




# November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:30-3:30 Pinnacle Store 9:00-12:00 Check Cashing 9:30 Trip to Yiddish Book Center & Lunch at Essalon Cafe 11:00 Writing w/Ruth Bass 1:00 Art Class 1:30 Strength & Balance 3:00 Seated Strength Class	2 8:30-3:30 Pinnacle Store 10:00 Spanish Conversation 11:15 Poetry Class 1:30 Bridge 2:00 - 4:00 Corner Store	3 8:30-3:30 Pinnacle Store 9:00-12:00 Check Cashing 9:00 Strength & Balance 10:00 Strength & Balance 10:00 Seamstress 1:00 Art Class 2:30 David Loeb Art Demo 3:00 Meditation 7:00 Tomas Kubinek, Mime Artist	4 9:00 -12:00 Pinnacle Store 3:15 Movie 4:00 Cocktail Hour 7:00 Movie
5 8:30 Coffee Social - Game Rm Van to Church Services: 9:30 St. Ann's 10:15 Trinity 2:30 Van to Trinity Church The Faure' Requiem: A Musical Service 3:15 Movie 7:00 Movie	6 8:30-3:30 Pinnacle Store 9:00-12:00 Check Cashing 9:00 Strength & Balance 10:00 Strength & Balance 11:00 Singing 11:15 Yiddish in PDR 1:30 Resident Assoc. Mtg. 2:00 Theatre Improv 3:00 Seated Exercise 7:00 PHS Chamber Orchestra	7 8:30-3:30 Pinnacle Store 10:00 - 12:00 Corner Store 12:45 Yogilates 1:45 Cyber Buddies Game Rm 2:00 Book Group 3:00 Jenny Rubin, Author Talk	8 8:30-3:30 Pinnacle Store 9:00-12:00 Check Cashing Trip to Chrysanthemum Show at Smith College 1:00 Art Class 1:30 Strength & Balance 3:00 Seated Strength Class	9 8:30-3:30 Pinnacle Store 9:15 Yogilates 10:00 Spanish Conversation 11:15 Poetry Class 1:30 Bridge 2:00 - 4:00 Corner Store	10 8:30-3:30 Pinnacle Store 9:00-12:00 Check Cashing 9:00 Strength & Balance 10:00 Strength & Balance 1:00 Art Class 3:00 Meditation 5:30 Van to Hevreh	11 9:00 -12:00 Pinnacle Store 3:15 Movie 4:00 Cocktail Hour 7:00 Movie
12 8:30 Coffee Social - Game Rm Van to Church Services: 9:30 St. Ann's 10:15 Trinity 2:00 Jenny Darby Irish Dance 7:00 Movie	13 8:30-3:30 Pinnacle Store 9:00-12:00 Check Cashing 9:00 Strength & Balance 10:00 Strength & Balance 11:00 Singing 11:15 Yiddish in PDR 1:45 Cyber Buddies Game Rm 2:00 Theatre Improv 3:00 Seated Exercise 5:30 Berkshire Camera Club	14 8:30-3:30 Pinnacle Store 10:00 - 12:00 Corner Store 12:45 Yogilates 3:00 Jennifer Grausman Film	15 8:30-3:30 Pinnacle Store 9:00-12:00 Check Cashing 1:00 Art Class 1:30 Strength & Balance 3:00 Seated Strength Class	16 8:30-3:30 Pinnacle Store 9:15 Yogilates 10:00 Spanish Conversation 10:00 Trip to Colonie Center & Trader Joe's 11:15 Poetry Class 1:30 Bridge 2:00 - 4:00 Corner Store	17 8:30-3:30 Pinnacle Store 9:00-12:00 Check Cashing 9:00 Strength & Balance 10:00 Strength & Balance 10:00 Seamstress 1:00 Art Class 3:00 Meditation 3:00 "Courageous Conversation" Presented by: Hospice Care 5:30 Van to Hevreh	18 9:00 -12:00 Pinnacle Store 10:30 Van to Allendale Area Shopping & Lunch at Panera 3:15 Movie 4:00 Cocktail Hour 7:00 Movie
19 8:30 Coffee Social - Game Rm Van to Church Services: 9:30 St. Ann's 10:15 Trinity 12:15 Van to Mahaiwe Theatre Met Opera 3:00 - 5:00 Art Reception 3:15 Movie 7:00 Movie	20 8:30-3:30 Pinnacle Store 9:00-12:00 Check Cashing 9:00 Strength & Balance 10:00 Strength & Balance 11:00 Singing 11:15 Yiddish in PDR 1:45 Cyber Buddies Game Rm 2:00 Theatre Improv 3:00 Seated Exercise	21 8:30-3:30 Pinnacle Store 10:00 - 12:00 Corner Store 12:45 Yogilates 7:00 Tara Ahmed Indian Dance	22 8:30-3:30 Pinnacle Store 9:00-12:00 Check Cashing 1:00 Art Class 1:30 Strength & Balance 3:00 Seated Strength Class	23  8:30 - 11:30 Pinnacle Store	24 8:30-3:30 Pinnacle Store 9:00-12:00 Check Cashing 9:00 Strength & Balance 10:00 Strength & Balance 1:00 Art Class 3:00 Meditation	25 9:00 -12:00 Pinnacle Store 3:15 Movie 4:00 Cocktail Hour 7:00 Movie
26 8:30 Coffee Social - Game Rm Van to Church Services: 9:30 St. Ann's 10:15 Trinity 3:15 Movie 7:00 Movie	27 8:30-3:30 Pinnacle Store 9:00 Strength & Balance 10:00 Strength & Balance 11:00 Singing 1:30 Resident Council 1:45 Cyber Buddies Game Rm 2:00 Theatre Improv 3:00 Seated Exercise	28 8:30-3:30 Pinnacle Store 10:00 - 12:00 Corner Store 12:45 Yogilates 4:00 Marc Lendler	29 8:30-3:30 Pinnacle Store 9:00-12:00 Check Cashing 1:00 Art Class 1:30 Strength & Balance 3:00 Seated Strength Class 7:00 Rob Kelly, Berkshire Sings	30 8:30-3:30 Pinnacle Store 9:15 Yogilates 10:00 Spanish Conversation 11:15 Poetry Class 1:30 Bridge 2:00 - 4:00 Corner Store		