

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Travense Living</b> at Wheaton Life. Uplifted.</p>	<p><b>Location Keys</b></p> <p>Bistro B Blue Room BR Community Life Room CLR Fitness Center F Green Room GR Sunshine Room SR Van ride V community kitchen CK dining room DR lobby L theater T</p>	<p><b>Be Adventurous</b> <b>Be Challenged</b> <b>Be Connected</b> <b>Be Family</b> <b>Be Inspired</b> <b>Be Social</b> <b>Be Well</b></p>	<p><b>Resident Birthdays</b></p> <p>Anna G. 11/8 Carl P. 11/11 Janet K. 11/12 Marcella M. 11/22 Patricia M. 11/28</p>	<p>10:15 Chair Yoga [CLR] 10:30 Jeopardy Trivia [CLR] 11:00 Shopping &amp; lunch: Fox Valley Mall (sign up) [V] 11:30 Resident Led Walking Club [L] 1:30 Rosary Group w/ Charlotte [SR] 2:30 November Birthday Party w/ Heather Broudakis [CLR] 3:30 Change the first letter [CLR] 6:00 L, R, C dice [CLR]</p>	<p>2 10:45 Zumba Gold [CLR] 11:30 Resident Led Walking Club [L] 1:00 Downton Abbey [CLR] 2:00 Arts &amp; Crafts w/ Karen [B] 2:00 Cooking Club: Savory mexican roll-ups [CK] 3:00 Happy Hour [CLR] 6:30 Movie Night: Changeling [T]</p>	<p>3 10:00 Strong Hands [CLR] 10:30 Saturday morning meditation [CLR] 10:45 Balloon volleyball [F] 11:00 Saturday news &amp; current events [CLR] 11:30 Resident Led Walking Club [L] 2:00 Saturday Bingo w/ Irena [CLR] 3:00 Bingo continued [CLR] 6:30 Movie Night: Churchill's First World War [T]</p>
<p>4 Daylight Saving Time Begins Daylight Saving Time Begins Livin' the Dream: Andy &amp; Spider 9:00 In Touch Ministries TV [T] 10:00 Sit &amp; Be Fit [CLR] 12:00 Bears Vs. Buffalo 1:00 Color me calm [CLR] 2:00 Resident led game: bananagrams [CLR] 2:00 Sunday matinee: Our Souls at Night 3:00 Resident led game: Connect Four! [CLR] 6:30 Sunday movie: The Lake House</p>	<p>5 10:00 In the News [B] 10:30 Coffee/conversation [B] 11:00 Move &amp; Groove w/ Pinky [CLR] 11:30 Resident Led Walking Club [L] 2:00 Show and Share! [CLR] 3:30 Pappy Art collage project [CLR] 6:30 Riddle jumble [CLR] 7:00 Monday Night Football</p>	<p>6 Doctor Drives 9am-3pm (sign up) Election Day Election Day 10:15 Sit &amp; tone [CLR] 10:45 Let's Listen: Old Time Radio [CLR] 11:30 Resident Led Walking Club [L] 1:00 Pretty Nails (sign up) [CLR] 1:00 TV Series: The Crown 2:00 Christmas Concert Rehearsal [CLR] 2:15 Shake loose! [B] 3:45 L, R, C dice [CLR] 6:00 Family Night Workshop: Medicare Part D [CLR]</p>	<p>7 10:00 Dance through the decades [CLR] 10:30 Random trivia [CLR] 11:00 In house lunch Bunch: Arby's (sign up; cost on your own) [V] 11:30 Resident Led Walking Club [L] 1:30 Journey Journal Club [B] 2:30 Four Score Dice [B] 2:30 Lessons from the Bible [T] 3:30 Bingo! [CLR] 6:15 Bingo Bonanza! [CLR]</p>	<p>8 10:15 Chair Yoga [CLR] 10:30 what's on the tray? memory game! [CLR] 11:00 Shopping: Target (sign up) [V] 11:30 Resident Led Walking Club [L] 1:30 Rosary Group w/ Charlotte [SR] 2:00 VL Inspires: Veterans Day Project [BR] 2:15 Poets corner [CLR] 3:30 Painter's palate [CLR] 6:30 At the Library: The Pilgrims and The First Thanksgiving (sign up) [V] 6:30 Concentration Puzzles [CLR]</p>	<p>9 10:15 Toss Across [F] 10:45 Zumba Gold [CLR] 11:15 Vibrant Life planning meeting [CLR] 11:30 Resident Led Walking Club [L] 1:00 Downton Abbey [CLR] 2:30 A Musical Salute to Veterans [CLR] 3:30 LOW roller dice [CLR] 6:30 Movie Night: My Perfect Romance [T]</p>	<p>10 Livin' the Dream: Larry Havemann 10:00 Strong Hands [CLR] 10:30 Saturday morning meditation [CLR] 10:45 Balloon volleyball [F] 11:00 Saturday news &amp; current events [CLR] 11:30 Resident Led Walking Club [L] 1:00 Gratitude Tree Project [CLR] 1:30 Livin' the Dream: Two Brothers Artisan Brewery Tour [V] 2:00 Saturday Bingo w/ Irena [CLR] 3:00 Bingo continued [CLR] 6:30 Movie Night: The Truman Show [T]</p>
<p>11 Veterans Day Veterans Day 9:00 In Touch Ministries TV [T] 10:00 Sit &amp; Be Fit [CLR] 12:00 Bears vs Lions 1:00 Color me calm [CLR] 2:00 Afternoon movie: The Resistance Banker 3:00 Sunday Sudoku [CLR] 6:30 Sunday night movie: This is Bob Hope</p>	<p>12 10:00 In the News [B] 10:30 Coffee/conversation [B] 11:00 Move &amp; Groove w/ Pinky [CLR] 11:30 Resident Led Walking Club [L] 2:00 Resident Council [CLR] 2:30 Watercolor class w/Kim [CLR] 3:45 Ambassador Club Meeting [CLR] 4:00 Fall door decor project [CLR] 7:00 Monday Night Football</p>	<p>13 Doctor Drives 9am-3pm (sign up) 10:15 Sit &amp; tone [CLR] 10:45 Let's Listen: Old Time Radio [CLR] 11:30 Resident Led Walking Club [L] 1:00 Amazon 101 [B] 1:00 Pretty Nails (sign up) [CLR] 1:00 TV Series: The Crown 2:00 Christmas Concert Rehearsal [CLR] 2:30 Triominos [B] 6:30 Documentary: Martin Luther</p>	<p>14 Livin' the dream: Kaye &amp; Judy! 10:00 Dance through the decades [CLR] 11:30 Resident Led Walking Club [L] 12:00 In House lunch: PDQ Chicken (sign up; cost on your own) [CLR] 1:30 Journey Journal Club [B] 2:30 Lessons from the Bible [T] 2:30 Lucky Seven Dice [B] 3:30 Bingo! [CLR] 6:15 Bingo Bonanza! [CLR]</p>	<p>15 10:15 Chair Yoga [CLR] 11:00 Shopping: Walmart (sign up) [V] 11:30 Resident Led Walking Club [L] 1:30 Rosary Group w/ Charlotte [SR] 2:30 Hickory Knolls presents: Fabulous Fall Foliage [CLR] 3:30 Let's Find the Famous Wheaton pumpkins! [V] 6:30 Strain your brain! [CLR]</p>	<p>16 10:15 Wackie wordies [CLR] 10:45 Zumba Gold [CLR] 11:30 Resident Led Walking Club [L] 1:00 Downton Abbey [CLR] 2:00 Arts &amp; Crafts w/ Karen [B] 2:00 Cooking Club: Pita chips &amp; hummus [CK] 3:00 Happy Hour [CLR] 6:30 Movie Night: A Wrinkle in Time [T]</p>	<p>17 10:00 Strong Hands [CLR] 10:30 Saturday morning meditation [CLR] 10:45 Balloon volleyball [F] 11:00 Saturday news &amp; current events [CLR] 11:30 Resident Led Walking Club [L] 2:00 Saturday Bingo w/ Irena [CLR] 3:00 Bingo continued [CLR] 6:30 Movie Night: The Angel [T]</p>
<p>18 9:00 In Touch Ministries TV [T] 10:00 Sit &amp; Be Fit [CLR] 12:00 Bears vs Vikings 1:00 Color me calm [CLR] 2:00 Sunday Matinee: Big Miracle 2:00 Sunday Sudoku [CLR] 3:00 Puzzlers [CLR] 5:00 Notable Notes Recital [DR] 6:30 Sunday night movie: The Heart of Man</p>	<p>19 10:00 In the News [B] 10:30 Coffee/conversation [B] 11:00 Move &amp; Groove w/ Pinky [CLR] 11:30 Resident Led Walking Club [L] 2:30 Watercolor class w/Kim [CLR] 3:45 Afternoon sing along 6:30 Netflix: Discovering Bigfoot 6:30 Puzzlers [CLR] 7:00 Monday Night Football [CLR]</p>	<p>20 Doctor Drives 9am-3pm (sign up) 10:15 Sit &amp; tone [CLR] 10:45 Let's Listen: Old Time Radio [CLR] 11:30 Resident Led Walking Club [L] 1:00 Pretty Nails (sign up) [CLR] 1:00 TV Series: The Crown 2:00 Christmas Concert Rehearsal [CLR] 2:00 Farkle Dice [B] 4:00 word elimination [CLR] 5:00 Dinner &amp; Movie: Chappaquiddick (sign up; cost on your own)</p>	<p>21 Bears Day! 10:00 Dance through the decades [CLR] 10:30 Remembering Thanksgiving [CLR] 11:00 Presentation: All About Bears Legends [CLR] 11:30 Resident Led Walking Club [L] 1:30 Journey Journal Club [B] 2:30 Lessons from the Bible 2:30 Oh Shoot! Dice [B] 2:30 Shopping: Kohls (sign up) [V] 3:30 Bingo! [CLR] 6:15 Bingo Bonanza! [CLR]</p>	<p>22 Pick up your puzzle packet at the front desk! Thanksgiving Thanksgiving 11:30 Bears vs Lions 6:30 Steel Magnolias</p>	<p>23 10:00 Simply Stretch [CLR] 10:30 L, R, C dice [CLR] 11:30 Resident Led Walking Club [L] 1:00 Downton Abbey [CLR] 2:00 Arts &amp; Crafts w/ Karen [B] 2:00 HIGH roller dice [B] 3:00 Happy Hour [CLR] 6:30 Movie Night: The Spirit of Christmas [T]</p>	<p>24 This is Your Life: Marcie Matze 10:00 Strong Hands [CLR] 10:30 Saturday morning meditation [CLR] 10:45 Balloon volleyball [F] 11:00 Saturday news &amp; current events [CLR] 11:30 Resident Led Walking Club [L] 1:00 Biscuit Pumpkin loaf [CK] 1:00 Crochet &amp; Knitting Club [CLR] 2:00 This is Your Life: Marcie Matze [CLR] 3:00 Get to know you social [CLR] 6:30 Movie Night: Christmas Inheritance [T]</p>
<p>25 9:00 In Touch Ministries TV [T] 10:00 Sit &amp; Be Fit [CLR] 1:00 Color me calm [CLR] 2:00 Sunday Matinee: The Emoji Movie 3:00 Connect the dots! [CLR] 4:00 Search for the word [CLR] 6:30 Sunday Night Movie: Benji</p>	<p>26 10:00 In the News [B] 10:30 Coffee/conversation [B] 11:00 Move &amp; Groove w/ Pinky [CLR] 11:30 Resident Led Walking Club [L] 2:30 John Boda presents: Hoagie Carmichael [CLR] 3:30 Four Score [CLR] 4:00 Reminiscence Corner [B] 6:30 Monday matinee: Candy Jar 7:00 Monday Night Football</p>	<p>27 Doctor Drives 9am-3pm (sign up) 10:00 Catholic communion service [T] 10:30 Sit &amp; tone [CLR] 11:00 Let's Listen: Old Time Radio [CLR] 11:30 Resident Led Walking Club [L] 1:00 WPL Book club: The Rules of Civility [T] 2:00 Christmas Concert Rehearsal [CLR] 2:00 Yahtzee [B] 3:30 Shake awake your taste! [CLR] 6:30 Fall flowers missing vowel puzzle [CLR]</p>	<p>28 10:00 Dance through the decades [CLR] 10:30 Dominoes [CLR] 11:30 In House lunch: KFC (sign up; cost on your own) [CLR] 11:30 Resident Led Walking Club [L] 1:30 Journey Journal Club [B] 2:30 Lessons from the Bible [T] 2:30 card match up! [B] 3:30 Bingo! [CLR] 6:15 Bingo Bonanza! [CLR]</p>	<p>29 10:00 Furry Friends: Bella/ Joe &amp; Mickey/John 10:15 Chair Yoga [CLR] 11:00 Shopping: Jewell [V] 11:30 Resident Led Walking Club [L] 1:30 Rosary Group w/ Charlotte [SR] 2:00 Holiday card creations [CLR] 2:00 VL Inspires: Holiday Decoration [GR] 3:30 Coffee &amp; Cocoa at Starbucks (sign up) [V] 6:30 Skip bo cards</p>	<p>30 10:15 Pizza pie game [B] 10:45 Zumba Gold [CLR] 11:30 Resident Led Walking Club [L] 1:00 Downton Abbey [CLR] 2:00 Arts &amp; Crafts w/ Karen [B] 2:00 Cooking Club: baked ravioli dippers [CK] 3:00 Happy Hour [CLR] 3:00 New Resident Welcome/Happy Hour [CLR] 6:30 Movie Night: A Holiday Engagement [T]</p>	