

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

	<p>10:15 Dance Cardio <b>1</b></p> <p><b>12:00 Balance &amp; Strength</b> 2:00 Bingo</p>	<p><b>AM Doctor Appointments 2</b></p> <p>10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe <b>11:45 Chair Yoga</b></p> <p>2:00 Bingo <b>4:00 Happy Hour at JP Tavern R &amp; T *</b></p>	<p><b>9:30 Shopping (Winco &amp; Fred Meyer) R &amp; T * 3</b></p> <p>10:15 Dance Cardio <b>12:00 Balance &amp; Strength</b> <b>12:30 Walking South Hill Mall R &amp; T *</b></p> <p>2:30 Bingo</p>	<p><b>9:00 Walking Tacoma Mall R &amp; T * 4</b></p> <p>10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe <b>11:45 Chair Yoga</b></p> <p>2:00 Bingo</p> <p><b>PM Doctor Appointments</b></p>	<p><b>9:30 Traveling Library (Christina will Pickup &amp; Dropoff) 5</b></p> <p>10:15 Dance Cardio <b>12:00 Balance &amp; Strength</b> 2:00 Whammo</p>	<p>1:00 Rummikub (Card Room) 6:30 Blackjack (Fitness Room)</p>	
7	<p>10:15 Dance Cardio <b>8</b></p> <p><b>12:00 Balance &amp; Strength</b> 2:00 Bingo</p>	<p><b>AM Doctor Appointments 9</b></p> <p>10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe <b>11:45 Chair Yoga</b></p> <p>2:00 Bingo</p>	<p><b>No Shopping 10</b></p> <p><b>8:30 Men's Breakfast R &amp; T *</b></p> <p>10:15 Dance Cardio <b>11:30 Dollar Tree Outing R&amp;T *</b></p> <p><b>12:00 Balance &amp; Strength</b> 2:30 Bingo</p>	<p><b>9:00 Walking Outlet Mall R &amp; T * 11</b></p> <p>10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe <b>11:45 Chair Yoga</b></p> <p>2:00 Bingo</p> <p><b>PM Doctor Appointments</b> <small>Veterans Day Remembrance Day (Canada)</small></p>	<p>10:15 Dance Cardio <b>12</b></p> <p><b>12:00 Balance &amp; Strength</b> 2:00 Whammo</p>	<p>1:00 Rummikub (Card Room) 6:30 Blackjack (Fitness Room)</p>	
Daylight Saving Time Ends	<p>14</p>	<p>10:15 Dance Cardio <b>15</b></p> <p><b>12:00 Balance &amp; Strength</b> 2:00 Bingo</p>	<p><b>AM Doctor Appointments 16</b></p> <p>10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe <b>11:45 Chair Yoga</b></p> <p>2:00 Bingo</p>	<p><b>9:30 Shopping (Winco &amp; Fred Meyer) R &amp; T * 17</b></p> <p>10:15 Dance Cardio <b>11:30 Ladies Lunch Red Lobster R &amp; T *</b></p> <p><b>12:00 Balance &amp; Strength</b></p> <p><b>2:00 Entertainment with Ron Herring (Dining Room)</b> 2:30 Bingo</p>	<p><b>9:00 Walking Southcenter Mall R &amp; T * 18</b></p> <p>10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe <b>11:45 Chair Yoga</b></p> <p>2:00 Bingo</p> <p><b>PM Doctor Appointments</b></p>	<p>10:15 Dance Cardio <b>19</b></p> <p><b>12:00 Balance &amp; Strength</b> 2:00 Whammo</p>	<p>1:00 Rummikub (Card Room) 6:30 Blackjack (Fitness Room)</p>
21	<p>10:15 Dance Cardio <b>22</b></p> <p><b>12:00 Balance &amp; Strength</b> 2:00 Bingo</p>	<p><b>AM Doctor Appointments 23</b></p> <p>10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe <b>11:45 Chair Yoga</b></p> <p>2:00 Bingo</p>	<p><b>9:30 Shopping Winco &amp; Fred Meyer) R &amp; T * 24</b></p> <p>10:15 Dance Cardio <b>12:00 Balance &amp; Strength</b> <b>12:30 Walking The Commons Mall R &amp; T *</b></p> <p>2:30 Bingo</p>	<p><b>25</b></p>	<p>10:15 Dance Cardio <b>26</b></p> <p><b>12:00 Balance &amp; Strength</b> 2:00 Whammo</p>	<p>1:00 Rummikub (Card Room) 6:30 Blackjack (Fitness Room)</p>	
28	<p>10:15 Dance Cardio <b>29</b></p> <p><b>12:00 Balance &amp; Strength</b> 2:00 Bingo</p>	<p><b>AM Doctor Appointments 30</b></p> <p>10:30 Talk Time (Juice Bar) 11:15 Posture / Breathe <b>11:45 Chair Yoga</b></p> <p>2:00 Bingo</p>	<p>Thanksgiving Day</p>				

# November 2021

## FAIRFIELD & COTTAGES

## November Highlights

### **Fitness Classes**

- Dance Cardio – Monday, Wednesday, Friday (Fitness Room)
- Balance & Strength – Monday, Wednesday, Friday (Fitness Rm)
- Chair Yoga – Tuesday and Thursday (Fitness Room)
  
- Posture Power & Breathing Meditation (Fitness Room)

### **Bingo**

- Monday at 2:00 and Wednesday at 2:30 (Fitness Room)
- Tuesday and Thursday at 2:00 (Fitness Room)

### **Whammo**

- Friday at 2:00 (Fitness Room)  
Please let us know and we will monitor overflow

**Wednesday, November 17th, 2:00 Entertainment with Ron Herring (Fairfield Dining Room)  
Please register at the Front Desk**

Please note: Reservations needed, indicated with an '\*'

Fitness with Dalton & Christina

## *Fairfield & Cottages* *November 2021 Activity Calendar*

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**King Co. Traveling Library** 1<sup>st</sup> Friday of each month ~ 9:40AM  
~ Christina will be contact person with the Librarian  
(Librarian will delivery books on hold and pickup books for return.)

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### **Small Group Activities!**

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Please sign up in advance.

\* = Reservations Required

**Just Come, we can make room!**

Bingo and Fitness Class groups have been previously assigned,  
but we do have some room.

**Groups are limited.**

We will monitor the over-flow situation as we progress through  
this calendar each week.

Please be patient with us.

**Keep Walking!**