



**PLEASE NOTE:**

Events are subject to change. Please check the weekly calendar for updated information.

An Asterisk after the Event Name\* indicates that you must sign up for that event either in the Activity Book or in CATIE.

# NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>Dr. Warren's Clinic Hours</p> <p>Tue, November 5 Wed, November 13 Tue, November 19 12:30 p.m. - 3:30 p.m.</p>	<p>LOCATION KEY</p> <p>G1-Garage 1st Floor 201-Fitness Room 310-Club Room 310 AC-Aquatic Center CH-St. Edward Chapel GAL-Gallery Dining Room HPL-Highland Parking Entrance</p> <p>MR-Music Room MWW-Manor Walkway PAC-Performing Arts Center SDR-Snowden Dining Room TT-Terrace Tearoom TWW-Terrace Walkway WAY-Waynoka Entrance</p>		<p>1</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:30 AM TREZEVANT EXPLORES*: Beale Street Brass Note with Ken Hall PAC 2:00 PM MOVIE: Bell, Book &amp; Candle (PG-13, 1958, 5*, 1h42m) PAC 5:30 PM TGIFT! with Becky Roland &amp; the Double Stops (Ukelele) PAC</p>	<p>2</p> <p>9:15 AM Strength &amp; Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: The Humans (R, 2021, 4*, 1h46m) PAC 5:00 PM SATURDAY MUSIC HOUR with Valeria &amp; Alex Nollan (Classical) MR</p>
<p>3 <b>DAYLIGHT SAVING TIME ENDS-FALL BACK!</b></p> <p>10:30 AM All Saints' Sunday with special music by Beverly &amp; Howard Vance CH 2:00 PM MOVIE: Reagan (PG-13 2024, 5* 2h20m) PAC</p>	<p>4</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength &amp; Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch &amp; Balance 201 5:00 PM Happy Hour PAC</p>	<p>5 <b>ELECTION DAY</b></p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics &amp; Balance PAC 11:00 AM Gentle Aquatics AC</p>	<p>6</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength &amp; Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist Service CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch &amp; Balance 201 3:00 PM Chaplains' Class: Corinthians with Jack Richbourg CH 4:00 PM Take Your Brain to the Gym MR 6:00 PM Birthday Night at Trezevant SDR</p>	<p>7</p> <p>9:00 AM-4:00 PM Dottie's Digs' G1 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 2:00 PM The First Peoples with Joe Hawes PAC 3:00 PM Sewing Circle CR 310 5:00 PM Happy Hour PAC 7:15 PM SPECIAL PERFORMANCE: Hearth Songs with Paul Morphis (One Man Band) PAC</p>	<p>8</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 11:30 AM Veteran's Day Luncheon SDR 2:00 PM MOVIE: Black Robe (R, 1991, 4.5*, 1h40m) PAC 5:30 PM Dinner with music by Sam Cox (Oldies) SDR</p>	<p>9</p> <p>9:15 AM Strength &amp; Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: The Pursuit of Happyness (PG-13, 2006, 5*, 1h57m) PAC 5:30 PM Dinner with music by Sandra Miller (Piano) SDR</p>
<p>10</p> <p>10:30 AM Worship &amp; Holy Communion CH 2:00 PM MOVIE: I'll Be Right There (PG-13, 2024, 5*, 1h37m) PAC</p>	<p>11</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength &amp; Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch &amp; Balance 201 5:00 PM Happy Hour PAC 7:15 PM SPECIAL PERFORMANCE: Artists-in-Residence PAC</p>	<p>12</p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics &amp; Balance PAC 10:00 AM Sewing Circle CR 310 11:00 AM Gentle Aquatics AC 1:00-3:00 PM IL COVID Vaccination Clinic SDR 4:00 PM Idlewild Communion Service CH</p>	<p>13</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength &amp; Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist Service CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 10:30 AM Arboretum Celebration HPL 2:00 PM Stretch &amp; Balance 201 3:00 PM Chaplains' Class: Corinthians with Jack Richbourg CH 4:00 PM Conversations with Kent PAC</p>	<p>14</p> <p>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 2:00 PM The First Peoples with Joe Hawes PAC 5:00 PM Happy Hour PAC</p>	<p>15</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM Stretch &amp; Balance 201 2:00 PM FILM FEST: It Happened One Night with Steve Ross PAC 5:00 PM TGIFT! with Bobby Lawson MR 7:15 PM SPECIAL PERFORMANCE: Memphis Jazz Workshop (Big Band!) PAC</p>	<p>16</p> <p>9:15 AM Strength &amp; Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Eat, Pray, Love (PG-13, 2010, 4.5*, 2h20m) PAC 5:00 PM SATURDAY MUSIC HOUR: Doug MacLeod (Jazz) PAC</p>
<p>17</p> <p>10:30 AM Worship &amp; Holy Communion CH 2:00 PM MOVIE: Lee (R, 2024, 5*, 1h57m) PAC 4:00 PM SPECIAL PERFORMANCE: Dubois Duo (Classical) MR</p>	<p>18</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength &amp; Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina with Anne Carriere CH 2:00 PM Stretch &amp; Balance 201 5:00 PM Happy Hour PAC 5:30 PM Mystery Dinner* SDR</p>	<p>19</p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics &amp; Balance PAC 11:00 AM Gentle Aquatics AC 1:30 PM IFF Club Meeting PAC</p>	<p>20</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength &amp; Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Mass CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch &amp; Balance 201 3:00 PM Chaplains' Class: Corinthians with Jack Richbourg CH 4:00 PM Take Your Brain to the Gym MR</p>	<p>21</p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale G1 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 2:00 PM The First Peoples with Joe Hawes PAC 5:00 PM Happy Hour PAC</p>	<p>22</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM Stretch &amp; Balance 201 2:00 PM MOVIE: The Grapes of Wrath (G, 1940, 4.5*, 2h9m) PAC</p>	<p>23</p> <p>9:15 AM Strength &amp; Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 3:00-5:00 PM Art Opening &amp; Reception for Fred Rawlinson TWW 5:00 PM SATURDAY MUSIC HOUR: The Penny Kings PAC 7:15 PM SPECIAL PERFORMANCE: Memphis Chamber Music Society (Classical) PAC</p>
<p>24</p> <p>10:30 AM Worship &amp; Holy Communion CH 2:00 PM MOVIE: My Penguin Friend (PG, 2024, 4.5*, 1h37m) PAC</p>	<p>25</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength &amp; Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch &amp; Balance 201 5:00 PM Happy Hour PAC</p>	<p>26</p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics &amp; Balance PAC 11:00 AM Gentle Aquatics AC</p>	<p>27</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength &amp; Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist Service CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch &amp; Balance 201</p>	<p>28 <b>THANKSGIVING DAY</b></p> <p>Thanksgiving Day Luncheon 11:00 AM-12:30 PM or 12:30 PM-2:00 PM Please call 251-9212 for reservations.</p>	<p>29</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM Stretch &amp; Balance 201 2:00 PM MOVIE: Mary Poppins (G, 1965, 5*, 2h19m) PAC 5:30 PM Dinner with music by Tim Stanek (Piano) SDR</p>	<p>30</p> <p>9:15 AM Strength &amp; Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: The King's Speech (PG-13, 2010, 4.5*, 1h58m) 5:30 PM Dinner with music by David Virone (Piano) SDR</p>