

# ROP- Independent Living

# NOVEMBER 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- Arts & Education
- Deep Connections
- Health & Wellness
- Recreation & Leisure

- Location Keys**
- 2nd Floor Balcony 2FB
  - Back Lobby BL
  - Conf Room CONF
  - Crafts Room CR
  - Front Lobby FL
  - Gym GYM
  - Lobby Dining Room DR
  - Private Dining Room PDR
  - Theater Room TR

<p>8:30 Church Transportation [FL] <b>3</b></p> <p>11:00 <b>Church Live Stream Service [TR]</b></p> <p>2:00 Quarter Bingo [CR]</p> <p>2:00 <b>Transportation to Pier 1 &amp; Marshalls [FL]</b></p> <p>3:00 <b>Sunday Social with Live Entertainment [FL]</b></p> <p>4:30 <b>Documentary Film [TR]</b></p> <p>6:00 Evening Movie Documentary- "Diana 7 Days That Shook The World" [TR]</p>	<p>9:45 <b>Morning Exercise Class [TR]</b> <b>4</b></p> <p>10:45 Bus Errands [FL]</p> <p>11:00 <b>Transp. to MJCC Rec. Facilities [FL]</b></p> <p>1:00 Candy Bingo [CR]</p> <p>2:00 <b>Nature Program Courses "Africa-Sahara" [TR]</b></p> <p>3:15 <b>Art History Program Class with Roger Green, Ph.D. [TR]</b></p> <p>4:00 <b>Happy Hour [BL]</b></p> <p>8:00 Evening Movie Action: "Free Fire" [TR]</p>	<p>9:45 <b>Morning Exercise Class [TR]</b> <b>5</b></p> <p>10:00 <b>Blood Pressure Checks with Golden Home Services [CR]</b></p> <p>10:30 <b>Transportation to Voting Poll [FL]</b></p> <p>11:15  Tai Chi [TR]</p> <p>1:00 <b>Bible Study Web Stream [CR]</b></p> <p>1:30 <b>Bank Run [FL]</b></p> <p>2:30 <b>Transportation to Voting Poll [FL]</b></p> <p>3:00  Let's Play Trivia [CR]</p> <p>4:00 <b>Social Hour [BL]</b></p> <p>7:30 <b>Poker [CR]</b></p> <p>8:00 Evening Movie Comedy "The Laundromat" [TR]</p> <p>8:00 <b>Game Night "Bridge" (open table for a game) [2FB]</b></p>	<p>9:45 <b>Morning Exercise Class [TR]</b> <b>6</b></p> <p>10:30 <b>Transp. to DMV (sign up required) [FL]</b></p> <p>12:15 <b>Aqua Fitness &amp; Open Swim at Second-Ponce Family Life Center (sign up at the front desk to participate) [FL]</b></p> <p>12:15 <b>Outing to Regal 24 Theater Afternoon Matinee Movie "Harriet" (sign up required) [FL]</b></p> <p>1:00 <b>Creative Workshop "Jewelry Creations, Canvas Painting &amp; Crochet" [CR]</b></p> <p>2:00 <b>Chair Zumba &amp; Cardio Class with Leiana [2FB]</b></p> <p>2:00 <b>Classical Music: Medici TV [TR]</b></p> <p>3:15 <b>Emergency Evacuation Program by Brandt Ross [TR]</b></p> <p>4:00 <b>Happy Hour [BL]</b></p> <p>8:00 <b>Evening Movie Classic: "Mean Streets" [TR]</b></p> <p>8:00 <b>Quarter Bingo [CR]</b></p>	<p>10:00 <b>Exercise with Heritage Healthcare [TR]</b> <b>7</b></p> <p>10:45 <b>Bus Errands [FL]</b></p> <p>11:30 <b>Gym Equipment Exercise [GYM]</b></p> <p>1:00 <b>Pokeno &amp; Prizes [CR]</b></p> <p>1:00 <b>Trip to "Atlantic Station- Dillards, Ikea, etc." (sign up required) [FL]</b></p> <p>1:30 <b>Bank Run [FL]</b></p> <p>2:00  Exploring Our Minds with Ed Garcia [TR]</p> <p>4:00 <b>Social Hour [BL]</b></p> <p>8:00 <b>Evening Movie Romance: I'll See You In my Dreams" [TR]</b></p> <p>8:00 <b>Quarter Bingo [CR]</b></p>	<p>9:45 <b>Morning Exercise Class [TR]</b> <b>8</b></p> <p>11:00 <b>Transp. to MJCC Rec. Facilities [FL]</b></p> <p>12:15 <b>Aqua Fitness &amp; Open Swim at Second-Ponce Family Life Center (sign up at the front desk to participate) [FL]</b></p> <p>1:00 <b>National Geographic Documentary [TR]</b></p> <p>2:00 Quarter Bingo [CR]</p> <p>3:00 <b>Current Events [TR]</b></p> <p>4:00 <b>Happy Hour &amp; Specialty Cocktail "Bloody Mary" [BL]</b></p> <p>8:00 <b>Evening Movie Drama: Dark Crimes" [CONF]</b></p> <p>8:00 <b>Shabbat Service [TR]</b></p>	<p>9:00 <b>Transportation to Synagogues [FL]</b> <b>2</b></p> <p>10:00  <b>Saturday Morning Exercise [TR]</b></p> <p>10:30 <b>Transportation to Target [FL]</b></p> <p>11:00 <b>Fit for Life Program with Ed Garcia (participation by registration only) [CONF]</b></p> <p>11:30 <b>Transportation to MET Opera Live Stream "Madama Butterfly" (sign up required &amp; ticket purchased at box office) [FL]</b></p> <p>12:00 <b>Brain Exercise Teasers [CR]</b></p> <p>12:30 <b>Andre' Rieu Musical [TR]</b></p> <p>2:30 <b>Sewing/ Knitting Group (please bring supplies) [CR]</b></p> <p>3:00  <b>Chair Stretching Yoga with Linda [2FB]</b></p> <p>3:15 <b>Oscar Award Afternoon Matinee Movie &amp; Popcorn [TR]</b></p> <p>8:00 <b>Evening Bingo [CR]</b></p> <p>8:00 <b>Evening Movie Science Fiction: "Knowing" [TR]</b></p>
<p>8:30 Church Transportation [FL] <b>10</b></p> <p>11:00 <b>Church Live Stream Service [TR]</b></p> <p>2:00 Quarter Bingo [CR]</p> <p>2:00 <b>Transportation to Chamblee Plaza "Homegoods, TJ Maxx, Five Below" [FL]</b></p> <p>3:00 <b>Sunday Social with Live Entertainment by Craig Hembree [FL]</b></p> <p>4:30 <b>Documentary Film [TR]</b></p> <p>5:30 <b>Dinner at Mellow Mushrooms (sign up required) [FL]</b></p> <p>6:00 Evening Movie Documentary: "Tell Me Who I am" [TR]</p>	<p><b>Veterans Day</b> <b>11</b></p> <p>9:45 <b>Morning Exercise Class [TR]</b></p> <p>10:45 Bus Errands [FL]</p> <p>11:00 <b>Transp. to MJCC Rec. Facilities [FL]</b></p> <p>1:00 Candy Bingo [CR]</p> <p>2:00 <b>Veterans Day Celebration [TR]</b></p> <p>3:15 <b>Art History Program Class with Roger Green, Ph.D. [TR]</b></p> <p>4:00 <b>Happy Hour [BL]</b></p> <p>8:00 Evening Movie Action: "Ocean Twelve" [TR]</p>	<p>9:45 <b>Morning Exercise Class [TR]</b> <b>12</b></p> <p>10:00 <b>Blood Pressure Checks with Golden Home Services [CR]</b></p> <p>11:15  Tai Chi [TR]</p> <p>1:00 <b>Activities/ Engagement Meeting "Independent &amp; Assisted Living" [TR]</b></p> <p>1:30 <b>Bank Run [FL]</b></p> <p>3:00  Craft Workshop "Creating Recycling Bins" [CR]</p> <p>4:00 <b>Social Hour [BL]</b></p> <p>7:30 <b>Poker [CR]</b></p> <p>8:00 <b>Evening Movie Comedy: "The Bounty Hunter" [TR]</b></p> <p>8:00 <b>Game Night "Rummikub" (open table for a game) [2FB]</b></p>	<p>9:45 <b>Morning Exercise Class [TR]</b> <b>13</b></p> <p>11:00 <b>Lunch Outing to Mission &amp; Market (sign up required)</b></p> <p>12:15 <b>Aqua Fitness &amp; Open Swim at Second-Ponce Family Life Center (sign up at the front desk to participate) [FL]</b></p> <p>1:00 <b>Creative Workshop "Jewelry Creations, Canvas Painting &amp; Crochet" [CR]</b></p> <p>2:00 <b>Chair Zumba &amp; Cardio Class with Leiana [2FB]</b></p> <p>2:00 <b>Classical Music: Medici TV [TR]</b></p> <p>3:15 <b>Brandt Ross presentation [TR]</b></p> <p>4:00 <b>Happy Hour [BL]</b></p> <p>8:00 <b>Evening Movie Classic: "Stripes" [TR]</b></p> <p>8:00 <b>Quarter Bingo [CR]</b></p>	<p>10:00 <b>Evening Movie Romance: "No Reservations"</b> <b>14</b></p> <p>10:00 <b>Exercise with Heritage Healthcare [TR]</b></p> <p>10:45 <b>Bus Errands [FL]</b></p> <p>11:30 <b>Gym Equipment Exercise [GYM]</b></p> <p>1:00 <b>Pokeno &amp; Prizes [CR]</b></p> <p>1:00 <b>Trip to "Dollar Tree" (sign up required) [FL]</b></p> <p>1:30 <b>Bank Run [FL]</b></p> <p>2:00  Women's Discussion Group with TED Talks [TR]</p> <p>4:00 <b>Social Hour [BL]</b></p> <p>8:00 <b>Evening Moving Romance "The Exception" [TR]</b></p> <p>8:00 <b>Quarter Bingo [CR]</b></p>	<p>9:45 <b>Morning Exercise Class [TR]</b> <b>15</b></p> <p>11:00  <b>Friday Fun Day [FL]</b></p> <p>11:00 <b>Transp. to MJCC Rec. Facilities [FL]</b></p> <p>12:15 <b>Aqua Fitness &amp; Open Swim at Second-Ponce Family Life Center (sign up at the front desk to participate) [FL]</b></p> <p>1:00 <b>National Geographic Documentary [TR]</b></p> <p>1:00 <b>National Recycling Day (bring down recycled items) [FL]</b></p> <p>2:00 Quarter Bingo [CR]</p> <p>3:00 <b>Current Events [TR]</b></p> <p>4:00 <b>Happy Hour &amp; Specialty Cocktail [BL]</b></p> <p>8:00 <b>Evening Movie Drama: "Rachel Getting Married" [TR]</b></p>	<p>9:00 <b>Transportation to Synagogues [FL]</b> <b>16</b></p> <p>10:00  <b>Saturday Morning Exercise [TR]</b></p> <p>10:30 <b>Transportation to Target [FL]</b></p> <p>12:00 <b>Brain Exercise Teasers [CR]</b></p> <p>12:30 <b>Opera/ Ballet: Medici TV [TR]</b></p> <p>2:30 <b>Sewing/ Knitting Group (please bring supplies) [CR]</b></p> <p>3:15 <b>Oscar Award Afternoon Matinee Movie &amp; Popcorn [TR]</b></p> <p>8:00 <b>Evening Bingo [CR]</b></p> <p>8:00 <b>Evening Movie Science Fiction: "V For Vendetta" [TR]</b></p>
<p>8:30 Church Transportation [FL] <b>17</b></p> <p>11:00 <b>Church Live Stream Service [TR]</b></p> <p>2:00 Quarter Bingo [CR]</p> <p>2:00 <b>Transportation to Buckhead Loop Shopping Center "TJ Maxx, DSW, Bed Bath &amp; Beyond, Old Navy, Nordstrom Rack, Saks Off 5th" [FL]</b></p> <p>3:00 <b>Sunday Social with Live Entertainment [FL]</b></p> <p>4:30 <b>Documentary Film [TR]</b></p> <p>5:30 <b>Dinner at Olde Blind Dog Irish Pub (sign up required) [FL]</b></p> <p>6:00 Evening Movie Documentary- "Spitfire the Plane That Saved The World" [TR]</p>	<p>9:30 <b>Jewelry Repair [BL]</b> <b>18</b></p> <p>9:45 <b>Morning Exercise Class [TR]</b></p> <p>10:45 Bus Errands [FL]</p> <p>11:00 <b>Transp. to MJCC Rec. Facilities [FL]</b></p> <p>1:00 Candy Bingo [CR]</p> <p>2:00 <b>Nature Program Courses "Africa- The Future" [TR]</b></p> <p>3:00 <b>Writer's Group Meeting [PDR]</b></p> <p>3:15 <b>Art History Program Class with Roger Green, Ph.D. [TR]</b></p> <p>4:00 <b>Happy Hour [BL]</b></p> <p>8:00 Evening Movie Action: "Ocean Thirteen" [TR]</p>	<p>9:45 <b>Morning Exercise Class [TR]</b> <b>19</b></p> <p>10:00 <b>Blood Pressure Checks with Golden Home Services [CR]</b></p> <p>11:15  Tai Chi [TR]</p> <p>11:30 <b>International Men's Day Appreciation [2FB]</b></p> <p>1:30 <b>Bank Run [FL]</b></p> <p>1:30 <b>November Birthday Party with Live Duo Band [DR]</b></p> <p>3:00  Let's Play Trivia [CR]</p> <p>4:00 <b>Social Hour [BL]</b></p> <p>7:30 <b>Poker [CR]</b></p> <p>8:00 <b>Evening Movie Comedy "No Reservations" [TR]</b></p> <p>8:00 <b>Game Night "Scrabble" (open table for a game) [2FB]</b></p>	<p>***TBD- pending Jim Howe Tour &amp; Lunch</p> <p>9:45 <b>Morning Exercise Class [TR]</b> <b>20</b></p> <p>12:15 <b>Aqua Fitness &amp; Open Swim at Second-Ponce Family Life Center (sign up at the front desk to participate) [FL]</b></p> <p>1:00 <b>Creative Workshop "Jewelry Creations, Canvas Painting &amp; Crochet" [CR]</b></p> <p>2:00 <b>Chair Zumba &amp; Cardio Class with Leiana [2FB]</b></p> <p>2:00 <b>Classical Music: Medici TV [TR]</b></p> <p>4:00 <b>Happy Hour [BL]</b></p> <p>8:00 <b>Evening Movie Classic "A Stranger in Town: Classic Hollywood Crime Movie" [TR]</b></p> <p>8:00 <b>Quarter Bingo [CR]</b></p>	<p>10:00 <b>Exercise with Heritage Healthcare [TR]</b> <b>21</b></p> <p>10:45 <b>Bus Errands [FL]</b></p> <p>11:30 <b>Gym Equipment Exercise [GYM]</b></p> <p>1:00 <b>Pokeno &amp; Prizes [CR]</b></p> <p>1:00 <b>Trip to "Aldi" (sign up required) [FL]</b></p> <p>1:30 <b>Bank Run [FL]</b></p> <p>2:00  Exploring Our Minds with Ed Garcia [TR]</p> <p>3:00 <b>Bible Study [CONF]</b></p> <p>3:15 <b>Heritage Healthcare Program [TR]</b></p> <p>4:00 <b>Social Hour [BL]</b></p> <p>7:00 <b>Transportation to Atlanta Symphony Orchestra "Emanuel Ax plays Brahms" (sign up &amp; ticket required) [FL]</b></p> <p>8:00 <b>Evening Movie Romance "Falling Inn Love" [TR]</b></p> <p>8:00 <b>Quarter Bingo [CR]</b></p>	<p>9:45 <b>Morning Exercise Class [TR]</b> <b>22</b></p> <p>11:00 <b>Transp. to MJCC Rec. Facilities [FL]</b></p> <p>12:15 <b>Aqua Fitness &amp; Open Swim at Second-Ponce Family Life Center (sign up at the front desk to participate) [FL]</b></p> <p>1:00 <b>National Geographic Documentary [TR]</b></p> <p>2:00 Quarter Bingo [CR]</p> <p>3:00 <b>Current Events [TR]</b></p> <p>4:00 <b>Happy Hour &amp; Specialty Cocktail [BL]</b></p> <p>8:00 <b>Evening Movie Drama "Taking Chance" [CONF]</b></p> <p>8:00 <b>Shabbat Service [TR]</b></p>	<p>9:00 <b>Transportation to Synagogues [FL]</b> <b>23</b></p> <p>10:00  <b>Saturday Morning Exercise [TR]</b></p> <p>10:30 <b>Transportation to Target [FL]</b></p> <p>11:00 <b>Fit for Life Program with Ed Garcia (participation by registration only) [CONF]</b></p> <p>11:30 <b>Transportation to MET Opera Live Stream "Akhnaten" (sign up required &amp; ticket purchased at box office) [FL]</b></p> <p>12:00 <b>Brain Exercise Teasers [CR]</b></p> <p>12:30 <b>Andre' Rieu Musical [TR]</b></p> <p>2:30 <b>Sewing/ Knitting Group (please bring supplies) [CR]</b></p> <p>3:00  <b>Chair Stretching Yoga with Linda [2FB]</b></p> <p>3:15 <b>Oscar Award Afternoon Matinee Movie &amp; Popcorn [TR]</b></p> <p>8:00 <b>Evening Bingo [CR]</b></p> <p>8:00 <b>Evening Movie Science Fiction "The Door" [TR]</b></p>
<p>8:30 Church Transportation [FL] <b>24</b></p> <p>11:00 <b>Church Live Stream Service [TR]</b></p> <p>1:30 <b>Transportation to Perimeter Mall (shopping until 4 PM) [FL]</b></p> <p>2:00 Quarter Bingo [CR]</p> <p>3:00 <b>Sunday Social with Live Entertainment [FL]</b></p> <p>4:30 <b>Documentary Film [TR]</b></p> <p>5:30 <b>Dinner at The Colonnade Restaurant (sign up required) [FL]</b></p> <p>6:00 <b>Documentary Movie "Hiroshima The Real History" [TR]</b></p>	<p>9:45 <b>Morning Exercise Class [TR]</b> <b>25</b></p> <p>10:45 Bus Errands [FL]</p> <p>11:00 <b>Transp. to MJCC Rec. Facilities [FL]</b></p> <p>12:00 <b>Women's Discussion Group Participants Luncheon "Pizza &amp; Beer" (ticket required to attend) [DR]</b></p> <p>1:00 Candy Bingo [CR]</p> <p>2:00 <b>Nature Program Courses "Africa" [TR]</b></p> <p>3:15 <b>Art History Program Class with Roger Green, Ph.D. [TR]</b></p> <p>4:00 <b>Happy Hour [BL]</b></p> <p>8:00 Evening Movie Action "Troy" [TR]</p>	<p>9:45 <b>Morning Exercise Class [TR]</b> <b>26</b></p> <p>10:00 <b>Blood Pressure Checks with Golden Home Services [CR]</b></p> <p>11:15  Tai Chi [TR]</p> <p>1:00 <b>Craft Show &amp; Tell (sign up at the front desk to participate) [TR]</b></p> <p>1:30 <b>Bank Run [FL]</b></p> <p>2:00  Book Club Meeting [PDR]</p> <p>3:00  Let's Play Trivia [CR]</p> <p>4:00 <b>Social Hour [BL]</b></p> <p>7:30 <b>Poker [CR]</b></p> <p>8:00 <b>Evening Movie Comedy "The Secret Life of Walter Mitty" [TR]</b></p> <p>8:00 <b>Game Night "Mah Jongg" (open table for a game) [2FB]</b></p>	<p>9:45 <b>Morning Exercise Class [TR]</b> <b>27</b></p> <p>10:00 <b>Outing to William Berman Jewish Heritage Museum (sign up required) [FL]</b></p> <p>12:15 <b>Aqua Fitness &amp; Open Swim at Second-Ponce Family Life Center (sign up at the front desk to participate) [FL]</b></p> <p>1:00 <b>Creative Workshop "Jewelry Creations, Canvas Painting &amp; Crochet" [CR]</b></p> <p>2:00 <b>Chair Zumba &amp; Cardio Class with Leiana [2FB]</b></p> <p>2:00 <b>Classical Music: Medici TV [TR]</b></p> <p>4:00 <b>Happy Hour [BL]</b></p> <p>8:00 <b>Evening Movie Classic "Gone with the Wind (1939)" [TR]</b></p> <p>8:00 <b>Quarter Bingo [CR]</b></p>	<p><b>Thanksgiving</b> <b>28</b></p> <p><b>Transportation Closed</b></p> <p>10:00 <b>Morning Exercise Class [TR]</b></p> <p>2:00 <b>Pokeno &amp; Prizes [CR]</b></p> <p>3:00 <b>Movie &amp; Popcorn [TR]</b></p> <p>5:00 <b>Thanksgiving Social Chat &amp; Refreshments [FL]</b></p> <p>8:00 <b>Evening Movie Romance "Forever My Girl" [TR]</b></p> <p>8:00 <b>Quarter Bingo [CR]</b></p>	<p><b>Transportation Closed</b> <b>29</b></p> <p>9:45 <b>Morning Exercise Class [TR]</b></p> <p>12:00 <b>Men's Discussion Group Luncheon "Pizza &amp; Beer" [PDR]</b></p> <p>12:15 <b>Aqua Fitness &amp; Open Swim at Second-Ponce Family Life Center (sign up at the front desk to participate) [FL]</b></p> <p>1:00 <b>National Geographic Documentary [TR]</b></p> <p>2:00 Quarter Bingo [CR]</p> <p>3:00 <b>Current Events [TR]</b></p> <p>4:00 <b>Happy Hour &amp; Specialty Cocktail [BL]</b></p> <p>8:00 <b>Evening Movie Drama "After the Rain" [TR]</b></p>	<p>9:00 <b>Transportation to Synagogues [FL]</b> <b>30</b></p> <p>10:00  <b>Saturday Morning Exercise [TR]</b></p> <p>10:30 <b>Transportation to Target [FL]</b></p> <p>12:00 <b>Brain Exercise Teasers [CR]</b></p> <p>12:30 <b>Opera/ Ballet: Medici TV [TR]</b></p> <p>2:30 <b>Sewing/ Knitting Group (please bring supplies) [CR]</b></p> <p>3:15 <b>Oscar Award Afternoon Matinee Movie &amp; Popcorn [TR]</b></p> <p>8:00 <b>Evening Bingo [CR]</b></p> <p>8:00 <b>Evening Movie Science Fiction "Infinity Chamber" [TR]</b></p>