the Movies: <i>27 Dresses</i>- M</p>   |
| 8  | 9   | 10   | 11  | 12   | 13  | 14  |
| <p>11:00 (SP) Sunday Worship Service Liturgy of the Word - no Eucharist or offering<br/>Rev. Paulette Magnuson, Officiant -M</p>  <p>3:25 (S) Steelers at Cowboys- M</p>      | <p>9:45 (P) Walk for Wellness- FC<br/>10:30 (P) Standing Chair Yoga-FC<br/>11:00 (P) Full Body Floor Stretch- FC<br/>12:00 (S) Monday Sundaes- B<br/>3:30 (I) Documentary Series: <i>Story of God: Visions of God</i>- M<br/>6:30 (V) The Good Neighbors<br/>Volunteer Group: <i>The KnitWits Knitters for Charity</i>- M</p> | <p>8:00 Transport for Doctor Appts.<br/>9:45 (P) Dance Fitness: <i>Fabulous 50's</i>- FC<br/>10:30 (P) Water Balance- P<br/>11:30 (S) Mahjongg: <i>Learn or Play</i>- Apt 1032<br/>12:00 (S) Springs Bucks Bingo- M<br/>2:00 (E) Oil Painting w/ Nancy-M<br/>6:30 (SP) The Bistro Bible Bunch with Dr. Larry Fane- B</p>           | <p>10:00 (SP) Wednesday Worship: A Tribute to Our Veterans-M<br/>11:00 (P) Theraband Resistance- FC<br/>11:30 (P) Standing Chair Yoga-FC<br/>12:00 (P) Floor Yoga- M<br/>1:00 (E) Veteran's Day Discussion with Reliant Home Health- M<br/>2:30 (E) Veterans Day Tribute Celebration- M<br/>3:30 (E) Grief Support Group- Apt 1004</p>  | <p>9:45 (P) Walk for Wellness- FC<br/>10:30 (P) Balance &amp; Strength- FC<br/>12:00 (S) Creative Crafters: <i>Jewelry Making: Earrings</i>- B<br/>3:30 (E) Caregiver Support Group- Apt 1004<br/>3:30 (I) Documentary Series: <i>Ask the Doctor: Pain</i>- M<br/>6:30 (V) Resident Council Meeting-M</p>  | <p>9:45 (P) Water Relaxation- P<br/>10:00 (P) Aqua Zumba- P<br/>10:30 (P) Water Relaxation- P<br/>12:00 (I) Pub Trivia Challenge- M<br/>3:00 (S) Happy Hour: <i>Live Music by Byron Haynie: "Great American Country"</i>- M<br/>6:30 (S) B.Y.O.B. Poker Night- M</p>        | <p>10:00 (P) Walk for Wellness- FC<br/>6:30 (E) Night at the Movies: <i>A Series of Unfortunate Events</i>- M</p>   |
| 15   | 16  | 17   | 18  | 19   | 20  | 21  |
| <p>11:00 (SP) Sunday Worship Service Liturgy of the Word - no Eucharist or offering<br/>Rev. Paulette Magnuson, Officiant -M</p>    | <p>9:45 (P) Walk for Wellness- FC<br/>10:30 (P) Standing Chair Yoga-FC<br/>11:00 (P) Full Body Floor Stretch- FC<br/>12:00 (S) Monday Sundaes- M<br/>3:30 (I) Documentary Series: <i>Story of God: Deadly Sins</i>- M<br/>6:30 (V) The Good Neighbors<br/>Volunteer Group: <i>The KnitWits Knitters for Charity</i>- M</p>    | <p>8:00 Transport for Doctor Appts.<br/>9:45 (P) Dance Fitness: <i>Swing</i>- FC<br/>10:30 (P) Aqua Stretch- P<br/>11:30 (S) Mahjongg: <i>Learn or Play</i>- Apt 1032<br/>12:00 (S) Springs Bucks Bingo- M<br/>2:00 (E) Oil Painting w/ Nancy-M<br/>6:30 (SP) The Bistro Bible Bunch with Dr. Larry Fane- B</p>                    | <p>10:00 (SP) Wednesday Worship-M<br/>11:00 (P) Theraband Resistance- FC<br/>11:30 (P) Standing Chair Yoga-FC<br/>12:00 (P) Floor Yoga- M<br/>3:00 (S) Wine Down Wednesday: <i>Name That Tune at the Piano Lounge- Broadway and Show Tunes</i>- M</p>   | <p>10:00 (V) Town Hall- M<br/>11:15 (P) Walk for Wellness- FC<br/>12:00 (S) Cooking Demonstration: <i>Caribbean Red Beans &amp; Rice</i> - Apt 1032<br/>3:30 (E) Caregiver Support Group- Apt 1004<br/>3:30 (I) Documentary Series: <i>Ask the Doctor: Genes</i><br/>6:30 (E) Night at the Movies: <i>Burlesque</i>- M</p>                           | <p>9:45 (P) Water Relaxation- P<br/>10:00 (P) Aqua Zumba- P<br/>10:30 (P) Water Relaxation- P<br/>12:00 (I) Pub Trivia Challenge- M<br/>3:00 (S) Happy Hour: <i>Live Music by Riley Wilson: "Great American Hits on Guitar"</i>- M<br/>6:30 (S) B.Y.O.B. Poker Night- M</p> | <p>10:00 (P) Walk for Wellness- FC<br/>6:30 (E) Night at the Movies: <i>Ever After</i> - M</p>  |
| 22   | 23  | 24   | 25  | 26   | 27  | 28  |
| <p>11:00 (SP) Sunday Worship Service Liturgy of the Word - no Eucharist or offering<br/>Rev. Paulette Magnuson, Officiant -M</p>  <p>3:25 (S) Cowboys at Vikings- M</p>     | <p>9:45 (P) Walk for Wellness- FC<br/>10:30 (P) Standing Chair Yoga-FC<br/>11:00 (P) Full Body Floor Stretch- FC<br/>12:00 (S) Monday Sundaes- M<br/>3:30 (I) Documentary Series: <i>Story of God: Divine Secrets</i>- M<br/>6:30 (V) The Good Neighbors<br/>Volunteer Group: <i>The KnitWits Knitters for Charity</i>- M</p> | <p>8:00 Transport for Doctor Appts.<br/>9:45 (P) Dance Fitness: <i>Country Line Dance</i>-FC<br/>10:30 (P) Water Strengthening- P<br/>11:30 (S) Mahjongg: <i>Learn or Play</i>- Apt 1032<br/>12:00 (S) Springs Bucks Bingo- M<br/>2:00 (E) Oil Painting w/ Nancy-M<br/>6:30 (SP) The Bistro Bible Bunch with Dr. Larry Fane- B</p> | <p>10:00 (SP) Wednesday Worship-M<br/>11:00 (P) Theraband Resistance- FC<br/>11:30 (P) Standing Chair Yoga-FC<br/>12:00 (P) Floor Yoga- M<br/>1:00 (I) Mary Roberson<br/>You Tube Presentation: <i>Eleanor Roosevelt First Lady of the World</i>- M<br/>3:30 (E) Grief Support Group- Apt 1004</p>  | <p><b>THANKSGIVING DAY</b><br/>11:30 (S) Thanksgiving Day Celebration Luncheon- DR<br/>3:30 (S) Washington at Cowboys - M<br/>Enjoy snacks and drinks throughout the game!</p>    | <p>3:00 (S) Happy Hour: <i>Live Music by Monte Slaver: "The Great American Songbook"</i>- M<br/>6:30 (S) B.Y.O.B. Poker Night- M</p>  | <p>10:00 (P) Walk for Wellness- FC<br/>6:30 (E) Night at the Movies: <i>Nights in Rodanthe</i>- M</p>   |
| 29   | 30  | LEGEND   |   |  |   |   |
| <p>11:00 (SP) Sunday Worship Service Liturgy of the Word - no Eucharist or offering<br/>Rev. Paulette Magnuson, Officiant -M</p>    | <p>9:45 (P) Walk for Wellness- FC<br/>10:30 (P) Standing Chair Yoga-FC<br/>11:00 (P) Full Body Floor Stretch- FC<br/>12:00 (S) Monday Sundaes- M<br/>3:30 (I) Documentary Series: <i>Story of God: Holy Laws</i>- M<br/>6:30 (V) The Good Neighbors<br/>Volunteer Group: <i>The KnitWits Knitters for Charity</i>- M</p>      | <p>M: Multipurpose Room<br/>B: Crazy Waters Bistro<br/>DR: Las Boquillas Dining Room<br/>P: Dining Room Patio<br/>C: Inner Courtyard<br/>P: San Solomon Pool<br/>FC: Balmorhea Fitness Center<br/>F: Front Entrance</p>  |   |   |    |  <p>Here at Hidden Springs, our Lifestyle Program is designed around the 7 Dimensions of Wellness. Each activity addresses one of the 7 dimensions as its primary benefit, with secondary and tertiary benefits also in mind. Participation in our Lifestyle Program means an opportunity to have a well-rounded leisure lifestyle that focuses on the highest quality of life and well-being. Look for the letters in parentheses that indicate the wellness dimension for each activity</p> <p>Physical (P) Social (S) Spiritual (SP) Vocational (V)<br/>Emotional (E) Environmental (EN) Intellectual (I)</p> |

Note: Scheduled activities and events are subject to change without prior notice. Please see Lifestyle staff for any possible changes and/or updates