

Cadbury Commons

November 2022

Community Programs

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><u>Happy Birthday</u></p> <p>Liz C – 11/11</p> <p>Phyllis – 11/21</p> <p>Jeffrey – 11/29</p> <p>Sharifa – 11/30</p> <p>Emily – 11/30</p>	<p><u>Spiritual Support</u> = violet typeface</p> <p><u>Creative Expression</u> = green typeface</p> <p><u>Physical Fitness:</u> = red typeface</p> <p><u>Brain Fitness:</u> = blue typeface</p> <p><u>Entertainers</u> = BOLD typeface</p>	<p>1</p> <p>9:30 Morning Stretch 10:00 Pictionary 10:30 David <i>Attenborough's Life</i> 2:00 Outdoor Gardening with Green City Growers 3:00 Boyd's Documentary Film 6:30 Evening Film: <i>Ocean's Eleven</i> (2001)</p>	<p>2</p> <p>9:30 Morning Stretch 10:00 Trivia Questions 10:30 Nature Documentary 1:30 Literature Out Loud 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: <i>Notorious</i> (1946)</p>	<p>3</p> <p>9:30 Morning Stretch 10:00 Outburst 10:30 Gentle Yoga 1:30 Outdoor Walking Group 3:30 Bingo! with Prizes! 6:30 Evening Film: <i>City Slickers</i> (1991)</p>	<p>4</p> <p>9:30 Morning Stretch ft. <i>Matter of Balance</i> 10:00 Morning Crossword 10:30 Creative Movement with Caitlin 1:30 Afternoon Exercise with Forever Fit 2:30 Music with Michelle 3:30 Happy Hour! 6:30 Evening Film: <i>The Duke</i> (2021)</p>	<p>5</p> <p>10:00 Morning Stretch 10:30 Literary Games 1:30 Current Events 3:00 Expressive Arts 6:30 Evening Film: <i>Woman in Gold</i> (2015)</p>
<p>6 D'LightSavTime Ends 9:30 Morning Stretch ft. <i>Matter of Balance</i> 10:00 Folk Music with Bill Perry 2:00 Dance/Movement Session with Emily 3:00 "Call the Midwife," Season 7, ep 6&7 6:30 Evening Film: <i>Becket</i> (1964)</p>	<p>7</p> <p>9:30 Morning Stretch ft. <i>Matter of Balance</i> 10:00 Wordle 1:30 NY Times Crossword 2:30 Afternoon Exercise with Forever Fit 3:30 Singalong with Brian 6:30 NO FILM DUE TO ELECTION SETUP</p>	<p>8 ELECTION DAY</p> <p>9:30 Morning Stretch 10:00 Pictionary 10:30 2:00 Outdoor Gardening with Green City Growers 3:00 Poker for Beginners 6:30 NO FILM DUE TO ELECTION DAY</p>	<p>9</p> <p>9:30 Morning Stretch 10:00 Trivia Questions 10:30 Nature Documentary 1:30 Literature Out Loud 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: <i>Temple Grandin</i> (2010)</p>	<p>10</p> <p>9:30 Morning Stretch 10:00 Outburst 10:30 Gentle Yoga 1:30 Live Popular Songs with Jeffrey Folmer 3:30 Bingo! with Prizes! 6:30 Evening Film: <i>A Jazzman's Blues</i> (2022)</p>	<p>11 Veterans Day</p> <p>9:30 Morning Stretch ft. <i>Matter of Balance</i> 10:00 Morning Crossword 10:30 Guided Meditation Practice 1:30 Afternoon Exercise with Forever Fit 2:30 Music with Michelle 3:30 Happy Hour! 6:30 Evening Film: <i>The Catcher Was a Spy</i> (2018)</p>	<p>12</p> <p>10:00 Morning Stretch 10:30 Short Story Review 1:30 Current Events 3:00 Expressive Arts 6:30 Evening Film: <i>Lou</i> (2022)</p>
<p>13</p> <p>9:30 Morning Stretch ft. <i>Matter of Balance</i> 10:00 Yoga with Emily 2:00 Literature Out Loud 3:00 "Call the Midwife," Season 7, ep 8&S8sp 6:30 Evening Film: <i>The Great Debaters</i> (2007)</p>	<p>14</p> <p>9:30 Morning Stretch ft. <i>Matter of Balance</i> 10:00 Wordle 1:30 NY Times Crossword 2:30 Afternoon Exercise with Forever Fit 3:30 Singalong with Brian 6:30 Evening Film: <i>Jack</i> (1996)</p>	<p>15</p> <p>9:30 Morning Stretch 10:00 Pictionary 10:30 David <i>Attenborough's Life</i> 1:30 Resident Forum 2:00 Poker for Beginners 3:00 Boyd's Documentary Film 6:30 Evening Film: <i>Seven Pounds</i> (2008)</p>	<p>16</p> <p>9:30 Morning Stretch ft. <i>Matter of Balance</i> 10:00 Trivia Questions 10:30 Nature Documentary 1:30 Literature Out Loud 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: <i>The Fabulous Baker Boys</i> (1989)</p>	<p>17</p> <p>9:30 Morning Stretch 10:00 Outburst 10:30 <i>Gather: a documentary about Native American Foods</i> 1:30 Visiting Therapy Dog, Myrtle the Pug 3:30 Bingo! with Prizes! 6:30 Evening Film: <i>Seven Years in Tibet</i> (1997)</p>	<p>18</p> <p>9:30 Morning Stretch ft. <i>Matter of Balance</i> 10:00 Morning Crossword 10:30 Guided Meditation Practice 1:30 Afternoon Exercise with Forever Fit 2:30 Music with Michelle 3:30 Happy Hour! 6:30 Evening Film: <i>The Man Who Would Be King</i> (1975)</p>	<p>19</p> <p>10:00 Morning Stretch 10:30 Poetry Aloud: Bring and Read Your Favorites 1:30 Current Events 3:00 Expressive Arts 6:30 Evening Film: <i>Dumplin'</i> (2018)</p>

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<p>20 9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Bill Perry 1:00 NFL Football: Patriots vs Jets 6:30 Evening Film: <i>What's Up, Doc?</i> (1972)</p>	<p>21 9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 NY Times Crossword 2:30 Afternoon Exercise with Forever Fit 3:30 Singalong with Brian 6:30 Evening Film: <i>A Walk on the Moon</i> (1999)</p>	<p>22 9:30 Morning Stretch 10:00 Pictionary 10:30 David Attenborough's <i>Life</i> 1:30 Food for Thought Meeting w/ Jeff 2:00 Poker for Beginners 3:00 Boyd's Documentary Film 6:30 Evening Film: <i>Mr. Harrigan's Phone</i> (2022)</p>	<p>23 9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Nature Documentary 1:30 Live Piano Music with Matt McCabe 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: <i>The Verdict</i> (1982)</p>	<p>24 Thanksgiving Day 9:00 Macy's Thanksgiving Day Parade 2:00 Holiday Film: Dutch (1991) 6:30 Evening Film: <i>An Old Fashioned Thanksgiving</i> (2008)</p>	<p>25 9:30 Morning Stretch ft. Matter of Balance 10:00 Morning Crossword 10:30 Creative Movement with Caitlin 1:30 Afternoon Exercise with Forever Fit 2:30 Music with Michelle 3:30 Happy Hour! 6:30 Evening Film: <i>Butch Cassidy and the Sundance Kid</i> (1969)</p>	<p>26 10:00 Morning Stretch 10:30 Short Story Review 1:30 Current Events 3:00 Free Painting 6:30 Evening Film: <i>The Last of the Mohicans</i> (1992)</p>
<p>27 9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Paul and Pam 2:00 Dance/Movement Session with Emily 3:00 "Call the Midwife," Season 8, sp2&ep1 6:30 Evening Film: <i>Chicago</i> (2002)</p>	<p>28 9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 NY Times Crossword 2:30 Afternoon Exercise with Forever Fit 3:30 Singalong with Brian 6:30 Evening Film: <i>Eye of the Needle</i> (1981)</p>	<p>29 9:30 Morning Stretch 10:00 Pictionary 10:30 David Attenborough's <i>Life</i> 1:30 Movie Selection Meeting 2:00 Poker for Beginners 3:00 Boyd's Documentary Film 6:30 Evening Film: <i>The Great Gatsby</i> (2013)</p>	<p>30 9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Nature Documentary 1:30 Cadbury Round Table Meeting 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: <i>Watership Down</i> (1978)</p>			