



November 2024

Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>BELLA MAR ROYAL PALM BEACH</p>	<p>November Birthdays</p> <p>Suzanne T. – 2nd Victoria C. – 6th Joan H. – 11th Lydia B. – 12th Jose I. – 17th Edna S. – 20th</p>				<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Nature Walk & Meditation ● 10:00 Sit and Be Fit ● 10:30 Scrabble Challenge ● 11:00 Adult Coloring ● 1:30 Trivia Fun ● 2:00 Comedy & Laughs ● 3:00 Happy Hour ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Televised Shabbat Services ● 10:00 Pet Therapy ● 10:00 Strength Training ● 11:30 Creating Floral Centerpieces ● 1:30 Afternoon Matinee ● 2:30 Pictionary ● 3:30 Table Games ● 6:30 Sing Along Saturdays
<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Televised Worship Service ● 10:30 Brain Workout ● 11:30 Fitness Fun ● 1:30 UNO Fun ● 2:00 Bingo ● 3:00 Piano Concert with Christopher ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Positive Affirmations ● 10:00 Chair Yoga ● 11:00 Puzzle Solvers ● 1:30 I Pad Games ● 2:30 Monday Munchies ● 3:30 Musical Bingo ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 News and Views ● 10:00 Gentle Chair Exercise ● 10:30 Let's Get Crafty ● 1:30 Ball Games Galore ● 2:30 Tasty Tuesday ● 3:30 Bunco ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Holy Communion Services ● 11:00 Cardio Fitness & Balance ● 11:30 Fun with Friends ● 1:30 Jeopardy ● 2:30 Wind Down Wednesday ● 3:30 Blackjack ● 6:30 Evening Bingo 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Morning Meditation ● 10:00 Fitness Fun ● 10:30 Chair Bowling ● 1:30 Head Bands Game ● 2:30 Thirsty Thursday ● 3:30 Penny Keno/Learn a New Game ● 6:30 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Nature Walk & Meditation ● 10:00 Morning Stretch ● 10:30 White Board Games ● 1:30 Music Therapy ● 2:00 Comedy & Laughs ● 2:30 Happy Hour ● 3:30 Cards Anyone? ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Televised Shabbat Services ● 10:00 Strength Training ● 10:30 Creating Floral Centerpieces ● 1:30 Old Movies Trivia ● 2:30 Pictionary ● 3:30 Table Games ● 6:30 Sing Along Saturdays
<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Televised Worship Service ● 10:30 Brain Workout ● 11:30 Fitness Fun ● 1:30 Ball Games Galore ● 2:30 Sunday Snacks ● 3:30 Bingo ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Positive Affirmations ● 10:00 Chair Yoga ● 11:00 Puzzle Solvers ● 1:30 Veterans Day Presentation ● 2:30 Monday Munchies ● 3:30 Musical Bingo ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 News and Views ● 10:00 Music Therapy ● 10:30 Gentle Chair Exercise ● 1:30 Ball Games Galore ● 2:30 Tasty Tuesday ● 3:30 Meaningful Moment ● 3:30 Open Game Time ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 9:30 Holy Communion Services ● 11:00 Boutique Shopping Event ● 11:00 Cardio Fitness & Balance ● 1:30 Jeopardy ● 2:30 Wind Down Wednesday ● 3:30 Blackjack ● 6:30 Evening Bingo 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Morning Meditation ● 10:00 Fitness Fun ● 1:30 Holiday Beading ● 2:30 Thirsty Thursday ● 3:30 Penny Keno/Learn a New Game ● 6:30 Live Entertainment 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Nature Walk & Meditation ● 10:00 Chair Yoga ● 10:30 Inspirational Readings & Quotes ● 11:00 Whiteboard Games ● 1:30 HealthPro Lecture ● 2:00 Comedy & Laughs ● 3:00 Happy Hour ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Televised Shabbat Services ● 10:00 Pet Therapy ● 10:30 Gentle Chair Exercise ● 11:00 Creating Floral Centerpieces ● 1:30 Adult Coloring ● 2:30 Pictionary ● 3:30 Table Games ● 6:30 Sing Along Saturdays
<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Televised Worship Service ● 10:30 Brain Workout ● 11:00 Televised Game Show ● 1:30 Sit and be Fit ● 2:30 Sunday Snacks ● 3:30 Bingo ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Positive Affirmations ● 10:00 Chair Yoga ● 11:00 Puzzle Solvers ● 1:30 I Pad Games ● 2:30 Monday Munchies ● 3:00 Jewelry Making with Jamie ● 3:30 Musical Bingo ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 News and Views ● 10:00 Gentle Chair Exercise ● 1:30 Ball Games Galore ● 2:30 Tasty Tuesday ● 3:30 Elementary School Performance ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Holy Communion Services ● 11:00 Cardio Fitness & Balance ● 1:30 Happy Bakers ● 2:30 UNO Card Game ● 2:30 Wind Down Wednesday ● 3:30 Blackjack ● 6:30 Evening Bingo 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Morning Meditation ● 10:00 Fitness Fun ● 10:30 Jeopardy / Trivia ● 1:30 Table Game Challenges ● 2:30 Thirsty Thursday Social Hour ● 3:30 Penny Keno/Learn a New Game ● 6:30 Live Entertainment 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Nature Walk & Meditation ● 10:00 Sit and be Fit ● 10:30 Holiday Trivia ● 1:30 Music Therapy ● 2:00 Comedy & Laughs ● 2:30 Group Chat ● 3:00 Happy Hour Dance Party ● 6:00 Bella Mar Cinema ● 6:30 In Concert... 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Televised Shabbat Services ● 10:00 AM Workout ● 10:30 Bunco Fun ● 11:00 Creating Floral Centerpieces ● 1:30 Afternoon Matinee ● 2:30 Pictionary ● 3:30 Table Games ● 6:30 Sing Along Saturdays
<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Televised Worship Service ● 10:30 Brain Workout ● 11:30 Fitness Fun ● 1:30 Ball Games Galore ● 2:30 White Board Games ● 3:30 Dance Team Entertainment ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Positive Affirmations ● 10:00 Chair Yoga ● 10:30 Trivia Time ● 11:00 Puzzle Solvers ● 1:30 Jeopardy ● 2:30 Monday Munchies ● 3:30 Musical Bingo ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 News and Views ● 10:00 Music Therapy ● 10:30 Sit and be Fit ● 11:00 Lets Get Crafty ● 1:30 Ball Games Galore ● 3:00 Meaningful Moment ● 3:30 Open Game Time ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Holy Communion Services ● 10:30 Cardio Fitness & Balance ● 11:00 Thanksgiving Fun Facts ● 1:30 Jeopardy ● 2:30 Monthly Birthday Celebration Resident Led ● 2:30 Wind Down Wednesday ● 3:30 Blackjack ● 6:30 Evening Bingo 	<ul style="list-style-type: none"> ● 8:30 Happy Thanksgiving Day ● 9:30 Morning Meditation ● 10:00 Fitness Fun ● 10:30 White Board Games ● 1:30 Table Game Challenges ● 2:30 Thirsty Thursday ● 3:30 Penny Keno/Learn a New Game ● 6:30 Live Entertainment 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Nature Walk & Meditation ● 10:00 Chair Yoga ● 10:30 Adult Coloring ● 1:30 Comedy & Laughs ● 2:30 Happy Hour ● 3:30 Blackjack ● 6:00 Bella Mar Cinema 	<ul style="list-style-type: none"> ● 8:30 Personal Connections ● 9:30 Televised Shabbat Services ● 10:00 Strength Training ● 11:00 Creating Floral Centerpieces ● 1:30 White Board Games ● 2:30 UNO ● 3:30 Getting to Know you ● 6:30 Sing Along Saturdays