

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2018

Treyton Oak Towers – Activity Calendar

<p>Van to Local Churches <i>~Sunday Brunch Buffet~</i> 11:30 a.m. to 2:00 p.m. 2:20-Depart for Chamber Music Society Concert <i>Tessa Clark & Andrew Armstrong</i> 2:30-Movie (JR) 7:00-Movie (JR)</p> <p>Daylight Saving Time Ends</p>	<p>9:30-Resident Board Meeting (JR) 9:30-Coffee & Donuts (OR) 10:00-Resident Council (OR) 11:00-Grocery Shopping #1 (Goss Avenue Kroger) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 7:30-Berlin Philharmonic (JR)</p>	<p>First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (DR) 10:00-Van to Polls 11:00-Rock Steady Boxing(OR) 1:30-Sit and Fit Class (OR) 1:45-Book Ladies (KR) 2:00-Van to Polls 2:30-TOT Book Club (KR) 2:30-Video Lecture Series (JR) 7:00-Video Lecture Repeat (JR)</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) **No Devotion Today** 11:00-AAUW Program: <i>“Mid-Term Elections: Blue Wave or Not” with Roy Martin</i> (JR) 1:00-Blood Pressure Clinic (WC) 1:30-TOT Bible Study with Chaplain Terry Emery (DR) 7:00-Great Drama Series (JR) <i>“Waiting for Godot”</i></p>	<p>First Financial Bank – 9 to 11 9:00-Depart for Aquatics Class 9:30-Exercise Class (KR) “Gratitude” a program with Bob Russell 11:00 a.m. – Oak Room *Reservations Required* 1:30-Sit and Fit (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>First Financial Bank – 9 to Noon 10:00-Grocery Shopping (Goss Avenue Kroger) Holiday Bazaar 10 a.m. to 2 p.m. Oak Room 7:00-Movie (JR)</p>	<p>9:30-Exercise Class (OR) 12:00-U of L Football at Clemson (JR) 7:00-Movie (JR)</p> <p> REMINDER to turn your clocks BACK one hour tonight!</p>
<p>Van to Local Churches <i>~Sunday Brunch Buffet~</i> 11:30 a.m. to 2:00 p.m. 2:20-Depart for Chamber Music Society Concert <i>Tessa Clark & Andrew Armstrong</i> 2:30-Movie (JR) 7:00-Movie (JR)</p> <p>Daylight Saving Time Ends</p>	<p>9:30-Resident Board Meeting (JR) 9:30-Coffee & Donuts (OR) 10:00-Resident Council (OR) 11:00-Grocery Shopping #1 (Goss Avenue Kroger) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 7:30-Berlin Philharmonic (JR)</p>	<p>First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (DR) 10:00-Van to Polls 11:00-Rock Steady Boxing(OR) 1:30-Sit and Fit Class (OR) 1:45-Book Ladies (KR) 2:00-Van to Polls 2:30-TOT Book Club (KR) 2:30-Video Lecture Series (JR) 7:00-Video Lecture Repeat (JR)</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) **No Devotion Today** 11:00-AAUW Program: <i>“Mid-Term Elections: Blue Wave or Not” with Roy Martin</i> (JR) 1:00-Blood Pressure Clinic (WC) 1:30-TOT Bible Study with Chaplain Terry Emery (DR) 7:00-Great Drama Series (JR) <i>“Waiting for Godot”</i></p>	<p>First Financial Bank – 9 to 11 9:00-Depart for Aquatics Class 9:30-Exercise Class (KR) “Gratitude” a program with Bob Russell 11:00 a.m. – Oak Room *Reservations Required* 1:30-Sit and Fit (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15-Yoga Stretch (WC) 10:30-Wii Bowling (KR) Meyzeek Middle School Band in Concert 2 p.m. – Oak Room 7:00-U of L Football vs Syracuse (JR)</p>	<p>9:30-Exercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR)</p>
<p>Van to Local Churches 1:15-Depart for KY Opera <i>“Enemies – A Love Story”</i> 2:30-Movie (JR) 7:00-Movie (JR)</p> <p>Veterans Day (US) Remembrance Day (Canada)</p>	<p>8:30-Dr. Scott, Podiatrist (KR) 9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch (DR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) Veteran’s Day Program 2:00 p.m. – Oak Room 7:30-Berlin Philharmonic (JR)</p>	<p>First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (DR) 11:00-Rock Steady Boxing(OR) 1:30-Sit and Fit Class (OR) 2:30-Video Lecture Series (JR) <i>“The History of Egypt”</i> 7:00-Video Lecture Repeat (JR)</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (KR) 11-Devotion with Jim Cobban 12:00-November Birthday Luncheon (FDR) 1:00-Blood Pressure Clinic (WC) 1:30-TOT Bible Study with Chaplain Terry Emery (KR) 2-Art Show at Iroquois Library 7:00-Funny Bridge (KR)</p>	<p>First Financial Bank – 9 to 11 9-Depart for Aquatics Class 9:30-Exercise Class (OR) 11:00-Fight Back with Fitness (OR) 1:00-Depart for Shopping at Oxmoor Mall 1:30-Sit and Fit (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 9:30-Depart for Coffee Concert #1 10:00-Depart for Coffee Concert #2 10:15-Yoga Stretch (WC) 10:30-Depart for Coffee Concert #3 10:30-Wii Bowling (KR) 2:00-Grocery Shopping (Goss Avenue Kroger) 4:00-Shabbos Friends (KR) 7:00-Movie (JR)</p>	<p>9:30-Exercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR)</p> <p>U of L vs NC State (TBA)</p>
<p>Van to Local Churches <i>Service of Remembrance</i> 2:00 p.m. – Oak Room 2:30-Movie (JR) 7:00-Movie (JR)</p>	<p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch (OR) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00-BUNCO!!! (KR) 4:30-Depart for Dinner at El Nopal Mexican Restarant 7:30-Berlin Philharmonic (JR)</p>	<p>First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (DR) 11:00-Rock Steady Boxing(OR) 1:00-Sit and Fit Class (DR) Over the River: A Thanksgiving Program with Jay and Mary Helen 2:00 p.m. – Oak Room 2:30-Video Lecture Series (JR) 7:00-Video Lecture Repeat (JR)</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) **There will be NO Devotion today** 1:00-Blood Pressure Clinic (WC) 1:30-TOT Bible Study with Chaplain Terry Emery (KR) 2:00-Catholic Mass (3rd Floor) 7:00-Ostling’s Night at the Opera: Richard Strauss <i>“Salome”</i> (JR)</p>	<p>Thanksgiving Day Buffet 11:30 a.m. to 2:00 p.m. 2:00-Movie (JR) 7:00-Movie (JR)</p> <p>Thanksgiving Day (US)</p>	<p>First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15-Yoga Stretch (WC) 10:30-Wii Bowling (KR) 7:00-Movie (JR)</p>	<p>9:30-Exercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR)</p> <p>University of Louisville vs Kentucky</p>
<p>Van to Local Churches 2:30-Movie (JR) 7:00-Movie (JR)</p>	<p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch (OR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) Kuralen Trio in Concert 2:00 p.m. – Oak Room 7:30-Berlin Philharmonic (JR)</p>	<p>First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (DR) 11:00-Rock Steady Boxing(OR) 1:30-Sit and Fit Class (OR) 2:30-Video Lecture Series (JR) <i>“The History of Egypt”</i> 7:00-Video Lecture Repeat (JR)</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Cody Nygard (OR) 1:00-Blood Pressure Clinic (WC) 1:30-TOT Bible Study with Chaplain Terry Emery (KR) 7:00-Funny Bridge (KR)</p>	<p>First Financial Bank – 9 to 11 9:00-Depart for Aquatics Class 9:30-Exercise Class (OR) 10:45-Depart for Lunch and Shopping at Cracker Barrel 11:00-Fight Back with Fitness (OR) 1:00-Sit and Fit (KR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 10:00-Grocery Shopping 10:15-Yoga Stretch (WC) 10:30-Wii Bowling (KR) 1:30-BINGO!!! (OR) 7:00-Movie (JR)</p>	<p>Room Location Key: JR=Jefferson Room OR=Oak Room KR=Kentucky Room DR=Dehoney Room WC=Wellness Center FDR=Fleur de Lis Dining Room</p>