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**Happy Birthday**  
November Born

Beatrice Tettel 11/8  
Margaret Humphrey 11/9  
Paul Felley 11/11  
Deasy Hunter 11/16  
Yenna Wadekar 11/19  
Terese Makul 11/20  
Eunice, Wanda 11/21  
Joan Stracy 11/23  
Sis Saturn 11/25  
Thaddeus Pitt 11/26  
Richard Taylor 11/27

**November 11**

**To All Veterans**

Whether At Home Or Abroad  
Active Duty - Reserves - Retired

**All Americans Say:**  
**THANK YOU!**

**Thursday, November 22, 2018**

**Thanksgiving Day**

**Thanksgiving Day Brunch**

Thursday, November 22, 2018  
11:30 AM-1:30 PM

RSVP to our Concierge @ 202-349-3400

9:15 AM Tea and Muffin (library) **1**

11:00 AM Tai Chi (Commons)

11:30 AM Lunch Bunch Outing (Black Salt Restaurant)

1:00 PM Tai Chi w/ Thomas (Oasis)

3:30 PM Brain Fitness (library)

4:00 PM Catholic Rosary (Chapel)

7:15 PM Grand Oaks Cinema Presents (Commons)

9:30 AM Trivia, Tea and Muffin (library) **2**

11:00 AM Morning Exercise w/ Legacy (Commons)

1:30 PM Shopping Trip (Meet in the lobby)

2:00 PM Pokeno (clubroom)

2:45 PM Jewish Service (Oasis)

3:30 PM Happy Hour w/ Music by Old Dominion Trio

7:15 PM Friday Night Flick (Commons)

10:00 AM Morning Exercise **3**

11:00 AM Balloon Tennis

1:15 PM Saturday Afternoon Baby Hats Club (library)

1:45 PM Opera (Commons)

2:15 PM Saturday Afternoon Walking Club

3:30 PM Pokeno (The Clubroom)

7:15 PM Grand Oaks Cinema presents (commons movie Area)

10:00 AM Shuttle to Our Lady of Victory (Meet in the lobby) **4**

10:00 AM Sit and Fit with Personal Trainer Jordan (Commons)

10:00 AM Sunday Morning Post with Tea and Muffins (library)

11:00 AM Sunday Morning Worship Service (Chapel)

11:15 AM Sunday Morning Word Find (The Library)

12:30 PM Catholic Mass (Sibley Chapel)

1:30 PM Symphony (Commons)

2:15 PM Walking Club (meet in the library)

3:30 PM Pokeno (Club Room)

7:15 PM Grand Oaks Cinema presents

9:30 AM Tea and Muffin W/ Current Event (library) **5**

10:00 AM Trivia (library)

11:00 AM Tai Chi (Commons)

1:00 PM Thanksgiving Day Brunch (Dining Room and Club Room)

2:30 PM Pets n Pals Visit (library)

7:15 PM Grand Oaks Cinema (Commons)

9:30 AM Tea and Muffin (library) **6**

11:00 AM Tai Chi (Commons)

11:00 AM Tech Support With Jordan

1:30 PM Scenic Van Ride

4:00 PM Word Find (library)

7:15 PM Grand Oaks Cinema presents a Musical (Commons)

9:30 AM Coffee and News (The Library) **7**

10:00 AM Seated Boot Camp w/ Owen (Commons)

11:00 AM Virtual Reality For Seniors Information Setting (Commons)

12:30 PM Catholic Mass (Sibley Chapel)

1:30 PM Sip and Paint (clubroom)

3:30 PM Arts & Crafts (clubroom)

3:45 PM Dominoes (clubroom)

4:00 PM Meditation and Mindfulness (Commons)

7:15 PM Movie Night

9:15 AM Tea and Muffin (library) **8**

11:00 AM Sit and Fit Exercise (Commons)

1:00 PM Bridge Club (3rd Floor Country Kitchen/South Side)

1:00 PM Tai Chi w/ Thomas (Oasis)

3:00 PM Cook Something Bold Day (library)

3:00 PM Parkinson's support group Meeting (Commons)

4:00 PM Catholic Rosary (Chapel)

7:15 PM Grand Oaks Cinema Presents (Commons)

9:30 AM Trivia, Tea and Muffin (library) **9**

11:00 AM Morning Exercise w/ Legacy (Commons)

1:30 PM Shopping Trip (Meet in the lobby)

1:30 PM Afternoon Matinee (Commons)

2:00 PM Pokeno (clubroom)

3:30 PM Happy Hour w/ Music by Kevin and Lena

7:15 PM Friday Night Flick (Commons)

10:00 AM Morning Exercise **10**

11:00 AM Balloon Tennis

1:15 PM Saturday Afternoon Baby Hats Club (library)

1:45 PM Opera (Commons)

2:15 PM Saturday Afternoon Walking Club

3:30 PM Pokeno (The Clubroom)

7:15 PM Grand Oaks Cinema presents (commons movie Area)

10:00 AM Shuttle to Our Lady of Victory (Meet in the lobby) **11**

10:00 AM Sit and Fit with Personal Trainer Jordan (Commons)

10:00 AM Sunday Morning Post with Tea and Muffins (library)

11:00 AM Sunday Morning Worship Service (Chapel)

11:15 AM Sunday Morning Word Find (The Library)

12:30 PM Catholic Mass (Sibley Chapel)

1:30 PM Symphony (Commons)

2:15 PM Walking Club (meet in the library)

3:00 PM Veterans Day Celebration (Commons)

3:30 PM Pokeno (Club Room)

7:15 PM Grand Oaks Cinema presents

9:30 AM Tea and Muffin W/ Current Event (library) **12**

10:00 AM Trivia (library)

11:00 AM Tai Chi (Commons)

4:00 PM Grand Oaks Speaker Series (Commons)

7:15 PM Grand Oaks Cinema (Commons)

9:30 AM Tea and Muffin (library) **13**

11:00 AM Tai Chi (Commons)

11:00 AM Tech Support With Jordan

12:30 PM Doug Kammerer's (Commons)

1:30 PM Scenic Van Ride

3:00 PM Indian Pudding Day (library)

4:00 PM Word Find (library)

7:15 PM Grand Oaks Cinema presents a Musical (Commons)

9:30 AM Coffee and News (The Library) **14**

10:00 AM Seated Boot Camp w/ Owen (Commons)

12:30 PM Catholic Mass (Sibley Chapel)

1:30 PM Sip and Paint (clubroom)

3:30 PM Arts & Crafts (clubroom)

3:45 PM Dominoes (clubroom)

4:00 PM Meditation and Mindfulness (Commons)

4:00 PM Catholic Mass (Chapel)

7:15 PM Movie Night

9:15 AM Tea and Muffin (library) **15**

10:00 AM Avalon Theater Movie Outing

11:00 AM Tai Chi (Commons)

1:00 PM Bridge Club (3rd Floor Country Kitchen/South Side)

1:00 PM Tai Chi w/ Thomas (Oasis)

3:30 PM Brain Fitness (library)

4:00 PM Catholic Rosary (Chapel)

7:15 PM Grand Oaks Cinema Presents (Commons)

9:30 AM Trivia, Tea and Muffin (library) **16**

11:00 AM Morning Exercise w/ Legacy (Commons)

1:30 PM Shopping Trip (Meet in the lobby)

2:00 PM Pokeno (clubroom)

2:45 PM Jewish Service (Oasis)

3:30 PM Happy Hour w/ Music by Darrin Carter (Commons)

7:15 PM Friday Night Flick (Commons)

10:00 AM Morning Exercise **17**

11:00 AM Balloon Tennis

1:15 PM Saturday Afternoon Baby Hats Club (library)

1:45 PM Opera (Commons)

2:00 PM Fall Violin Concert (Commons)

2:15 PM Saturday Afternoon Walking Club

3:30 PM Pokeno (The Clubroom)

7:15 PM Grand Oaks Cinema presents (commons movie Area)

10:00 AM Shuttle to Our Lady of Victory (Meet in the lobby) **18**

10:00 AM Sit and Fit with Personal Trainer Jordan (Commons)

10:00 AM Sunday Morning Post with Tea and Muffins (library)

11:00 AM Sunday Morning Worship Service (Chapel)

11:15 AM Sunday Morning Word Find (The Library)

12:30 PM Catholic Mass (Sibley Chapel)

1:30 PM Symphony (Commons)

2:15 PM Walking Club (meet in the library)

3:30 PM Pokeno (Club Room)

7:15 PM Grand Oaks Cinema presents

9:30 AM Tea and Muffin W/ Current Event (library) **19**

10:00 AM Trivia (library)

11:00 AM Tai Chi (Commons)

2:00 PM Art Lecture With Roshna (Commons)

7:15 PM Grand Oaks Cinema (Commons)

9:30 AM Tea and Muffin (library) **20**

11:00 AM Tai Chi (Commons)

11:00 AM Tech Support With Jordan

1:30 PM Scenic Van Ride

2:00 PM Activities to Go Presentation (Commons)

4:00 PM Word Find (library)

7:15 PM Grand Oaks Cinema presents a Musical (Commons)

9:30 AM Coffee and News (The Library) **21**

10:00 AM Seated Boot Camp w/ Owen (Commons)

11:00 AM Resident Council Meeting (Commons)

12:30 PM Catholic Mass (Sibley Chapel)

1:30 PM Sip and Paint (clubroom)

3:30 PM Arts & Crafts (clubroom)

3:45 PM Dominoes (clubroom)

4:00 PM Meditation and Mindfulness (Commons)

7:15 PM Movie Night

9:15 AM Tea and Muffin (library) **22**

11:00 AM Tai Chi (Commons)

1:00 PM Bridge Club (3rd Floor Country Kitchen/South Side)

1:00 PM Tai Chi w/ Thomas (Oasis)

4:00 PM Catholic Rosary (Chapel)

7:15 PM Grand Oaks Cinema Presents (Commons)

9:30 AM Trivia, Tea and Muffin (library) **23**

11:00 AM Morning Exercise w/ Legacy (Commons)

1:30 PM Shopping Trip (Meet in the lobby)

1:30 PM Afternoon Matinee (Commons)

2:00 PM Pokeno (clubroom)

3:30 PM Happy Hour W/ steel drum band (Commons)

3:30 PM National Cashew Day (Commons)

7:15 PM Friday Night Flick (Commons)

10:00 AM Morning Exercise **24**

11:00 AM Balloon Tennis

1:15 PM Saturday Afternoon Baby Hats Club (library)

1:45 PM Opera (Commons)

2:00 PM Classical Piano Performance (library)

2:15 PM Saturday Afternoon Walking Club

7:15 PM Grand Oaks Cinema presents (commons movie Area)

10:00 AM Shuttle to Our Lady of Victory (Meet in the lobby) **25**

10:00 AM Sit and Fit with Personal Trainer Jordan (Commons)

10:00 AM Sunday Morning Post with Tea and Muffins (library)

11:00 AM Sunday Morning Worship Service (Chapel)

11:15 AM Sunday Morning Word Find (The Library)

12:30 PM Catholic Mass (Sibley Chapel)

1:30 PM Symphony (Commons)

2:15 PM Walking Club (meet in the library)

3:30 PM Pokeno (Club Room)

7:15 PM Grand Oaks Cinema presents

9:30 AM Tea and Muffin W/ Current Event (library) **26**

10:00 AM Trivia (library)

11:00 AM Tai Chi (Commons)

2:00 PM Blackjack (library)

7:15 PM Grand Oaks Cinema (Commons)

9:30 AM Tea and Muffin (library) **27**

11:00 AM Tai Chi (Commons)

11:00 AM Tech Support With Jordan

12:00 PM Monthly Birthday Lunch (clubroom)

1:30 PM Scenic Van Ride

4:00 PM Word Find (library)

7:15 PM Grand Oaks Cinema presents a Musical (Commons)

9:30 AM Coffee and News (The Library) **28**

10:00 AM Seated Boot Camp w/ Owen (Commons)

12:30 PM Catholic Mass (Sibley Chapel)

1:30 PM Sip and Paint (clubroom)

3:30 PM Arts & Crafts (clubroom)

3:45 PM Dominoes (clubroom)

4:00 PM Meditation and Mindfulness (Commons)

7:15 PM Movie Night

9:15 AM Tea and Muffin (library) **29**

11:00 AM Tai Chi (Commons)

1:00 PM Bridge Club (3rd Floor Country Kitchen/South Side)

1:00 PM Tai Chi w/ Thomas (Oasis)

2:00 PM Beading Class (Club Room)

4:00 PM Catholic Rosary (Chapel)

7:15 PM Grand Oaks Cinema Presents (Commons)

9:30 AM Trivia, Tea and Muffin (library) **30**

11:00 AM Morning Exercise w/ Legacy (Commons)

1:30 PM Shopping Trip (Meet in the lobby)

2:00 PM Pokeno (clubroom)

7:15 PM Friday Night Flick (Commons)

Please Note: All events and activities are subject to change

**November 2018**  
Assisted Living

