

November 2024

Arioso Senior Apartments



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>November's Health & Wellness Focus:</u></p> <p>Cold – Flu Season</p> <p>COPD Awareness</p>	   				<p>1</p> <p><u>Coffee Social & Sweet Treats</u> 9:00AM – 10:00AM</p> <p><u>The Price is Right</u> 11:00AM-12:00PM</p> <p><u>Chair Volleyball</u> *In the Gym* 3:30PM-4:30PM</p>	<p>2</p> <p><u>Coffee Social & History Trivia</u> 9:00AM – 10:00AM</p> <p><u>Would You Rather</u> 11:30AM – 12:30PM</p> <p><u>Stretch Class w/ Music!</u> 2:30PM – 3:30PM</p>
<p>3</p>  <p>Remember to move your clocks back one hour.</p>	<p>4</p> <p>Go Vote Tuesday</p>   <p>November 5th</p> <p>Loop Shopping Shuttle</p>	<p>5</p> <p>Election Day</p> <p><u>Coffee Social & "M*A*S*H" Re-runs</u> 9:00AM-10:30AM</p> <p><u>Relax to Classical Music and Mimosa Mocktails</u> 11:00AM – 12:00PM</p> <p><u>Snacks & Pictionary</u> 2:30PM – 3:30PM</p>	<p>6</p> <p><u>Coffee Social, Geography Trivia, & Breakfast Bars</u> 9:00AM – 10:00AM</p> <p><u>Windmill Library Bookmobile</u> *In the Great Room* 10:00AM – 11:00AM</p> <p><u>Aging is Cool: Stay Strong Fitness Class</u> 2:00PM</p>	<p>7</p> <p><u>Coffee Social & Thanksgiving Fun Facts</u> 9:00AM-10:00AM</p> <p><u>DocTalk w/ Pine Park Health: Fall Prevention</u> 10:00AM</p> <p><u>Cooking Class: No Bake Cookies</u> 2:30PM – 3:30PM</p>	<p>8</p> <p><u>Arioso Market 1st & 2nd Floors</u> *Bring your own bags/carts to the Great Room* *Shopping times may vary* 11:00AM</p> <p><u>Snacks & Afternoon Movie: "Holidate"</u> 2:30PM – 4:30PM</p>	<p>9</p> <p><u>Coffee Social & Current Events</u> 9:00AM – 10:00AM</p> <p><u>Resident Walking Club</u> 11:00AM – 11:30AM</p> <p><u>Veteran's Day Lunch Celebrating our Veterans</u> All are welcome! 2:30PM – 3:30PM</p>

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<p>10</p> 	<p>Veteran's Day 11</p>  <p>Loop Shopping Shuttle</p>	<p>12</p> <p><u>Coffee Social, Morning News, & RTC Bus Pass Dist.</u> 9:00AM-10:30AM</p> <p>Meet and Greet w/ Neurogenx: Provides shoes for Neuropathic Illnesses 11:00AM-1:00PM</p> <p><u>Cooking Class: Mini Pizzas</u> 2:30PM-3:30PM</p>	<p>13</p> <p>Golden Groceries <i>*Shopping time depends on food delivery. Email Blast will be sent to notify residents of start time.*</i> <i>*Great Room will be closed until time of distribution*</i> 1:00PM – 3:00PM</p>	<p>14</p> <p><u>Coffee, Cookies, & Wellness Chat: Be Prepared for Cold/Flu</u> 9:00AM – 10:00AM</p> <p><u>Arts & Crafts: Paint by Number</u> 11:30PM – 12:30PM</p>  <p>2:30PM – 3:30PM</p>	<p>15</p> <p><u>Coffee Social, Croissants, & RTC Bus Passes</u> 9:00AM-10:00AM</p> <p>Helping Hands 2:00PM-4:00PM <i>*Will deliver upon arrival*</i></p> <p><u>Chair Volleyball</u> <i>*In the Gym*</i> 3:30PM-4:30PM</p>	<p>16</p> <p><u>Coffee Social, Breakfast Pastries, & Brain Games</u> 9:00AM-10:00AM</p> <p><u>Morning Mediation & Stretching</u> 11:00AM – 12:00PM</p> <p><u>Board Games, Snacks & Drinks</u> 2:00PM – 4:00PM</p>
<p>17</p> 	<p>Mickey Mouse Day 18</p>  <p>Loop Shopping Shuttle</p>	<p>19</p> <p><u>Coffee, Muffins, & Wellness Chat: C.O.P.D.</u> 9:00AM – 10:00AM</p> <p><u>Come Play PLINKO</u> 11:00AM-12:30PM</p> <p>Team Sikora: Select Health & Intermountain Healthcare Pie Giveaway <i>*Must sign up*</i> 2:00PM-4:00PM</p>	<p>20</p> <p><u>Arioso Market</u> 3rd & 4th Floors <i>*Bring your own bags/carts to the Great Room*</i> <i>*Shopping times may vary*</i> 11:00AM</p> <p><u>Trader Joes Food Drop</u> <i>*All Floors*</i> 3:00PM <i>*Start times may vary*</i></p>	<p>21</p> <p>Coffee Social & Veteran Recognition with LVMPD & Sierra Vista JROTC 10:00AM-12:00PM</p> <p><u>Soup Social: Creamy Chicken Soup</u> 12:00PM – 1:00PM</p>  <p>Bingo w/ Archwell 2:30PM – 3:30PM</p>	<p>22</p> <p><u>Coffee Social, Croissants, & RTC Bus Passes</u> 9:00AM-10:00AM</p> <p><u>Thanksgiving Arts & Crafts</u> 11:30AM – 12:30PM</p> <p><u>Chair Volleyball</u> <i>*In the Gym*</i> 3:30PM-4:30PM</p>	<p>23</p> <p><u>Coffee Social & UNO (Card Game)</u> 9:00AM – 10:00AM</p> <p><u>Chips, Dip, & Musical Chairs</u> 11:30AM– 12:30PM</p> <p><u>Let's Play: Guess that Song</u> 2:30PM – 3:30PM</p>
<p>24</p> <p>If you have any questions, please call your Resident Services Coordinator at (702) 990-2768 Tuesday – Saturday between 9:00AM – 5:00PM</p>	<p>25</p>  <p>Loop Shopping Shuttle</p>	<p>26</p> <p><u>Coffee Social & History Chat: Native American Tribal Heritage</u> 9:00AM-10:00AM</p> <p><u>RTC Bus Pass Distribution</u> 11:00AM-12:00PM</p> <p><u>Come Join Us for Billiards & Snacks</u> 2:30PM-3:30PM</p>	<p>27</p> <p><u>Thanksgiving Celebration and *Resident Potluck*</u> <u>Sign up with Coordinator.</u> 11:00AM – 1:00PM</p> <p><u>Aging is Cool: Stay Strong Fitness Class</u> 2:00PM</p>	<p>28</p> <p>Thanksgiving</p> 	<p>29</p> <p>CLOSED FOR FAMILY DAY</p> 	<p>30</p> <p><u>Apple Cider Social, Apple Trivia, & Apple Turnovers</u> 9:00AM-10:00AM</p> <p><u>Candy Apple Making!</u> 11:00AM-12:00PM</p> <p><u>Movie Matinee w/ Popcorn: Residents Choice</u> 1:30PM-4:00PM</p>