




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Church Pick up: 1 8:45 9:15 10:15 1:30 Scenic Bus Ride  <small>Daylight Saving Time Ends</small>	9:30 Shopping *T 2 9:00 Water exercise (spa) 10:15 Zumba/Line Dance (Fit) 11:00 Fitness (Fitness Rm) 12:00 Yoga (Fitness Rm) 1:00 Walking at Ruston Way*T 2:00 Mexican Train (Solarium)	AM Doctor Appointments 3 1:30 Pinochle (JB) 3:30 Happy Hour at Gino's Bistro*T\$	8:30 Men's Breakfast *T \$ 4 9:45 Traveling Library (HS JB) 10:15 Zumba/Line Dance (Fitness Rm) 11:00 Fitness (Fitness Rm) 12:00 Yoga (Fitness Rm) 1:00 Pete Mazza (JB) 1:30 Cribbage (Cinema) 3:00 Whammo (JB) 4:00 Roundtable (Fitness Rm) 6:45 Raffle Bingo (Fitness Rm)	9:00 Walking at Southcenter Mall *T 5 10:00 Bible Study (Meeting) 10:30 Pete Mazza ~ "20 th Century" Series (JB) PM Doctor Appointments 1:30 Pinochle (JB)	9:30 Shopping *T 6 9:00 Water exercise (spa) 10:15 Zumba/Line Dance (Fit) 11:00 Fitness (Fitness Rm) 12:00 Yoga (Fitness Rm) 1:30 Bridge (Cinema)	7 1:45 Bingo Bonanza (JB) 6:45 Movie (Cinema)
Church Pick up: 8 8:45 9:15 10:15 1:30 Scenic Bus Ride	9:30 Shopping *T 9 9:00 Water exercise (spa) 10:15 Zumba/Line Dance (Fit. Rm) 11:00 Fitness (Fitness Rm) 12:00 Yoga (Fitness Rm) 1:00 Walking at Brannon Park *T 2:00 Mexican Train (Solarium) 3:00 Music with James Coates (G/HS Juice Bar)	AM Doctor Appointments 10 12:30 Hangman (JB) 1:30 Pinochle (JB)	9:00 Veteran's Day Breakfast 11 11:00 Memorial Trip to Tahoma National Cemetery *T 1:30 Music w/ Jim/Beth Wulff (GH JB) 1:30 Cribbage (Cinema) 3:00 Whammo (JB) 6:45 Raffle Bingo (Fitness Rm) <small>Veterans Day (US) Remembrance Day (Canada)</small>	9:00 Walking at Auburn Super Mall *T 12 10:00 Bible Study (Meeting) 10:30 Pete Mazza ~ "20 th Century" Series (JB) PM Doctor Appointments 1:30 Pinochle (JB)	9:30 Shopping *T 13 9:00 Water Exercise (Spa) 10:15 Zumba/Line Dance (Fit) 11:00 Fitness (Fitness Rm) 12:00 Yoga (Fitness Rm) 1:30 Bridge (Cinema) 3:30 Jeopardy (JB)	14 1:45 Bingo Bonanza (JB) 6:45 Movie (Cinema)
Church Pick up: 15 8:45 9:15 10:15 1:30 Scenic Bus Ride	9:30 Shopping *T 16 9:00 Water exercise (spa) 10:15 Zumba/Line Dance (Fit) 11:00 Fitness (Fitness Rm) 12:00 Yoga (Fitness Rm) 1:00 Walking at Van Lierop Trail *T 2:00 Mexican Train (Solarium)	AM Doctor Appointments 17 1:30 Pinochle (JB) 4:00 Sunset Dinner at Pomodoro *T \$	9:30 Bowling at Bass Pro Shop *T \$ 18 10:15 Zumba/Line Dance (Fit) 11:00 Fitness (Fitness Rm) 12:00 Yoga (Fitness Rm) 1:30 Cribbage (Cinema) 2:00 Crumby Time (JB) 3:00 Whammo (JB) 6:45 Raffle Bingo (Fitness Rm)	9:00 Walking at Tacoma Mall *T 19 10:00 Bible Study (Meeting) 10:30 Pete Mazza "20 th Century" Series (JB) PM Doctor Appointments 1:30 Pinochle (JB)	9:30 Shopping *T 20 10:15 Zumba/Line Dance (Fit) 11:00 Fun Fitness (Fit. Rm) 1:30 Bridge (Cinema) 3:30 Jeopardy (JB) Senior Foot Care (spa)	21 1:45 Bingo Bonanza (JB) 6:45 Movie (Cinema)
Church Pick up: 22 8:45 9:15 10:15 1:00 Fed. Way Symphony ~ "Messiah" 2:00 Scenic Bus Ride	9:30 Shopping *T 23 9:00 Water Exercise (Spa) 10:15 Zumba/Line Dance (Fit. Rm) 11:00 Fitness ((Fitness Rm) 12:00 Yoga (Fitness Rm) 1:00 Walking at Nathan Chapman Trail *T 2:00 Mexican Train (Solarium) 3:00 Music w/ Dan and November Birthdays (HS JB)	AM Doctor Appointments 24 12:30 Hangman (JB) 1:30 Pinochle (JB) 1:30 Music with Ron Herring (Fitness Room) 2:00 Let's Talk Soup (Mtg)	25 10:15 Zumba/Line Dance (Fit) 11:00 Fitness (Fitness Rm) 12:00 Yoga (Fitness Rm) 1:30 Cribbage (Cinema) 2:00 Activity meeting (Fit. Rm) 3:00 Whammo (JB) 6:45 Raffle Bingo (Fitness Rm)	26  <small>Thanksgiving Day (US)</small>	27 1:00 Caregivers Support (Mtg) 1:30 Bridge (Cinema) 3:30 Jeopardy (JB)	28 1:45 Bingo Bonanza (JB) 6:45 Movie (Cinema)
Church Pick up: 29 8:45 9:15 10:15 1:00 Bell Choir (Fitness Rm) 2:00 Scenic Bus Ride	9:30 Shopping *T 30 9:00 Water exercise (spa) 10:15 Zumba/Line Dance (Fit) 11:00 Fitness (Fitness Rm) 12:00 Yoga (Fitness Rm) 1:00 Walking at Wapato Trail*T 2:00 Mexican Train (Solarium)	<div> <div>November 2015</div> <div>Fairfield and Cottages</div> </div> 				

Sunday, November 1st ~ 2:00 am Turn clocks **back** one hour. Daylight savings time ends.

Monday, November 2nd ~ 1:00 pm Walking at Ruston Way.

Tuesday, November 3rd ~ 3:30 pm Happy Hour at Gino’s Bistro. Reservations needed.

Wednesday, November 4th ~ 8:30 am Men’s Breakfast with Chris. Reservations needed.
1:00 pm Pete Mazza will be here to discuss current events in the Juice Bar.
4:00 pm Roundtable in the Fitness Room.

Thursday, November 5th ~ 9:00 am Walking at South Hill Mall. Reservations needed.

Monday, November 9th ~ 1:00 pm Walking at Brannon Park.

Wednesday, November 11th ~ 9:00 am Veteran’s Day breakfast will be in Fairfield Dining Room. Please sign up; reservations are needed.
11:00 am Memorial Trip to Tahoma National Cemetery. Reservations also needed for the bus trip.

Thursday, November 12th ~ 9:00 am Walking at Auburn Super Mall.

Monday, November 16th ~ 1:00 pm Walking at VanLierop Trail.

Tuesday, November 17th ~ 4:00 pm Sunset Dinner will be at Pomodoro . Reservations are needed.

Wednesday, November 18th ~ 9:30 am Come join in the fun or watch and cheer others on. We are going bowling at Bass Pro Shop in Tacoma. Reservations needed.

Thursday, November 19th ~ 9:00 am Walking at Tacoma Mall . Reservations needed.

Sunday, November 22nd ~ 1:00 pm Federal Way Symphony is performing at St. Luke’s church. Our bus is picking up at 1:00pm. Please make your reservation with front desk.

Monday, November 23rd ~ 1:00 pm Walking at Nathan Chapman Trail.

Thursday, November 26th ~ *HAPPY THANKSGIVING!!!*

Sunday, November 29th ~ 1:00 pm The Bell Choir will be here to play for us in the Fairfield fitness room. Come and enjoy!

Fairfield & Cottages

November Activity Calendar

Bus Trips and Shopping

Please make reservations with the Front Desk 253-838-3700

Church pick-up	Sunday: 8:45, 9:15 & 10:15
Local Doctor Appointments:	Tuesday: 9:00am - 1:00pm
	Thursday: 1:00pm - 4:00pm
Local morning shopping:	Monday: 9:30am Friday: 9:30am
Resident Store:	Tuesdays & Thursdays 11:00am -1:00pm

Senior Foot Care Friday~ November 20th Pool/Spa. Call front desk for reservations

Extras

Water Exercise Monday & Friday 9:00 Spa
Zumba/Line Dancing Monday–Wednesday–Friday 10:15 Fitness Room
Fitness Monday–Wednesday–Friday 11:00 Fitness Room
Yoga Monday–Wednesday–Friday at 12:00 Fitness Room
King Co. Traveling Library 1st Wed. of each month 9:45 Hearthside Juice Bar

Beauty Shop ~ 253-838-5987

Tuesday, Thursday & Friday Hearthside/Gardens Building

Bingo – Wednesday at 6:45 in the fitness room & Saturday 1:45 Juice Bar

Birthday Party – Monday, November 23rd, 3:00 pm. Celebrate birthdays at the Hearthside Juice Bar.

Bridge – Friday at 1:30 Cinema Room

Cribbage – Wednesday at 1:30 Cinema Room

Hangman – Tuesday (2nd and 4th week) at 12:30 in the Juice Bar

Jeopardy – Friday at 3:30 in the Juice Bar

Mexican Train – Monday at 2:00 in the Solarium

Movie Time – Saturday at 6:45 in the Cinema Room

Pinochle –Tuesday & Thursday at 1:30 in the Juice Bar

Whammo – Wednesday at 3:00 in the Juice Bar