

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 <b>EVERGREEN RETIREMENT ACTIVITY CALENDAR</b>		1	2	3	4	5
		<b>9:30 National Cinnamon Day: Cinnamon Lattes</b> 10:45 Breathe Yoga 12:45 Bingo <b>2:30 Women's Support Group</b> <b>3:30 Pop Art! Warhol Style Painting</b> 5:30 Classic Evening Concerts: Beethoven 9 - Chicago Symphony Orchestra - Riccardo Muti	<b>9:30 Mochas and Movie Stars: All About Leonardo Di Caprio</b> 10:30 Dance Aerobics <b>12:00 Diner Lunch Outing</b> 12:45 Bingo <b>2:30 Theater Style Matinee: Leonardo Di Caprio Feature The Great Gatsby (2013)</b> 5:30 Card Sharps! Poker	<b>9:30 Avant-Garde Café</b> 10:30 Resistance Training 12:45 Bingo <b>2:00 Chef Demo: Pumpkin Turnovers</b> <b>2:45 Happy Hour and Live Entertainment</b> 4:00 Technology One on One <b>5:30 Happy Birthday Dolph Lundgren: Rocky 4 (1985)</b>	<b>9:30 Misty Morning Watercolor Sunrise Series</b> 10:30 Zumba Gold 12:45 Bingo 2:00 Aromatherapy Meditation <b>3:00 Afternoon Yoga</b> 5:00 Shabbat Service <b>5:45 Happy Birthday Matthew McConaughey: Dallas Buyers Club (2013)</b>	9:30 Evergreen Street Stroll <b>9:45 Coffeehouse Concerts: Life &amp; Music of Paul Anka</b> 10:30 Cardio Circuit 12:45 Bingo 2:00 Bible Study <b>2:30 Afternoon Tea</b> 3:30 Dominoes Tournament 5:30 Saturday Night Comedy
<b>6</b> <b>9:30 Church Outing</b> <b>9:45 Chai Tea &amp; Current Events</b> 10:30 Resistance Band Workout 12:45 Bingo <b>2:30 Sunday Sports Recap</b> 3:30 Game On! Dominoes <b>5:30 Netflix Stand Up Comedy</b>  Daylight Saving Time Ends	<b>7</b> <b>9:30 Biscotti Bistro</b> <b>10:30 Latin Zumba</b> 12:45 Bingo <b>2:30 Debate Club: Candidates and Measures in Tomorrow's Nov 8th Midterm Elections!</b> 3:30 Badminton 5:00 Romantic Feature Films	<b>8</b> <b>9:30 Art History Series: Through the Eyes of the Artist: Dale Chihuly</b> 10:45 <b>Restorative Yoga</b> 12:45 Bingo <b>2:30 Women's Support Group</b> <b>3:30 I Voted! Outing to Local Polls</b> 5:30 Classic Evening Concerts: 2CELLOS - LIVE at Sydney Opera House (Full Concert)  Election Day!	<b>9</b> <b>9:30 Today in History...</b> 10:30 Latin Zumba <b>12:00 Diner Lunch Outing</b> 12:45 Bingo <b>2:30 Theater Style Matinee: Leonardo Di Caprio Feature Catch Me If You Can (2002)</b> 5:30 Tiles Tournament	<b>10</b> <b>9:45 60's Art Rock Bistro</b> 10:30 Strength Workout 12:45 Bingo <b>2:30 Resident Birthday Celebration! Happy Hour and Live Entertainment</b> 4:00 Technology One on One <b>5:30 Adventure Westerns</b>	<b>11</b> <b>9:30 Patriotic Eagle Painting</b> 10:30 Move to the Music <b>11:30 Happy Veterans Day Patio BBQ!</b> 1:30 Bingo <b>2:00 Executive Director Chat</b> <b>3:00 Afternoon Yoga</b> 5:00 Shabbat Service 5:45 Paramount Pictures  Happy Veterans Day!	<b>12</b> 9:30 Morning Walk <b>9:45 Coffeehouse Concerts: Life &amp; Music of Buddy Holly</b> 10:30 Resistance Training 12:45 Bingo 2:00 Bible Study <b>2:30 Dessert Decorating Club</b> 3:30 Spa Facials 5:30 Saturday Night Comedy
<b>13</b> <b>9:30 Church Outing</b> <b>9:45 World Issue Discussion</b> 10:30 Stretch and Strengthen 12:45 Bingo <b>2:30 Sunday Sports Recap</b> 3:30 Casino Royale: Poker <b>5:30 Netflix Stand Up Comedy</b>	<b>14</b> <b>9:30 Claude Monet Café</b> <b>10:30 Seated Weight Workout</b> 12:45 Bingo <b>2:30 Debate Club: Intention Vs Interpretation of Art</b> <b>3:00 Podiatrist Appointments/</b> <b>3:30 National Pickle Day Sampling</b> 5:00 Romantic Feature Films	<b>15</b> <b>9:30 Business Bistro: Resident Council Election Results!</b> 10:45 Breathe Yoga 12:45 Bingo <b>2:30 Women's Support Group</b> <b>3:30 Pop Art! Warhol Style Painting</b> 5:30 Classic Evening Concerts: Apollo Orchestra - Millennium Stage (March 5, 2020)	<b>16</b> <b>9:30 Mochas and Movie Stars: Leonardo Di Caprio Trivia</b> 10:30 Dance Aerobics <b>12:00 Diner Lunch Outing</b> 12:45 Bingo <b>2:30 Theater Style Matinee: Leonardo Di Caprio Feature Once Upon a Time in (2019)</b> 5:30 Card Sharps! Poker	<b>17</b> <b>9:45 Lou Reed Lounge</b> 10:30 Resistance Training 12:45 Bingo <b>2:30 Resident Council Meeting</b> <b>3:30 Meet Our New Residents Happy Hour!</b> <b>5:30 Adventure Westerns</b>	<b>18</b> <b>9:30 Misty Morning Watercolor Sunrise Series</b> 10:30 Zumba Gold 12:45 Bingo 2:00 Aromatherapy Meditation <b>3:00 Afternoon Yoga</b> 5:00 Shabbat Service <b>5:45 Happy Birthday Margaret Atwood: The Handmaid's Tale</b>	<b>19</b> 9:30 Evergreen Street Stroll <b>9:45 Coffeehouse Concerts: Life &amp; Music of Johnny Cash</b> 10:30 Cardio Circuit 12:45 Bingo 2:00 Bible Study <b>2:30 Afternoon Tea</b> <b>3:30 National Monopoly Day! Monopoly Tournament</b> 5:30 Saturday Night Comedy
<b>20</b> <b>9:30 Church Outing</b> <b>9:45 Chai Tea &amp; Current Events</b> 10:30 Resistance Band Workout 12:45 Bingo <b>2:30 Sunday Sports Recap</b> 3:30 Game On! Dominoes <b>5:30 Netflix Stand Up Comedy</b>	<b>21</b> <b>9:30 Coffee Klatch</b> <b>10:30 Latin Zumba</b> 12:45 Bingo <b>2:30 Debate Club: Has the Meaning of Thanksgiving Changed over Time?</b> 3:30 Badminton 5:00 Romantic Feature Films	<b>22</b> <b>9:30 Art History Series: Through the Eyes of the Artist: Norman Rockwell</b> 10:45 Restorative Yoga 12:45 Bingo <b>2:30 Women's Support Group</b> <b>3:30 Artistic Thanksgiving Centerpiece Creations</b> 5:00 Happy Birthday Billie Jean King: Battle of the Sexes (2017)	<b>23</b> <b>9:30 Andy Warhol Campbell's Soup Cans Exhibit Revealing</b> 10:30 Latin Zumba 12:45 Bingo <b>2:30 Thanksgiving Concert and Campbell Soup Tasting w/Mark Cole &amp; Guest Singer</b> 5:30 Evening Film Featuring <b>Leonardo Di Caprio Titanic (1997)</b>	<b>24</b> <b>9:45 Gratitude Coffee House</b> 10:30 Strength Workout <b>11:30 Thanksgiving Feast</b> 1:30 Bingo 2:30 Thanksgiving Matinee: Trains, Planes, and Automobiles (1987) <b>5:30 Youtube Opera Gala: The Greatest Arias</b>  Happy Thanksgiving Day!	<b>25</b> <b>9:30 Christmas Advent Painting</b> 10:30 Move to the Music 12:45 Bingo 2:00 Aromatherapy Meditation <b>3:00 Afternoon Yoga</b> 5:00 Shabbat Service 5:45 Paramount Pictures	<b>26</b> 9:30 Morning Walk <b>9:45 Coffeehouse Concerts: Life &amp; Music of Janis Joplin</b> 10:30 Resistance Training 12:45 Bingo 2:00 Bible Study <b>2:30 Dessert Decorating Club</b> 3:30 Spa Facials 5:30 Saturday Night Comedy
<b>27</b> <b>9:30 Church Outing</b> <b>9:45 World Issue Discussion</b> 10:30 Stretch and Strengthen 12:45 Bingo <b>2:30 Sunday Sports Recap</b> 3:30 Casino Royale: Poker <b>5:30 Netflix Stand Up Comedy</b>	<b>28</b> <b>9:30 Coffee and Christmas Topics: Planning and Presents</b> <b>10:30 Seated Weight Workout</b> 12:45 Bingo <b>2:30 Debate Club: Marie Curie's Discovery of Radiation: Pros and Cons</b> 3:30 Volleyball Tournament 5:00 Romantic Feature Films	<b>29</b> <b>9:30 Art History Series: Through the Eyes of the Artist: Georgia O'Keeffe</b> <b>10:00 Jewelry Bling Boutique</b> 10:45 Breathe Yoga 12:45 Bingo <b>2:30 Women's Support Group</b> <b>3:30 Winter Foliage Arrangements</b> 5:30 Classic Evening Concerts: Mozart Gala Concert: 250 Years of the Birth of Mozart	<b>30</b> <b>9:45 December Newsletter Unveiling and Discussion</b> 10:30 Dance Aerobics <b>12:00 Lunch and Movie Outing</b> 12:45 Bingo <b>2:30 Theater Style Matinee: Leonardo Di Caprio Feature J. Edgar (2011)</b> 5:30 Card Sharps! Poker			

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# MONTHLY MENU



<p><b>MONTHLY MENU</b></p> 	<p><b>LUNCH</b> 1 One Pan Honey Salmon Brown Rice Asparagus &amp; Carrots Cinnamon Spice Cake <b>DINNER</b> Baked Potato w/ Meat Sauce Garlic Bread Caesar Salad Chocolate Pudding</p>	<p><b>LUNCH</b> 2 Dia de los Muertos Taco Bar Refried Beans Spanish Rice Tres Leches Cake <b>DINNER</b> Chef Salad Dinner Roll Strawberry Cake</p>	<p><b>LUNCH</b> 3 Classic Turkey Melt Cole Slaw Baked Beans Ambrosia Salad <b>DINNER</b> Spaghetti Bolognese California Blend Vegetables German Chocolate Cake</p>	<p><b>LUNCH</b> 4 Grilled White Fish Garden Rice Zucchini Peach Cake <b>DINNER</b> Salami &amp; Swiss Sandwich Side of Dill Pickles Potato Crisps Fresh Fruit Tapioca Pudding</p>	<p><b>LUNCH</b> 5 BBQ Beef Sandwich French Fries Ice Cream <b>DINNER</b> Classic Mac n Cheese Broccoli &amp; Carrots Strawberry Mousse</p>	
<p><b>LUNCH</b> 6 Shrimp Pasta Alfredo Garlic Bread Mixed Vegetables Coconut Pie <b>DINNER</b> Chicken Salad Sandwich on Croissant Beet Salad Brownie</p> <p>Daylight Saving Time Ends</p>	<p><b>LUNCH</b> 7 Stuffed Bell Peppers Mashed Potatoes Peas &amp; Carrots Banana Cake <b>DINNER</b> Tuna Wrap Tomato Cucumber Salad Side of Watermelon Peach Pie</p>	<p><b>LUNCH</b> 8 Turkey Burger Pasta Salad Fresh Fruit <b>DINNER</b> BBQ Meatloaf Red Roasted Potatoes Broccoli Cream Puffs</p>	<p><b>LUNCH</b> 9 Teriyaki Chicken Kabobs Steamed Rice Pineapple Upside-down Cake <b>DINNER</b> Oven Baked Crab Cakes Carrot Slaw Chocolate Cake</p>	<p><b>LUNCH</b> 10 Beef Stew Potato &amp; Cauliflower Rice Pudding <b>DINNER</b> Cheese Manicotti Garlic Bread Carrots Bread Pudding</p>	<p><b>LUNCH ON PATIO</b> 11 BBQ Grilled Chicken Grilled Corn on the Cob American Macaroni Potato Salad Berry Flag Cake <b>DINNER</b> Chicken Parmesan Grilled Zucchini Ambrosia Salad</p> <p>Veterans Day Remembrance Day (Canada)</p>	<p><b>LUNCH</b> 12 Reuben Sandwich Cole Slaw Fresh Fruit Chocolate Mousse <b>DINNER</b> Swedish Meatballs Mashed Potatoes Mixed Vegetables Strawberry Cake</p>
<p><b>LUNCH</b> 13 Roasted Pork Mashed Potatoes Green Peas Ice Cream <b>DINNER</b> Cobb Salad Dinner Roll Cream Puffs</p>	<p><b>LUNCH</b> 14 Philly Cheese Steak Sandwich Sweet Potato Fries Jell-o <b>DINNER</b> Chicken Pot Pie Broccoli Dinner Roll Carrot Cake</p>	<p><b>LUNCH</b> 15 Tuna Salad Pita Pocket Beet Salad Sliced Melon Fruit Cobbler <b>DINNER</b> Classic Meatloaf Roasted Yukon Potatoes Sauteed Green Beans Cream Puffs</p>	<p><b>LUNCH</b> 16 Chicken Quesadilla Spanish Rice Pinto Beans Crispy Churro <b>DINNER</b> Sicilian Fish in Tomato Sauce Orzo Pasta Mixed Vegetables Eclairs</p>	<p><b>LUNCH</b> 17 Kosher Hot Dog French Fries Coleslaw Ice Cream Sandwich <b>DINNER</b> Beef Ravioli Garlic Bread Peas &amp; Carrots Fresh Fruit</p>	<p><b>LUNCH</b> 18 Fish Tacos Red Cabbage Slaw Banana Marble Cake <b>DINNER</b> Stuffed Cabbage Mashed Potatoes Peas &amp; Carrots Cookies a la Mode</p>	<p><b>LUNCH</b> 19 Chicken Marsala Baked Sweet Potato Steamed Broccoli Jell-o Cake <b>DINNER</b> Meat Lasagna Mixed Vegetables Pecan Pie</p>
<p><b>LUNCH</b> 20 Cheeseburger Potato Salad Dill Pickles Ice Cream <b>DINNER</b> Grilled Chicken Garden Salad Fresh Dinner Roll Strawberry Cake</p>	<p><b>LUNCH</b> 21 Sweet &amp; Sour Meatballs Steamed Jasmine Rice Mixed Vegetables Chocolate Cake <b>DINNER</b> Chicken Picatta Linguini Pasta Spinach Salad Peach Turnover</p>	<p><b>LUNCH</b> 22 Pepperoni Supreme Pizza Caesar Salad Fresh Fruit Chef's Dessert <b>DINNER</b> Texas Baked Mac n Cheese Grilled Buttered Bread Broccoli &amp; Cauliflower Cinnamon Churros</p>	<p><b>LUNCH</b> 23 Beef Stroganoff Egg Noodles Steamed Carrots Lemon Merengue Pie <b>DINNER</b> Chinese Chicken Salad Dinner Roll Strawberry Shortcake</p>	<p><b>THANKSGIVING LUNCH</b> 24 Slow Cooked Turkey Sourdough Stuffing Mashed Potatoes Green Beans Pumpkin Pie <b>DINNER</b> Chef Salad Dinner Roll Fresh Fruit Angel Food Cake</p> <p>Thanksgiving Day (US)</p>	<p><b>LUNCH</b> 25 Grilled Ham Steak Whipped Sweet Potatoes Roasted Squash Chef's Choice <b>DINNER</b> Beef Enchiladas Spanish Rice Avocado, Black Bean &amp; Corn Salad Apple Cake</p>	<p><b>LUNCH</b> 26 Normandy Chicken Steamed Carrots Rosemary Potatoes Banana Cream Cake <b>DINNER</b> Vegetable Egg Rolls Fried Rice Oriental Vegetables Ice Cream</p>
<p><b>LUNCH</b> 27 Pork Chops Mushroom Onion Sauce Rice Pilaf Sauteed Spinach Brownie <b>DINNER</b> Chef Salad Corn Bread Muffins Banana Cream Pie</p>	<p><b>LUNCH</b> 28 Fried Oven Baked Chicken Mac n Cheese Corn on the Cobb Marble Cake <b>DINNER</b> Cheese Quesadilla Refried Beans Spanish Rice Fresh Baked Cookies</p>	<p><b>LUNCH</b> 29 Stuffed Avocado Tuna Salad Hawaiian Roll Baked Apples <b>DINNER</b> Turkey Bacon Club Sandwich Potato Chips Watermelon Cream Puffs</p>	<p><b>LUNCH</b> 30 Garlic Herb Cornish Hen Honey Roasted Brussels Sprouts Rosemary &amp; Thyme Potatoes <b>DINNER</b> Cheese Ravioli Garlic Bread Sauteed Green Beans Ice Cream</p>			