

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>AR - Activity Room</p> <p>CR – Club Room</p> <p>L – Lobby</p> <p>SP - Smith & Porter</p> <p>T – Terraces Common Area</p> <p>Z – Zoom link</p>			<p>1</p> <p>9:15 AM - Z G-Werx Vitality Session</p> <p>10:30 AM - L Grocery Run</p> <p>1:30 PM - AR What's Your Story?</p> <p>4:00 PM - SP Women's Happy Hour</p>	<p>2</p> <p>9:00 AM - AR Yoga – FULL</p> <p>2:30 PM - AR Marvelous Musicians w/ Andrea Leap</p> <p>3:00 PM - T Heart of Dance</p> <p>3:30/7 PM - AR Classic Film: Vertigo (1958)</p> <p>4:00 PM - SP Resident Happy Hour</p> <p>6:30 PM - CR Resident Scrabble/500 Night</p>	<p>3</p> <p>9:00 AM - Z Refresh/Reset w/ Amanda</p> <p>11:00 AM - AR History with Ethan: Black Internationalism – Ethiopia</p> <p>2:00 PM - T Bridge Club</p> <p>3:30/7:00 PM - AR Foreign Film: Polite Society (United Kingdom)</p> <p>4:00 PM - SP Resident Happy Hour</p> <p>4:30 PM - T Tech Time</p>	<p>4</p> <p>1:00 PM - L Nordic Walking</p> <p>3:30/7:00 PM - AR Box Office: Past Lives (2023)</p>
<p>5</p> <p>4:00 PM - AR Sunday at the Met: Don Giovanni</p>	<p>6</p> <p>9:30 AM - T Above & Beyond Exercise</p> <p>11:00 AM - T Abiitan Memorial Service</p> <p>1:00 PM - CR Caregiver Support Group w/ Chaplain Michael</p> <p>2:00 PM - AR Big Questions with Jon P</p> <p>3:00 PM - T Heart of Dance</p> <p>3:30/7 PM - AR Series: Reservation Dogs (S1 Ep 3-4)</p> <p>4:00 PM - SP Resident Happy Hour</p>	<p>7</p> <p>9:00 AM - Z Seasonal Wellbeing w/ Amanda</p> <p>10:30 AM - CR Conversation & Community</p> <p>12:00 PM - Z Chair Yoga with Emily Rose</p> <p>1:00 PM - L Nordic Walking</p> <p>3:30/7 PM - AR Documentary: Break Point (ep. 1-2)</p> <p>4:00 PM - SP Men's Social Hour</p>	<p>8</p> <p>9:15 AM - Z G-Werx Vitality Session</p> <p>10:30 AM - L Grocery Run</p> <p>4:00 PM - SP Women's Happy Hour</p>	<p>9</p> <p>9:00 AM - AR Yoga – FULL</p> <p>3:00 PM - T Heart of Dance</p> <p>3:30/7 PM - AR Classic Film: Marty (1955)</p> <p>4:00 PM - SP Resident Happy Hour</p> <p>6:30 PM - CR Resident Scrabble/500 Night</p>	<p>10</p> <p>9:00 AM - Z Refresh/Reset w/ Amanda</p> <p>11:00 AM - T The French Connection</p> <p>2:00 PM - T Bridge Club</p> <p>3:30/7:00 PM - AR Foreign Film: Full Time (France)</p> <p>4:00 PM - SP Resident Happy Hour</p> <p>4:30 PM - T Tech Time</p>	<p>11</p> <p>1:00 PM - L Nordic Walking</p> <p>3:30/7:00 PM - AR Box Office: The Wonderful Story of Henry Sugar (2023)</p>
<p>12</p> <p>11:00 AM - T Shin Family Concert</p> <p>4:00 PM - AR Sunday at the Met: The Enchanted Island (3 hrs)</p>	<p>13</p> <p>9:30 AM - T Above & Beyond Exercise</p> <p>1:00 PM - CR Caregiver Support Group</p> <p>3:00 PM - T Heart of Dance</p> <p>3:30/7 PM - AR Series: Reservation Dogs (S1 Ep 5-6)</p> <p>4:00 PM - SP Resident Happy Hour</p>	<p>14</p> <p>9:00 AM - Z Seasonal Wellbeing w/ Amanda</p> <p>10:30 AM - CR Conversation & Community</p> <p>12:00 PM - Z Chair Yoga with Emily Rose</p> <p>1:00 PM - L Nordic Walking</p> <p>2:00 PM - AR History of the Theater with Guthrie's Carla Steen</p> <p>3:30/7 PM - AR Documentary: Break Point (ep. 3-4)</p> <p>4:00 PM - SP Men's Social Hour</p>	<p>15</p> <p>9:15 AM - Z G-Werx Vitality Session</p> <p>10:30 AM - L Grocery Run</p> <p>1:30 PM - AR What's Your Story?</p> <p>4:00 PM - SP Women's Happy Hour</p>	<p>16</p> <p>9:00 AM - AR Yoga – FULL</p> <p>2:30 PM - AR Marvelous Musicians w/ Andrea Leap</p> <p>3:00 PM - T Heart of Dance</p> <p>3:30/7 PM - AR Classic Film: Inherit the Wind (1960)</p> <p>4:00 PM - SP Resident Happy Hour</p> <p>6:30 PM - CR Resident Scrabble/500 Night</p>	<p>17</p> <p>9:00 AM - Z Refresh/Reset w/ Amanda</p> <p>11:00 AM - AR History with Ethan: Black Internationalism – Spanish Civil War</p> <p>2:00 PM - T Bridge Club</p> <p>3:30/7:00 PM - AR Foreign Film: Flora and Son (Ireland)</p> <p>4:00 PM - SP Resident Happy Hour</p> <p>4:30 PM - T Tech Time</p>	<p>18</p> <p>1:00 PM - L Nordic Walking</p> <p>3:30/7:00 PM - AR Box Office: A Haunting in Venice (2023)</p>
<p>19</p> <p>3:00 PM - SP Abiitan Thanksgiving (Signup in Mailroom)</p> <p>4:00 PM - AR Sunday at the Met: Manon Lescaut</p>	<p>20</p> <p>9:30 AM - T Above & Beyond</p> <p>1:00 PM - CR Caregiver Support Group w/ Chaplain Michael</p> <p>3:00 PM - T Heart of Dance</p> <p>3:30/7 PM - AR Series: Reservation Dogs (S1 Ep 7-8)</p> <p>4:00 PM - SP Resident Happy Hour</p> <p>4:30 PM - SP Singalong w/ Andrea Leap</p>	<p>21</p> <p>9:00 AM - Z Seasonal Wellbeing w/ Amanda</p> <p>10:30 AM - CR Conversation & Community</p> <p>12:00 PM - Z Chair Yoga with Emily Rose</p> <p>1:00 PM - L Nordic Walking</p> <p>3:00 PM - T All Resident Meeting</p> <p>3:30/7 PM - AR Documentary: Break Point (ep. 5-7)</p> <p>4:00 PM - SP Men's Social Hour</p>	<p>22</p> <p>9:15 AM - Z G-Werx Vitality Session</p> <p>10:30 AM - L Grocery Run</p> <p>2:00 PM - AR Hubert H Humphrey</p> <p>Fellows Lecture: "My Ukraine"</p> <p>4:00 PM - SP Women's Happy Hour</p>	<p>23</p> <p>3:30/7 PM - AR Classic Film: Planes, Trains, & Automobiles (1987)</p> <p>6:30 PM - CR Resident Scrabble/500 Night</p>	<p>24</p> <p>9:00 AM - Z Refresh/Reset w/ Amanda</p> <p>2:00 PM - T Bridge Club</p> <p>3:30/7:00 PM - AR Foreign Film: The Mole Agent (Chile)</p> <p>4:00 PM - SP Resident Happy Hour</p> <p>4:30 PM - T Tech Time</p>	<p>25</p> <p>1:00 PM - L Nordic Walking</p> <p>3:30/7:00 PM - AR Box Office: Spider-Man: Across the Spider-Verse</p>
<p>26</p> <p>4:00 PM - AR Sunday at the Met: Les Troyens</p>	<p>27</p> <p>9:30 AM - T Above & Beyond</p> <p>10:30 AM - AR Big Questions with Jon P</p> <p>1:00 PM - CR Caregiver Support Group</p> <p>3:00 PM - T Heart of Dance</p> <p>3:30/7 PM - AR Series: Lessons in Chemistry (Ep. 1-2)</p> <p>4:00 PM - SP Resident Happy Hour</p>	<p>28</p> <p>9:00 AM - Z Seasonal Wellbeing w/ Amanda</p> <p>10:30 AM - CR Conversation & Community</p> <p>12:00 PM - Z Chair Yoga with Emily Rose</p> <p>1:00 PM - L Nordic Walking</p> <p>3:00 PM - CR Resident Council Meeting</p> <p>3:30/7 PM - AR Documentary: Break Point (ep. 8-10)</p> <p>4:00 PM - SP Men's Social Hour</p>	<p>29</p> <p>9:15 AM - Z G-Werx Vitality Session</p> <p>10:30 AM - L Grocery Run</p> <p>4:00 PM - CR Book Club: The River We Remember by William Kent Krueger</p> <p>4:00 PM - SP Women's Happy Hour</p>	<p>30</p> <p>9:00 AM - AR Yoga – FULL</p> <p>3:00 PM - T Heart of Dance</p> <p>3:30/7 PM - AR Classic Film: A Farewell to Arms (1932)</p> <p>4:00 PM - SP Resident Happy Hour</p> <p>6:30 PM - CR Resident Scrabble/500 Night</p>	<p>Programming Team: Aesch Lengstorf Brandyn Liebe events@abiitan.org</p> <p>*all activities are subject to change</p>	