








November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 All Saints Day 7:30 am - 10:30 am Continental Breakfast in GR 9:30 am Ask a Nurse! - GR 10:30 am Allied Care Exercise 1:00 pm Shopping Outing 3:00 pm Hand & Foot - GR 7:00 pm Rummikub - GR	2 Stress Awareness Day Continental Breakfast in GR 7:30 am - 10:30 am 1:30 pm Mahjong - GR	3 Men Make Dinner Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Freedom Home Care Exercise Class - GR 1:00 pm Shopping Outing 1:00 pm Hot Rum - GR 6:30 pm Mahjong & Dominoes 6:30 pm Poker Group - CGR	4 International Cake Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Tai Chi in GR 2:00 pm Movie in GR 3:30 pm Bridge Group - LFT	5 Sadie Hawkins Day 7:00 pm Rummikub Night - GR	
		6 Daylight Savings Ends?? 	7 Notary Public Day 7:30 am - 10:30 am Continental Breakfast in GR 1:00 pm Freedom Home Care Exercise Class - GR 2:00 pm Movie in GR 6:30 pm Poker Group - CGR	8 Election Day 7:30 am - 10:30 am Continental Breakfast in GR 1:00 pm Shopping Outing 2:00 pm Bingo - GR 3:00 pm Hand & Foot - GR 7:00 pm Rummikub - GR	9 World Freedom Day 7:30 am - 10:30 am Continental Breakfast in GR 1:00 pm Mahjong - GR	10 Marine Corps Birthday 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Freedom Home Care Exercise Class - GR 1:00 pm Shopping Outing 1:00 pm Hot Rum - GR 6:30 pm Mahjong & Dominoes 6:30 pm Poker Group - CGR	11 Armistice Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Tai Chi in GR (No Movie due to Special Dinner) 3:30 pm Bridge Group - LFT 5:00 pm Pre-Thanksgiving Resident Dinner - GR
13 World Kindness Day 	14 World Diabetes Day 7:30 am - 10:30 am Continental Breakfast in GR 1:00 pm Freedom Home Care Exercise Class - GR 2:00 pm Movie in GR 6:30 pm Poker Group - CGR	15 National Buntt Day 7:30 am - 10:30 am Continental Breakfast in GR 9:30 am Ask a Nurse! - GR 10:30 am Allied Care Exercise 1:00 pm Shopping Outing 2:00 pm Birthday Party 3:00 pm Hand & Foot - GR 7:00 pm Rummikub - GR	16 Int'l Day of Tolerance 7:30 am - 10:30 am Continental Breakfast in GR 1:00 pm Mahjong - GR 7:00 pm Starlight Stitchery-GR	17 Pancreatic Cancer Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Freedom Home Care Exercise Class - GR 1:00 pm Shopping Outing 1:00 pm Hot Rum - GR 6:30 pm Mahjong & Dominoes 6:30 pm Poker Group - CGR	18 National Apple Cider Day 7:30 am - 10:30 am Continental Breakfast in GR 10:30 am Tai Chi in GR 2:00 pm Movie in GR 3:30 pm Bridge Group - LFT	19 Rocky & Bullwinkle Day 7:00 pm Rummikub Night - GR	
20 Mother Goose Day 	21 World Hello Day 7:30 am - 10:30 am Continental Breakfast in GR 1:00 pm Freedom Home Care Exercise Class - GR 2:00 pm Movie in GR 6:30 pm Poker Group - CGR	22 Humane Society Day 7:30 am - 10:30 am Continental Breakfast in GR 1:00 pm Shopping Outing 2:00 pm Bingo - GR 3:00 pm Hand & Foot - GR 7:00 pm Rummikub - GR	23 National Jukebox Day 7:30 am - 10:30 am Continental Breakfast in GR 1:00 pm Mahjong - GR	24 Thanksgiving Day 	25 Black Friday Holiday for Essex Employees (No Continental Breakfast) Book Club Moved to Dec. 2nd	26 Small Business Saturday 7:00 pm Rummikub Night - GR	
27 National Slinky Day 	28 Cyber Monday 7:30 am - 10:30 am Continental Breakfast in GR 1:00 pm Freedom Home Care Exercise Class - GR 2:00 pm Movie in GR 6:30 pm Poker Group - CGR	29 Giving Tuesday 7:30 am - 10:30 am Continental Breakfast in GR (No Shopping Due to Party) 2:00 pm Holiday Decorating Gathering in Lobby 3:00 pm Hand & Foot - GR 7:00 pm Rummikub - GR	30 National Mason Jar Day 7:30 am - 10:30 am Continental Breakfast in GR 1:00 pm Mahjong - GR 6:30 pm Resident Variety Show in Great Room	CC - Computer Center 2nd Flr CGR - Card, Game & Music Room LB - Library in Front Lobby LFT - Loft on 2nd Flr FL - Florida Room beside GR GR - Great Room PDR - Private Dining Room WC - Wellness Center - Lower Level			