











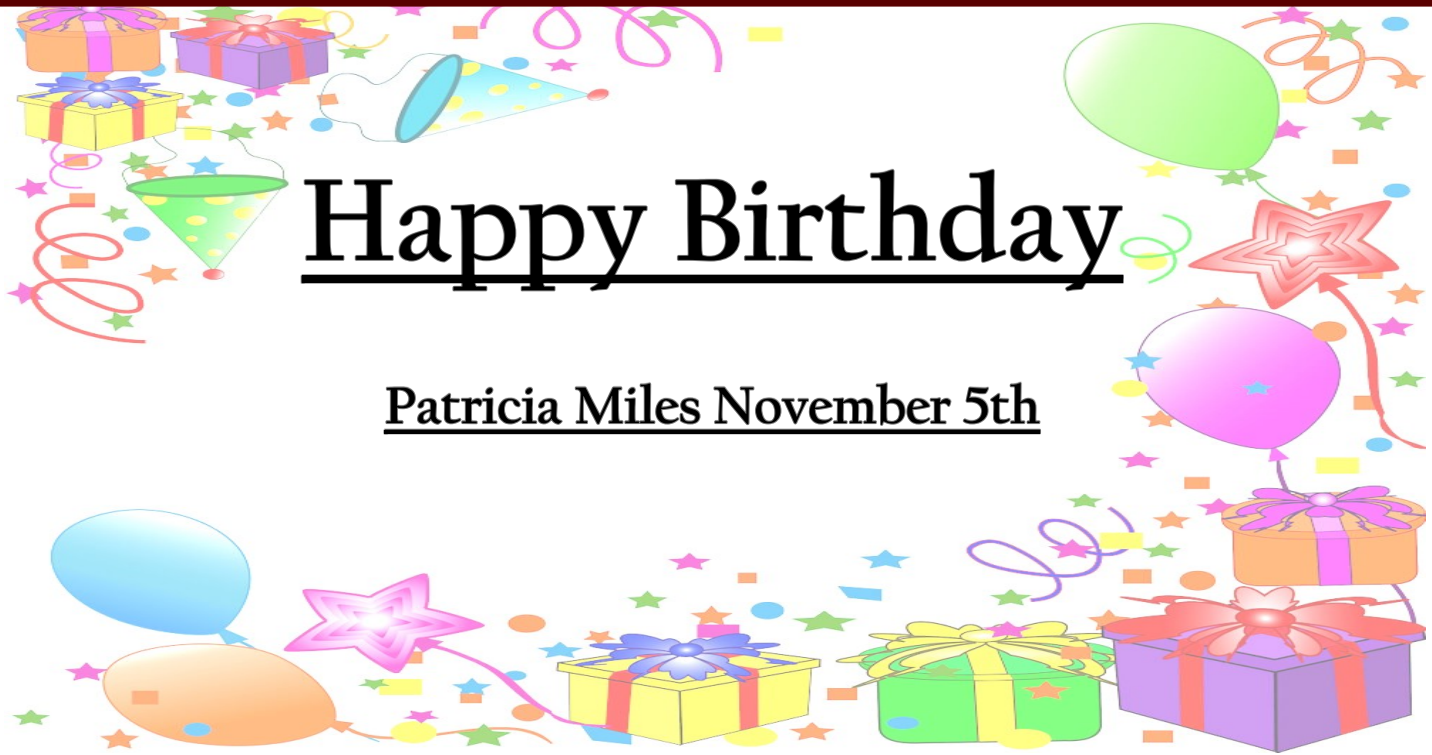


November GranVida Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AC: Arts and Crafts Room B: Bistro CS: Creekside G: Garden GR : Grand Room L&L: Live and Learn Room L: Library</p>				<p>1 10:00 Art Talk w/ Ranell, L&L 10:00 Yoga / Meditation, A&C 11:15 Grandparent Buddy Visit, GR 3:30 Happy Hour, Dining Room Terrace 6:45 Evening Cinema, L</p>	<p>2 10:00 Meet Dietician Deborah, DR 2:30 Watercolor painting w/ Ranell, AC 1:30 Green Thumb, G 3:30 Discussion w/Gillian about starting an AL Book Club, L 6:45 Evening Cinema, L</p>	<p>3 Alzheimer's Walk 9:30 News & Views, B 10:00 Stretch & Relax w/Gillian, A&C 11:00 Hymns w/Jim & Anita, CS 2:30 Cello w / Cameron, GR 4:00 Board Games, L 6:45 Evening Cinema, L</p>
<p>4 10:00 Devotional, CS 10:30 Sing a long, CS 2:00 Matinee, A&C 3:30 Garden Stroll, G 6:45 Evening Cinema, L</p>	<p>5 National Donut Day 10:00 Music of Our Lives, GR 11:15 Sing a long, CS 2:00 Scenic Drive, B 1:30 Bingo, GR 1:30 Documentary, CS 2:30 Time to be social GR</p> 	<p>6 National Saxophone Day 9:45 World of interest, GR 10:00 Yoga / Meditation, A&C 1:30 Beading w/ Gillian A&C 3:00 Music with Keith, GR 3:30 Riley, the Therapy Dog , B</p> 	<p>7 10:30 Dancing Club CS 10:30 Ladies Luncheon, B 1:30 Bingo, GR 2:30 Time to be social, GR</p>	<p>8 National Cappuccino Day 10:00 Art Talk w/ Ranell, L&L 10:00 Yoga / Meditation, A&C 11:15 Grandparent Buddy Visit, GR 3:30 Happy Hour, Dining Room Terrace 6:45 Evening Cinema, L</p> 	<p>9 10:00 Stretch And Relax w/Gillian, A&C 11:00 Mia presents Free Federal Phones for the hearing impaired, GR 1:30 Green Thumb, G 3:30 High Tea, A&C 6:45 Evening Cinema, L</p>	<p>10 Vanilla Cupcake Day 9:30 News & Views, B 10:00 Stretch & Relax w/Gillian, A&C 11:00 Hymns w/Jim & Anita, CS 2:30 Storytelling w/ Gillian, L 4:00 Board Games, L 6:45 Evening Cinema, L</p> 
<p>11 Veteran's Day 10:00 Devotional, CS 10:30 Sing a long, CS 2:00 Matinee, A&C 3:30 Garden Stroll, G 6:45 Evening Cinema, L</p> 	<p>12 10:00 Music of Our Lives, GR 11:15 Sing a long, CS 2:00 Scenic Drive, B 1:30 Bingo, GR 1:30 Documentary, CS 2:30 Time to be social GR</p>	<p>13 World Kindness Day 9:45 World of interest, GR 10:00 Yoga / Meditation, A&C 1:30 Beading w/ Gillian, A&C 3:30 Riley, the Therapy Dog , B</p> 	<p>14 10:30 Dancing Club CS 10:30 Bird Refuge, Santa Barbra, B 1:30 Bingo, GR 2:30 Time to be social, GR</p>	<p>15 10:00 Art Talk w/ Ranell, L&L 10:00 Yoga / Meditation, A&C 11:15 Grandparent Buddy Visit, GR 3:30 Happy Hour, Dining Room Terrace 6:45 Evening Cinema, L</p>	<p>16 10:00 Stretch And Relax w/Gillian, A&C 11:00 Resident Council, L&L 2:30 Watercolor painting w/Ranell, AC 1:30 Green Thumb, G 6:45 Evening Cinema, L</p>	<p>17 9:30 News & Views, B 10:00 Stretch & Relax w/Gillian, A&C 11:00 Hymns w/Jim & Anita, CS 2:30 Music w/ Paul Linderman, GR 4:00 Board Games, L</p>
<p>18 National Prince Day 10:00 Devotional, CS 10:30 Sing a long, CS 2:00 Matinee, A&C 3:30 Garden Stroll, G 6:45 Evening Cinema, L</p> 	<p>19 10:00 Music of Our lives, GR 11:00 Create Art w/ Christine, A&C 2:00 Scenic Drive, B 1:30 Bingo, GR 1:30 Documentary, CS 2:30 Time to be social GR</p>	<p>20 Peanut Butter Fudge Day 9:45 World of interest, GR 10:00 Yoga / Meditation, A&C 1:30 Beading w/ Gillian, A&C 3:00 Music w/ Steve Ormond 3:30 Riley Therapy Dog, GR</p> 	<p>21 10:30 Dancing Club, CS 10:30 I Hop Men's Lunch Club! B 1:30 Bingo, GR 2:30 Time to be social, GR</p>	<p>22 Happy Thanksgiving 12:00 Thanksgiving Luncheon 6:45 Evening Cinema</p> 	<p>23 National Listening Day 10:00 Stretch And Relax, w/Gillian, A&C 2:30 Watercolor Painting/ Ranell, AC 1:30 Green Thumb, G 6:45 Evening Cinema, L</p> 	<p>24 9:30 News & Views, B 10:00 Stretch & Relax w/Gillian, A&C 11:00 Hymns w/Jim & Anita, CS 2:30 Storytelling w/ Gillian, L 4:00 Board Games, L 6:45 Evening Cinema, L</p>
<p>25 10:00 Devotional, CS 10:30 Sing a long, CS 2:00 Matinee, A&C 3:30 Garden Stroll, G 6:45 Evening Cinema, L</p>	<p>26 10:00 Music Of Our Lives, GR 11:15 Sing a long, CS 2:00 Errands w/ Rich, B 1:30 Bingo, GR 1:30 Documentary, CS 2:30 Time to be social GR</p>	<p>27 9:45 World of interest, GR 10:00 Yoga/Meditation, A&C 1:30 Painting w/ Einstein, CS 3:00 Xmas in China Presentation with our very own Mr. Goodman 3:30 Riley the Therapy Dog , B</p>	<p>28 10:30 Dancing Club, CS 10:30 Museum of Art, Santa Barbara, B 1:30 Bingo, GR 2:30 Time to be social, GR</p>	<p>29 National Square Dance Day 9:30 Art Talk w/ Ranell, A&C 10:00 Yoga / Meditation, A&C 11:15 Grandparent Buddy Visit, GR 3:30 Welcome Thursday for New Residents/Music w Panama G, GR 5:00 Candlelight Dinner AL, DR 6:45 Evening Cinema, L</p> 	<p>30 10:00 Stretch And Relax, w/Gillian, A&C 10:30 Daily Happenings, GR 1:30 Green Thumb, G 3:30 Peace Foundation Presentation, including our very own Bea Novobilski, GR 6:45 Evening Cinema, L</p>	<p>Color Legend Physical Spiritual Artistic Social Cognitive Outing</p>



Happy Birthday

Patricia Miles November 5th

Assisted living will begin hosting Candlelight Birthday dinner celebrations on the last Thursday of every month, beginning November



GranVida
Senior Living * Memory Care

November 2018

GranVida Activities Calendar

Events & Outings

- Every Saturday
11:00 Hymns with Anita & Jim
- Every Monday
2:00pm Scenic Drives
- Tuesday, November 6th
Music with Keith on piano
- Wednesday, November 7th
Ladies Luncheon Out (New Event)
- Thursday, November 8th
Happy Hour (New Event)
- Friday November 9th
High Tea
- Saturday, November 10th
Storytelling with Gillian (New Event)
- Wednesday, October, 14th
Visit to Bird Refuge, Santa Barbara
- Friday, November 16th
Resident Council
- Tuesday, November 20th
Music with Steve Ormond
- Wednesday, November 21st
I Hop Men's Lunch Club
- Thursday, November 22nd
THANKSGIVING
- Tuesday, November 27th
Mr. Goodman's Presentation on China
- Thursday, November 29th
Candlelight Dinner, AL, DR (New Activity)
- Friday, November 30th
Peace Foundation Presentation w/Bea, GR

GranVida Senior Living
5464 Carpinteria Ave Carpinteria, CA 93013