

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:00 AM - L Nordic Walking</p> <p>10:30 AM - CR Conversation & Community</p> <p>1:00 PM - Z Strengthening Chair Yoga with Emily Rose</p> <p>3:30/7 PM - AR Documentary: The Booksellers</p> <p>4:30 PM - CR Men's Social Hour</p>	<p>2</p> <p>9:30 AM - L Wednesday Stroll w/ Maren</p> <p>10:30 AM - L Grocery Run</p> <p>12:00 PM - Z G-Werx Vitality Session</p> <p>1:30 PM - AR "What's Your Story?"</p> <p>4:00 PM - SP Women's Happy Hour</p> <p>6:30 PM - CR Resident Scrabble/500 Night</p>	<p>3</p> <p>9:00 AM - L Nordic Walking</p> <p>9:00 AM - AR Yoga - FULL</p> <p>9:15 AM - T Abiitan Covid/Flu Clinic</p> <p>10:15 AM - L Thursday Musical Concert (Signup in Mailroom)</p> <p>2:30 PM - AR Marvelous Musicians with MacPhail's Andrea Leap</p> <p>3:30/7 PM - AR Classic Film: The Kennel Murder Case (1933)</p>	<p>4</p> <p>9:00 AM - Z Meditation with Amanda</p> <p>1:00 PM - T "The French Connection" Conversation Group</p> <p>2:00 PM - T Bridge Club</p> <p>3:30/7:00 PM - AR Foreign Film Friday: Disobedience (Great Britain)</p> <p>4:30 PM - T Tech Time</p>	<p>5</p> <p>1:00 PM - L Nordic Walking</p> <p>3:30/7 PM - AR Box Office Film: Catherine Called Birdy (2022)</p>
<p>6</p> <p>3:30/7 PM - AR Sunday at the Met: Turnadot</p>	<p>7</p> <p>9:30 AM - T Above & Beyond Exercise</p> <p>10:30 AM - AR Big Questions with Jon P</p> <p>3:30/7 PM - AR Limited Series: The White Lotus (Ep. 1-2)</p> <p>4:00 PM - SP Resident Happy Hour</p>	<p>ELECTION DAY 8</p> <p>9:00 AM - L Nordic Walking</p> <p>9:30 AM - L Election Shuttle</p> <p>10:30 AM - CR Conversation & Community</p> <p>1:00 PM - Z Strengthening Chair Yoga with Emily Rose</p> <p>3:30/7 PM - AR Documentary: Bill W.</p> <p>4:00 PM - L Election Shuttle</p> <p>4:30 PM - CR Men's Social Hour</p>	<p>9</p> <p>9:30 AM - L Wednesday Stroll w/ Maren</p> <p>10:30 AM - L Grocery Run</p> <p>11:00 AM - AR "Medical Aid In Dying" Lecture with Dr. Plimpton</p> <p>12:00 PM - Z G-Werx Vitality Session</p> <p>4:00 PM - SP Women's Happy Hour</p> <p>6:30 PM - CR Resident Scrabble/500 Night</p>	<p>10</p> <p>9:00 AM - L Nordic Walking</p> <p>9:00 AM - AR Yoga - FULL</p> <p>2:00 PM - AR TED Talk and Discussion "The Power of Introverts"</p> <p>3:30/7 PM - AR Classic Film: Till the Clouds Roll By (1946)</p>	<p>VETERANS DAY 11</p> <p>9:00 AM - Z Meditation with Amanda</p> <p>11:00 AM - AR Functional Living Virtual Reality Demonstration</p> <p>2:00 PM - T Bridge Club</p> <p>4:30 PM - T Tech Time</p> <p>6:00 PM - AR Jewish Film Festival: Cinema Sabaya</p>	<p>12</p> <p>1:00 PM - L Nordic Walking</p> <p>6:00 PM - AR Jewish Film Festival: 200 Meters</p>
<p>13</p> <p>6:00 PM - AR Jewish Film Festival: Alegria</p>	<p>14</p> <p>9:30 AM - T Above & Beyond Exercise</p> <p>10:30 AM - AR Big Questions with Jon P</p> <p>4:00 PM - SP Resident Happy Hour</p> <p>6:00 PM - AR Jewish Film Festival: Karaoke</p>	<p>15</p> <p>9:00 AM - L Nordic Walking</p> <p>10:30 AM - CR Conversation & Community</p> <p>1:00 PM - Z Strengthening Chair Yoga with Emily Rose</p> <p>2:00 PM - AR History of the Theater with Cuthrie's Carla Steen</p> <p>3:30 PM - T/Z Abiitan All Resident Meeting</p> <p>4:30 PM - CR Men's Social Hour</p> <p>6:00 PM - AR Jewish Film Festival: Fiddler's Journey to the Big Screen</p>	<p>16</p> <p>9:30 AM - L Wednesday Stroll w/ Maren</p> <p>10:30 AM - L Grocery Run</p> <p>12:00 PM - Z G-Werx Vitality Session</p> <p>1:30 PM - AR "What's Your Story?"</p> <p>4:00 PM - SP Women's Happy Hour</p> <p>6:00 PM - AR Jewish Film Festival: One More Story</p> <p>6:30 PM - CR Resident Scrabble/500 Night</p>	<p>17</p> <p>9:00 AM - L Nordic Walking</p> <p>9:00 AM - AR Yoga - FULL</p> <p>2:30 PM - AR Marvelous Musicians with MacPhail's Andrea Leap</p> <p>6:00 PM - AR Jewish Film Festival: That Orchestra with the Broken Instruments</p>	<p>18</p> <p>9:00 AM - Z Meditation with Amanda</p> <p>11:00 AM - Z Social Justice and Change w/ Jaime McNeal</p> <p>1:00 PM - T "The French Connection" Conversation Group</p> <p>2:00 PM - T Bridge Club</p> <p>4:30 PM - T Tech Time</p> <p>6:00 PM - AR Jewish Film Festival: Lost Transport</p>	<p>19</p> <p>1:00 PM - L Nordic Walking</p> <p>6:00 PM - AR Jewish Film Festival: Neighbours</p>
<p>20</p> <p>4:00 PM - SP Smith & Porter Thanksgiving Meal (FULL)</p> <p>6:00 PM - AR Jewish Film Festival: Rose</p>	<p>21</p> <p>9:30 AM - T Above & Beyond Exercise</p> <p>10:30 AM - AR Big Questions with Jon P</p> <p>2:00 PM - AR History with Ethan "Napoleon in Spain & the Origin of Liberals" pt. 1</p> <p>6:00 PM - AR Jewish Film Festival: Xueta Island</p> <p>4:00 PM - SP Resident Happy Hour</p>	<p>22</p> <p>9:00 AM - L Nordic Walking</p> <p>10:30 AM - CR Conversation & Community</p> <p>1:00 PM - Z Strengthening Chair Yoga with Emily Rose</p> <p>2:00 PM - AR Singalong with MacPhail's Andrea Leap</p> <p>4:30 PM - CR Men's Social Hour</p> <p>6:00 PM - AR/Z Westminster Town Hall "A Conversation with Eric Holder"</p>	<p>23</p> <p>9:30 AM - L Wednesday Stroll w/ Maren</p> <p>10:30 AM - L Grocery Run</p> <p>12:00 PM - Z G-Werx Vitality Session</p> <p>4:00 PM - SP Women's Happy Hour</p> <p>6:30 PM - CR Resident Scrabble/500 Night</p>	<p>THANKSGIVING 24</p> <p>9:00 AM - L Nordic Walking</p> <p>9:00 AM - AR Yoga - FULL</p> <p>3:30/7 PM - AR Classic Film: Planes, Trains and Automobiles (1987)</p>	<p>25</p> <p>9:00 AM - Z Meditation with Amanda</p> <p>2:00 PM - T Bridge Club</p> <p>3:30/7:00 PM - AR Foreign Film Friday: The Forgotten Battle (Dutch)</p> <p>4:30 PM - T Tech Time</p>	<p>26</p> <p>1:00 PM - L Nordic Walking</p> <p>3:30/7 PM - AR Box Office Film: The Greatest Beer Run Ever (2022)</p>
<p>27</p> <p>3:00 PM - AR Sunday at the Met: La Bohème</p> <p>6:30 PM - AR Singing Bowl Meditation with Erin</p>	<p>28</p> <p>9:30 AM - T Above & Beyond Exercise</p> <p>10:30 AM - AR Big Questions with Jon P</p> <p>2:00 PM - AR History with Ethan "Napoleon in Spain & the Origin of Liberals" pt. 2</p> <p>3:30/7 PM - AR Limited Series: The White Lotus (Ep. 3-4)</p> <p>4:00 PM - SP Resident Happy Hour</p>	<p>29</p> <p>9:00 AM - L Nordic Walking</p> <p>10:30 AM - CR Conversation & Community</p> <p>1:00 PM - Z Strengthening Chair Yoga with Emily Rose</p> <p>3:00 PM - CR Resident Council Meeting</p> <p>3:30/7 PM - AR Documentary: Louis Armstrong's black & blues</p> <p>4:30 PM - CR Men's Social Hour</p>	<p>30</p> <p>9:30 AM - L Wednesday Stroll w/ Maren</p> <p>10:30 AM - L Grocery Run</p> <p>12:00 PM - Z G-Werx Vitality Session</p> <p>4:00 PM - CR Book Club: <i>Midnight's Children</i> by Salman Rushdie</p> <p>4:00 PM - SP Women's Happy Hour</p> <p>6:30 PM - CR Resident Scrabble/500 Night</p>	<p>Programming Team:</p> <p>Maren Hadrits</p> <p>Evelyn Bakken</p> <p>Brandyn Liebe</p> <p>Breanna Reyes</p> <p>events@abiitan.org</p> <p>*all activities are subject to change*</p>		