Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:15 *Catholic Communion* 2nd 12:00 Brunch DR 6:00 Sunday Movies 5th	**2** 11:30 Balance Group 5th 1:30 Reminiscences Grp LI 5:30 Mints & Music 2nd	**3** 10:00 *Stretch & Tone w/ Mary* 5th 1:30 Sip & Paint 2nd 6:30 Bingo Night DR	**4** 12:00 *Yoga Fun* 5th 5:30 Mints & Music 2nd 6:30 Trivial Pursuit 2nd 7:00 Support Group 3rd	**5** 10:00 Chair Yoga 5th 11:30 Balance Group 5th 6:30 Bingo Night DR	**6** 11:30 Balance Group 5th 2:00 *Catholic Mass* 3rd	**7** 10:00 Chair Yoga 5th 6:00 Movie Night 5th
8 8:15 *Catholic Communion* 2nd 12:00 Brunch DR 6:00 Sunday Movies 5th	**9** 11:30 Balance Group 5th 12:00 *Quick Trivia* 2nd 5:30 Mints & Music 2nd	**10** 10:00 *Stretch & Tone w/ Mary* 5th 1:30 Sip & Paint 2nd 6:30 Bingo Night DR	**11** 11:00 *Prayer Service* 2nd 12:00 *Yoga Fun* 5th 5:30 Mints & Music 2nd 6:30 Trivial Pursuit 2nd	**12** 10:00 Chair Yoga 5th 11:30 Balance Group 5th 6:30 Bingo Night DR	**13** *56th Anniversary* 11:00 *Glamour Gais Event* 4th 3:30 *First Seating* DR 5:30 *Second Seating* DR 6:30 *Sock Hop After Party* 5th	**14** 10:00 Chair Yoga 5th 6:00 Movie Night 5th
15 8:15 *Catholic Communion* 2nd 12:00 Brunch DR 6:00 Sunday Movies 5th	**16** 11:30 Balance Group 5th 1:00 *Chaplaincy 1:1 Sessions* LI 1:30 Reminiscences Grp 4th 5:30 Mints & Music 2nd	**17** 10:00 *Stretch & Tone w/ Mary* 5th 2:30 Current Events 3rd 6:30 Bingo Night DR	**18** 11:00 *Coffee Chat* 2nd 1:00 *Tell Me More Program* 2nd 12:00 *Yoga Fun* 5th 5:30 Mints & Music 2nd 6:30 Trivial Pursuit 2nd	**19** 10:00 Chair Yoga 5th 11:30 Balance Group 5th 2:00 *Episcopal Eucharist* 3rd 6:30 Bingo Night DR	**20** 11:30 Balance Group 5th 1:00 *Art History Lectures* 5th 3:30 *Shabbat* 3rd	**21** 10:00 Chair Yoga 5th 6:00 Movie Night 5th
22 8:15 *Catholic Communion* 2nd 12:00 Brunch DR 6:00 Sunday Movies 5th	**23** 11:30 Balance Group 5th 1:30 *Club Memory* 2nd 5:30 Mints & Music 2nd	**24** 10:00 *Stretch & Tone w/ Mary* 5th 1:30 Sip & Paint 2nd 6:30 Bingo Night DR	**25** 12:00 Book Buzz 4th 12:00 *Yoga Fun* 5th 5:30 Mints & Music 2nd 6:30 Trivial Pursuit 2nd	**26** 10:00 Chair Yoga 5th 11:30 Balance Group 5th 12:00 Thanksgiving Dinner DR 6:30 Bingo Night DR	**27** 11:30 Balance Group 5th 1:00 *No Terrace Talk* DR 6:00 Wine & Cheese 4th	**28** 10:00 Chair Yoga 5th 1:30 *Seabury Book Club* 5th 6:00 Movie Night 5th
29 8:15 *Catholic Communion* 2nd 12:00 Brunch DR 6:00 Sunday Movies 5th	**30** 11:30 Balance Group 5th 12:00 *Quick Trivia* 2nd 5:30 Mints & Music 2nd					

Seabury at Friendship Terrace
Senior Living

November

Happy Birthday

Gabriel, Martha	3-Nov	Lee, David	18-Nov
Gedamu, Demissew	7-Nov	Crentsil, Maureen	21-Nov
Rivera, David	7-Nov	Johnson-Jones, Brenda	21-Nov
Abraha, Ziena	9-Nov	Jackson, Brenda	24-Nov
Roche, Margaret	11-Nov	Glasel, Carol	25-Nov
Weir, Daniel	12-Nov		
Ellis, Mary	15-Nov		

Calendar Subject To Change

LEGEND

FL	Front Lobby, 2nd Floor	GH	Green House, 5th Floor
DR	Dining Room, 2nd Floor	RTD	Roof Top Deck, 6th Floor
LI	Library, 3rd Floor	ER	Exercise Room, 1st Floor
OS	Outside	PT	Pantry, 1st Floor
2nd	2nd Floor Lounge		Activity Color Keycode:
3rd	3rd Floor Lounge		AD- Green
4th	Game Room		RSC - Blue
5th	5th Floor Lounge		FTRA - Black
			FT - Burgundy