


Norse Home Activities Calendar

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Activities Hotline # 7444 (206-781-7444) Updated daily All Activities are subject to change.	1 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:30 Bridge - 4th Fl 1:30 BINGO - 2nd FL Tech Time Friday: Sign Up at the Front Desk	2 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 10:30 Watercolor Class with Deborah-SH 12:00 Eyeglasses Repair - MDR Remember to turn your clock back 1 hour tonight!
3 Daylight Saving Time Ends 1:05 Ch. 13 Seahawks vs. Buccaneers 2:00 Piano Recital-MDR 6:30 Vespers - SH Ballard First Lutheran Communion	4 9:00 Resident Council Meeting-2nd Fl 9:00 EnhanceFitness-SH 11:00 Mindstretchers - FPL 2:30 Reading with Molly-5th Fl	5 Election Day 9:30 Stretch & Flex - SH 10:30 Corn Hole Toss- FPL 10:40 Bookmobile- ML 1:30-3:00 Little Store Open-GF 1:30 Reading Buddies-2nd Fl 3:00 Texas Hold'em Poker - SH	6 Lacey's Back 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:00 Craft Room Open 1:15 Fred Meyers Shopping 2:30 Let's Make Jewelry - 2nd FL 3:30 Composer's Corner - FPL 6:15 BINGO -SH	7 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:30 Corn Hole Toss- FPL 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	8 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 11:00 Current Events-3rd Fl 1:00 Craft Room Open 1:30 Bridge-4th Fl 2:30 Watercolor with Lacey - SH Tech Time Friday: Sign Up at the Front Desk	9 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 10:00 Dog Visit - 3rd Fl 10:30 Outing: Dollar Tree 1:30 BINGO - 2nd Fl 3:00 Movie & Popcorn - SH
10 9:30-1:00 Sunday Brunch Buffet & Sale	11 Veteran's Day 9:00 EnhanceFitness-SH 11:10 Mindstretchers - FPL 2:30 Reading with Molly-5th Fl 5:15 Ch. 31 Seahawks @ San Francisco 49ers	12 9:30 Stretch & Flex - SH 10:15-11:30 Little Store Open-GF 10:30 Corn Hole Toss- FPL 1:30 Reading Buddies-2nd Fl 2:00 Birthday Party with Steve Flynn 3:15 Texas Hold'em Poker - SH	13 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:00 Clay Bead Making - SH 1:15 Fred Meyers Shopping 3:00 Tea Party - 2nd FL	14 Podiatrist 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:30 Scenic Drive: Sign up 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	15 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:00 Craft Room Open 1:30 Bridge-4th Fl Tech Time Friday: Sign Up at the Front Desk	16 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 10:30 Watercolor Class with Deborah-SH 10:30 Outing: Trader Joes 1:30 BINGO - 2nd Fl 3:00 Movie & Popcorn - SH
17 3:15-4:15 1st Fl Brownie Troop visit 6:30 Vespers - SH Dwight Paulson	18 9:00 EnhanceFitness-SH 10:00 Current Events-3rd Fl 11:00 Mindstretchers - FPL 12:15 PNA Pre-School Children Singing-MDR 1:30 Writing Workshop-PDR 2:30 Reading with Molly-5th Fl	19 9:30 Stretch & Flex - SH 10:15-11:30 Little Store Open-GF 10:30 Corn Hole Toss- FPL 1:30 Reading Buddies-2nd Fl 2:30 Scrabble - 2nd FL 3:00 Texas Hold'em Poker - SH	20 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:00 Craft Room Open 1:15 Fred Meyer Shopping 2:30 Let's Make Jewelry - 2nd FL 3:30 Tasting Party-SH 6:15 BINGO -SH	21 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:30 Scenic Drive: Sign up 1:00-2:30 Little Store Open - GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	22 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:00 Craft Room Open 1:30 Bridge-4th Fl 2:30 Watercolor with Lacey - SH Tech Time Friday: Sign Up at the Front Desk	23 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 10:30 Outing: Artist & Craftsman 1:30 BINGO - 2nd Fl 3:00 Movie & Popcorn - SH
24 3:30 Sing Along-FPL 5:20 Ch. 5 Seahawks @ Eagles 7:00 Vesper - SH The Ockwell Family	25 Molly off today 9:00 EnhanceFitness - SH 10:00 Current Events- 3rd Fl 11:00 Mindstretchers With Jessica- FPL 7:30 Norwegian Male Chorus-MDR	26 9:30 Stretch & Flex - SH 10:15-11:30 Little Store Open-GF 10:30 Corn Hole Toss- FPL 1:15 Fred Meyers Shopping 2:30 Scrabble - 2nd FL 3:15 Texas Hold'em Poker - SH	27 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:00 Craft Room Open 1:30 Bell Choir - FPL 2:30 Clay Crafting - SH 3:30 Poet's Corner-FPL Norse Home Family Thanksgiving	28 9:00 Challenge Your Balance - SH <div style="text-align: center;"> Thanksgiving Day Holiday </div>	29 Jeremy off today 9:30 EnhanceFitness - SH 11:00 Mindstretchers - FPL 1:00 Craft Room Open 1:30 Bridge-4th Fl Tech Time Friday: Sign Up at the Front Desk	30 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 10:30 Watercolor Class with Deborah-SH 10:30 Outing: Value Village 1:30 BINGO - 2nd Fl 3:00 Movie & Popcorn - SH