

Thanksgiving Prayer

**Heavenly Father, on Thanksgiving Day
We bow our hearts to You and pray.**

**We give You thanks for all You have done,
especially for the gift of Jesus, Your Son.**

**For beauty in nature, Your glory we see
For joy and health, friends and family,**

**For daily provision, Your mercy, and care,
these are the blessings You graciously share.**

**So today we offer this response of praise,
with a promise to follow You all of our days.**

—Mary Fairchild

Visit us on the web at : www.EstatesatCarpenters.com



Shavings

The Magazine of **The Estates** November 2019
A T C A R P E N T E R S



*"Give thanks to the LORD, for he is good; his love endures forever."
Psalm 107:1*

From The Executive Director



There is no better way to begin this holiday season than to say “Thank you” to everyone who makes the Estates a special place to live and work. Thank you to the many volunteers who devote their time and talents to our community, to our employees who view their work as their ministry or calling, and to our volunteer Board of Directors who place the care of the residents above all else. Together, their selfless contributions define the spirit of the community.

The holiday season is a busy one for staff. The end of the year always has a flurry of activity as we try to complete the year-end projects and continue to plan for next year, but this year we have the added challenge of preparing to begin some of the major projects announced at the Quarterly Town Hall meeting. I know the extra hours and effort will be worth it as we see our efforts begin to come to fruition over the coming months.

Each year at this time we all comment about how quickly the year went by and that it seems to go by faster every year. Let’s all commit to spending time with those that we care for and love and to find ways to show that we are thankful for our many blessings. The power of a simple “Thank you,” a short note of appreciation, or taking the time to help can brighten someone’s day.

The Estates is a remarkable community because of the people who live and work here and the Estates is at its best when we work together to achieve our goals and are humble enough to listen to God. During this holiday season we will continue to pray for God’s guidance and blessings for our community and for those who live and work here.

Next year should be a milestone year for The Estates. Our path is set and now the real work begins. Thank you for all that you do for The Estates, your fellow residents, and for our fantastic staff.

- Brian Robare, CEO & Executive Director

Soaring

When you see an eagle soaring high above in the sky it seems effortless. The eagle does some flying in the beginning, but eventually it connects with the thermal updrafts and taps into their power. The difference between flying and soaring is relying on a source of power beyond oneself. The person who waits on (depends on, trust in) the Lord will find the strength to “mount up with wings like eagles” (Isaiah 40:31). Soaring means to be far above the problems and cares of this life. We can not depend on our own strength. Wait on the Lord and His power for help. “My flesh and my heart fail, but God is the strength of my heart and portion forever” (Psalm 73: 26). May we soar with God’s strength and in His power.

- Chaplain Randy Horn

Thursday Night Chapel Schedule

November 7th - Dr. Robert Hicks - Nationally known speaker and author

November 14th - The Covenant Players - A world traveled professional team, bringing the gospel through the medium of drama

November 21st - The Dunnemans - A very talented gospel singing group

November 28th - No Service - Everyone enjoy your Thanksgiving

Mindful November

November reminds us to keep our brains actively engaged. There is no certain way to prevent all types of cognitive decline, and researchers are still investigating how diseases like dementia and Alzheimer's develop. However, there is good evidence that a healthy lifestyle can help reduce your risk of developing such diseases when you're older. Participating in healthy lifestyle changes including physical activity, proper nutrition, exercising the mind and being socially active has shown to help reduce your risk. When exercising, it’s a good idea to combine both aerobic activity and resistance training, to maximize the benefits. When we exercise, it’s important to fuel our bodies properly so that we may have the energy necessary to perform the activity and for our bodies to recover. Proper nutrition means eating colorful fruits and vegetables, consuming lean proteins and limiting your sugar and salt intake. With November being Alzheimer’s Awareness Month, we will host an Alzheimer’s Bake Sale to raise funds for the Alzheimer’s Association. Our Bake Sale will be held on Monday, November 4th in the Community Room from 12 pm to 2 pm. Our community will also take part in the annual Alzheimer’s Walk on Saturday, November 9th. If you are interested in joining our team, contact your Wellness Coordinator for more information.

- Marco Silveira, Wellness Coordinator
<https://www.alzheimers.org>

Happy Birthday!

ESTATES

Carolyn Douches.02
Lucy Valcour.04
Marjorie Butler.05
Theresa Bare.06
Evelyn Wyatt.06
Ralph Posey.07
Esther Smith.07
Robert Holmstrom09
Edgar Lee.10
Carolyn Simon.10
Richard Thompson.10
Sylvia Rosetta.11
Phyllis Stewart.11
Cheryle Bronson.15
Sue Kain.15
Winnie Markarian.15
Arleen Allen.17
Liz Zellhofer.17
Elizabeth Buki.20
John Falkenham.21
Lois Phillips.23
Don Helzer.24
Mary Jorgensen.24
Joy Mogyorosy.24
Anthony Douches.25
Michael League.25
Dorothy Finklea.26
Betty Wilson.26
Marjorie Kozak.27
Nancee Smith.28
Sarah Posey.29
Alice Falkenham.30
Betty Morawski.30

HEALTH CENTER

Ruth Campbell.05
Ida Gillette.11
Donald Douglas.14
Phyllis Greene.15
Dorothy Graf.21

Those born in November are invited to celebrate their Birthday with a five course meal in the Auditorium on November 21st at 2:00 p.m. Find your invitation in your in-house mailbox. RSVP to Sonya Zubiller in C-118.



UPCOMING EVENTS:



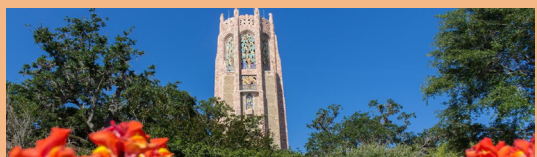
Community Tree Lighting
December 3rd 5:45-7:15 p.m. - 19th hole
Join in the count-down while enjoying hot chocolate, cider and delicious holiday treats. Sing along to your favorite Christmas carols performed by the St. Denis Band, enjoy photos with Santa, gifts, candy canes and lots of fun!



Annual Christmas Gala
December 11th 12-2 p.m. & 4-6 p.m. - MDR
Dining Services presents a spectacular array of action stations of holiday favorites, seafood items, salads, desserts and more. Semi-formal to formal attire required. Make reservations with the Main Dining Room Hostess. Invite your family and friends. Free 4x6 photos will be taken in the Lobby.



December 9th-13th & 6th-20th at 3:00 p.m.
One of our favorite traditions is Christmas music performed in our main lobby by residents, staff and guests. If you would like to perform, please call Sharon Larson extension 113. Thank you!



Bok Tower after Christmas Party
December 26th 10:00 a.m. - BUS
Tour the lovely Bok Tower grounds and holiday themed Pinewood Estate. Hear the inspirational carillon music, followed by an Early Bird Dinner at the famous Cherry Pocket in Lake Wales.

MEET YOUR NEW NEIGHBORS

Lucille McCorriston, K-206, Phone: (863) 802-8737

Lucille is originally from Canada. She was a secretary for 15 years before retiring. Lucille enjoys sewing, reading and listening to christian music. She is excited to meet her new neighbors.



Bonnie Geohagen, D-404, Phone: (813) 480-0924

Bonnie is from Miami, and worked as a Radiation Dosimeter for 30 years before retiring. Bonnie has one son and two grandsons. She enjoys reading, table games and traveling. Her favorite place traveled to so far is Spain.

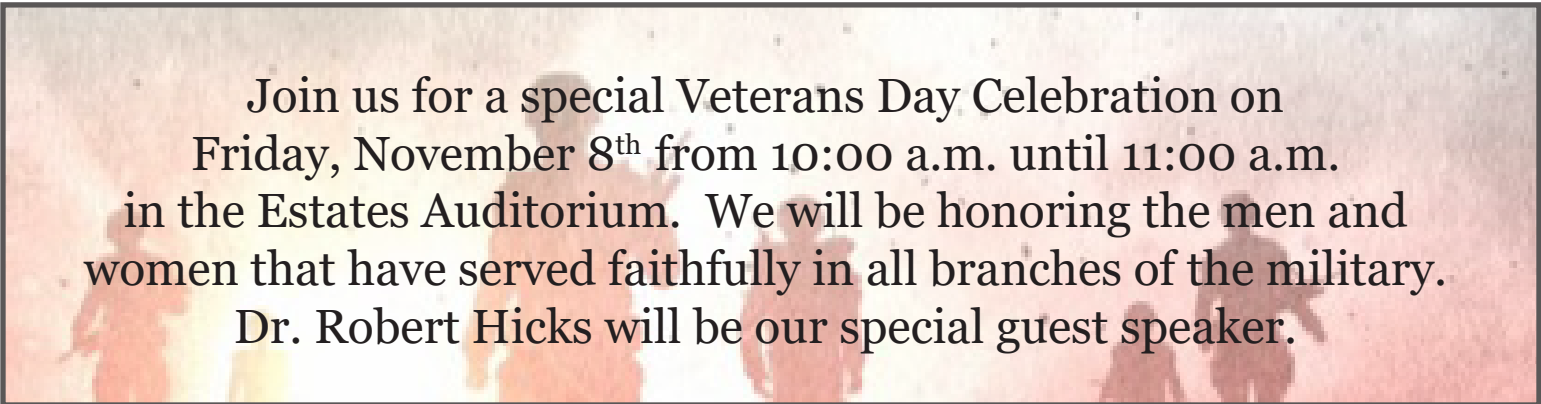
WELCOME TO YOUR NEW HOME



Thanksgiving Buffet

11:00 a.m. to 3:00 p.m. in the Main Dining Room.
Please RSVP if your party is larger than six.

Thanksgiving menu highlights, Sage and Orange Glazed Roasted Turkey with fresh cranberry sauce, Honey Glazed Pit Ham with cloves, and Broiled Salmon Fillet. Assorted Desserts: Pumpkin pie and Pecan pie!



Join us for a special Veterans Day Celebration on Friday, November 8th from 10:00 a.m. until 11:00 a.m. in the Estates Auditorium. We will be honoring the men and women that have served faithfully in all branches of the military. Dr. Robert Hicks will be our special guest speaker.

Laughter is the Best Medicine

When we were young, we compared cars and test scores. Now we compare blood pressures and arthritis pains! Did you just laugh? Maybe even a little chuckle? If you did, then congratulations! You may have made yourself a little healthier! Of course, laughter is not a miracle worker, but it does have some of these side effects:

- Increases oxygen-rich air that causes endorphins to be released in your brain (the “feel good” chemicals)
- Increases, then decreases heart rate and blood pressure, which can make you feel more relaxed
- Relaxes muscles and decreases tension by stimulating circulation
- Improves immune system and lowers stress levels
- Decreases pain, lessens anxiety and depression.

Now, as you sit in your chair and read your Shavings, try this: Go ahead and turn up the corners of your mouth and give a little laugh, even if you have to force it a bit. Repeat this process 3-4 times and before you know it, you will most likely have actually laughed out loud! Laughter may be the best medicine and you do not even need a prescription for it!

- Cheri Shrader, Director of Nursing

We have so much to be thankful for! I want to say a BIG THANK YOU to those of you that attended our “Evening with the Stars” event! We are so grateful to CHERA, Charles & Laverne Paulk and Lou McCraney who were wonderful enough to help sponsor our event. We had a packed house for Baz and he delivered an amazing message for our attendees. We were also fortunate to welcome Joe Williams, brother of Deputy Matt Williams who was killed in the line of duty 13 years ago and the person that we honor at our event. We had five K9 Units in attendance for meet and greets and many of our attendees had their pictures taken with the dogs or with Baz. Our silent auction had over 100 items this year and we had mobile bidding available so that people could even bid from home! That was a really great addition to our event and made it easy for people to bid from their table rather than having to constantly run to their item every few minutes. We do not have our final numbers in yet, but we will let you know next month where we stand. We are already planning for next year’s event, so keep an eye out and save the date so that you do not miss out! Thank you again for your support! Happy Thanksgiving!

- Michelle Robare



Health Center

During National Assisted Living Week, the residents and staff participated in many different activities and events. We started off the week by celebrating Grandparent’s Day with cupcakes and fun grandparent facts. The days to follow were celebrated with banana splits, build your own nachos, an antique car show with the Lakeland Cruisers, dancing with the square dancers from the group



"Buttons and Bows" of Lakeland, root beer floats and Big Money Bingo! There were many smiles, lots of laughter and many memories made this week. The Recreation Department would likto thank everyone that helped this week by serving the resdents, assisting them outside to enjoy the festivities, and sharing in their memories. We look forward to the many activities and events throughout the rest of the year, and if you have a chance, come visit the Health Center. Our residents would love your visit!

- Jamie Backensto, Director of Recreation



Events for November

11/08 Villa Round Table - EST 11:30 a.m
11/11 Michael Sing - MR 10:30 a.m.
11/12 Arts & Craft - DR 9:45 a.m
11/14 Resident Council Meeting - MR 10:30 a.m.
11/25 Monthly Birthday Party EPDR 12:00 p.m.
11/26 Game time - DR 2:30 p.m.
11/26 Arts & Craft - DR 9:45 a.m
11/28 Happy Thanksgiving! Be Thankful.

Health Center November Recreation Schedule

Sunday Services

11/03 Clem Schrock
11/10 Hymn Sing
11/17 Rev. William Allen
11/24 Robin Masden

Musical Entertainment 10:00 a.m.

11/01 Dale Glenn Sings
11/08 Music Time
11/15 Doug Mewhorter
11/22 William Allen
11/29 Dave Smith



Smoking Cessation

What is a good age to quit smoking? The answer is: ANY AGE is a good age to quit smoking. It’s challenging, even with determination and support; yet, is still possible for seniors to live a smoke free life. The effects of smoking are more severe and irreversible in seniors. Smoking exacerbates illnesses like cancer, osteoporosis, and cardiovascular disease. It decreases physical strength in people over 65 and leads to early cognitive dysfunction among the elderly. The benefits of quitting smoking are associated with living longer, lower chances of sickness, and lower risk of heart attacks. Elderly smokers need to have a desire to quit. Participating in an organized smoking cessation programs, consulting a doctor regarding nicotine replacements, or using medications like Zyban, are some methods that would help smokers quit smoking.

- Rana Khan, Director of Nursing, Health Center
www.guidewaycare.com



EVENTS

Entertainment

Outing

Meal Outing

Sports

01 | Sweet Wars 2:00 to 4:00 p.m - BUS

SIGN UP NOW

Sign up for Sweet Wars to support "Volunteers in Service to the Elderly" Admission is \$3 per person or \$5 per couple or 3 to 5 canned goods.

03 | Orlando Solar Bears Hockey 1:00 p.m. - BUS

SIGN UP NOW

Come out for an afternoon of fun as the Solar Bears hit the ice against the South Carolina Stingrays! Sign up in the the Fitness Center

05 | JULIET: Barn Antiques and Lunch 10:00 a.m. – BUS

SIGN UP NOW

This famous location was established in 1969 and has become an Estates tradition for holiday shopping and lunch. Enjoy browsing the many antiques, modern gifts and lovely collectables to find that unique Christmas gift. Sign up is required.

08 | Veterans Breakfast 7:00am-BUS

SIGN UP NOW

Sign up for your free breakfast at Heritage Baptist Church in honor of your service to our country. You will return in time for the Veteran Service at 10:00 a.m. where you will also be recognized. Please sign up in the Lifestyles Department or on The Hub.

08 | Veterans Day Service & Cookout 10:00 a.m. - AUD

SIGN UP NOW

Guest speaker Dr. Colonel Robert Hicks will be speaking at the Veterans Day Service. All veterans please sign up and list your branch and rank with Lifestyles C-118 for a special gift presentation. Cookout following from 11:00 a.m. to 1:00 p.m. at the 19th Hole.

12 | A New Perspective Lecture 3:00 p.m. - AUD

Guest Speaker Becky Radford from Lighthouse for the Blind will present an insightful presentation to inspire hope for any vision issues. All are invited.

12 | Drain The Ocean: Malaysia Airlines 370 6:30 p.m. – AUD

Pull the plug on the ocean using groundbreaking technology, breathtaking photography and insights from top archaeologists to discover what happened with this famous plane and its passengers.

14 | Chapel: Covenant Players 6:30 p.m. - AUD

As pioneers, using original drama as a communication resource for the church since 1963, you will have the opportunity to experience one of these uplifting plays during their visit to our Chapel service.

19 | Arm Chair Travel: Bronson's 3:00 p.m. - AUD

Doug and Cheryle take us on their most recent European tour sharing photos and stories, with a special cultural refreshment tasting.

22 | Christmas Gift Tree Outside of the Bistro

The Better Season for Senior gift giving program partners with local businesses to make a difference in the lives of older adults with no family. The giving tree will be located by the Bistro with needed items listed on gift tags. Please drop off the wrapped gift with the Christmas tag attached.

26 | Cops for Kids

The Lakeland Police Department is sponsoring their annual "Cops for Kids" toy drive. All collected toys will go to local children affected by crime. If you would like to participate in this program, please drop off a new, unwrapped toy to the Front Desk.

26 | Piano and Guitar Concert 6:30 p.m. - AUD

David Smith returns with your favorite holiday songs in an enjoyable Christmas concert and sing along setting.

30 | Make Christmas Cards, Tags, Bags 10:30 a.m. - AS

SIGN UP NOW

Sign up for this favorite holiday class. Katie Senkarik is a professional instructor who has created this unique class to inspire you to get a head start on your Christmas traditions.

FYI | Local Shopping

SIGN UP NOW

With Christmas just around the corner, we have added more local shopping days to increase your choice of many fabulous stores close by. Mondays at 12:30 p.m.; Wednesdays at 9:30 a.m.; Fridays at 10:00 a.m. Sign up at the front desk with your name and store choice.

Resident Spotlight: Jane Green



Jane was born and raised in Georgia, where she met and married her husband Leo, of nearly 50 years. Leo was a WWII Army Veteran who later worked as a Workshop Supervisor, in a company that built handicap supplies to support independent living. When Jane retired from the Caterpillar Company, she and Leo made Winter Haven their full time residence away from the cold north. They have one daughter, Marsha Hoffman, who many of you know, as she spent many winters here in the Florida sunshine, to be near her Mom. In 1994 Leo and Jane moved to The Estates. Jane reinvented her retirement years

by joining forces with Judy Wilder in Marketing. For the next few years, she traveled with Judy to a variety of retirement communities to make presentations about The Estates. As a resident who enjoyed living in this community, her vibrant spirit inspired those listening to make the wise decision to move here as well. Jane was involved with the CHERA Board, was with the inaugural start-up of our fabulous CHERA Choir, helped "run" the popular Bingo night and participated in many outings and events around the community. As an avid reader, Jane enjoys getting new books from our well stocked library, and she utilizes our Matura Salon and Spa on a regular basis, where I actually found her to do this interview. Jane says, "Although the Estates is expanding, and the décor upgrades have changed, one thing remains, and that is a community that feels like family. This is a place where our spiritual connection with God is encouraged and where traditions are honored and celebrated." Some of Jane's favorite memories are around all the holidays - listening to her favorite songs and singing along, attending the worship services, participating in social events with delicious treats, dining at the Gala, and attending the community "Tree Lighting" with her daughter. Jane lives out her motto, "You are only as happy as you let yourself be," and she wants to encourage you to get involved, and to join her and your friends at the special events coming up!

- Sharon Larson, Resident Lifestyles Director



The Good Samaritan Fund



The balance of the GOOD SAMARITAN FUND is \$374,608.75 As of September 30, 2019, \$57,785.98 has been used to help residents. Monies are taken from the interest earned.

Memorials, Honorariums & Donations

The Estates would like to thank the following individuals for their generosity during the month of September 2019:

Janet Armstrong, Becky Bailey, Katherine Cobb, Nesebe Denney, Lynn & Kathy Harrison, Gail Hestand, Leslie Mitchell, Mr. & Mrs. Brian Robare, Sage Age Strategies, Mr. & Mrs. John Thompson, Mr. & Mrs. Matthew Thompson.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>November</div>		<div>Abbreviations Key</div> <div>AUD - Auditorium</div> <div>AS - Art Studio, D-406</div> <div>C - Chapel, K-106</div> <div>CR - Community Room</div> <div>ECR - Estates Conference Room</div> <div>FC - Fitness Center</div> <div>GR - Game Room</div> <div>MDR - Main Dining Room</div> <div>PDR - Private Dining Room</div> <div>WC - Wellness Clinic, C-121</div>	<div>Gift Shop Hours</div> <div>M-F 8:30 - 10:00 a.m.</div> <div>2:00 - 3:30 p.m.</div> <div>Matura Salon Open</div> <div>Appointments dial, ext. 115</div> <div>Water Workout, M-F 10:00am</div> <div>All Invited - Pool</div> <div>Coffee Connections - CR</div> <div>Monday - Saturday 6:30 am</div>	<div>9:00 Group Exercise - AUD</div> <div>10:00 Local Shopping - BUS</div> <div>10:00 Tai Chi - AUD</div> <div>11:00 Billiards - GR</div> <div>11:00 Indoor Volleyball - AUD</div> <div>1:00 Sweet Wars - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:00 Hand & Foot - C/D 3rd</div> <div>2:00 Documentary: Against the Sun</div> <div>U.S Airmen True Story - AUD</div> <div>6:00 Pinochle - AUD</div> <div>6:30 Manipulation Cards - AUD</div> <div>6:30 FSC: Symphony - BUS</div>	<div>12:00 Wii Sports - GR</div> <div>12:00 to 2:00 Buffet - MDR</div> <div>2:00 Billiards - GR</div> <div>3:00 Documentary: Vikings</div> <div>Unearthed Part 1 - AUD</div> <div>4:00 to 6:00 Buffet - MDR</div> <div>6:00 Movie & Popcorn - AUD</div> <div>"An American President"</div>
<div>Day Light Savings Ends</div> <div>9:00 Sunday School - CR</div> <div>10:15 CHERA Worship - AUD</div> <div>Rev. Robert Thorn</div> <div>United Methodist</div> <div>11:15 to 2:30 Buffet - MDR</div> <div>1:00 Orlando Solar Bears Hockey - BUS</div> <div>1:30 Hand & Foot - C/D 3rd FL</div> <div>1:30 FSC: Copenhagen - BUS</div> <div>2:00 Mah Jongg - A/B 3rd FL</div> <div>3:00 Matinee: Bill Gaither Patriotic</div> <div>Celebration - AUD</div>	<div>9:00 Drum Fit - AUD</div> <div>10:00 Nine Hole Wedgewood Golf</div> <div>10:30 Walmart - BUS</div> <div>10:30 CHERA Chorus - AUD</div> <div>11:00 Billiards - GR</div> <div>11:30 The Silent Singers - AUD</div> <div>12:00 to 2:00 Alzheimers Bake Sale - CR</div> <div>12:30 Local Shopping - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Mah Jongg - A/B 3rd FL</div> <div>2:00 Bible Study - AUD</div> <div>6:00 Scrabble - C/D 3rd FL</div> <div>6:30 Bingo - AUD</div>	 <div>7:00 a.m. Voting Opens - AUD</div> <div>Ping Pong All Day - GR</div> <div>Strength Training all day - FC</div> <div>9:00 Cranium Crunches - AS</div> <div>10:30 Catholic Service - Villa</div> <div>11:30 JULIET: The Barn Antiques</div> <div>& Lunch - BUS</div> <div>6:00 Residents Cheer Softball Team - BUS</div> <div>7:00 p.m Voting Closes - AUD</div>	<div>8:30 Intercessory Prayer - ECR</div> <div>8:45 Group Exercise - AUD</div> <div>9:30 Local Shopping - BUS</div> <div>11:00 Marketing Luncheon - AUD</div> <div>11:00 Billiards - GR</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Walmart - BUS</div> <div>3:00 Ladies Bible Study - AUD</div> <div>4:00 ROMEO: Ford's Garage - BUS</div> <div>6:00 Bridge - MDR</div> <div>6:00 Mexican Train - F/G 3rd</div> <div>6:30 RP Funding: Family Feud - BUS</div>	<div>9:00 Gentle Yoga - AUD</div> <div>9:30 Publix Shopping - BUS</div> <div>10:00 Sit & Get Fit - AUD</div> <div>11:00 Body Balance - AUD</div> <div>12:00 Wii Golf - GR</div> <div>1:00 Scrabble - C/D 3rd FL</div> <div>2:00 Ping Pong - GR</div> <div>2:00 Banks - BUS</div> <div>6:30 Dr. Robert Hicks - AUD</div>	<div>10:00 Local Shopping - BUS</div> <div>10:00 to 12:00 Flea Market - A421</div> <div>Furniture Sale - C217</div> <div>10:00 Veterans Service - AUD</div> <div>Memorabilia Display</div> <div>11:00 to 1:00 Veterans Day</div> <div>Cook Out - 19th Hole</div> <div>1:00 Wii Bowling - GR</div> <div>1:00 Hand & Foot - C/D 3rd</div> <div>6:00 Pinochle - AUD</div> <div>6:30 Manipulation Cards - AUD</div>	<div>9:00 to 11:00 Flea Market - A421</div> <div>Furniture Sale - C217</div> <div>8:45 Alzheimer's Walk - BUS</div> <div>11:00 The Hub Refresher - AUD</div> <div>12:00 Wii Sports - GR</div> <div>12:00 to 2:00 Buffet - MDR</div> <div>2:00 Billiards - GR</div> <div>3:00 Documentary: Vikings</div> <div>Unearthed Part 2 - AUD</div> <div>4:00 to 6:00 Buffet - MDR</div> <div>6:00 Movie & Popcorn - AUD</div> <div>"War Horse"</div>
<div>Billiards All Day - GR</div> <div>9:00 Sunday School - CR</div> <div>10:15 CHERA Worship - AUD</div> <div>Chaplain Jeff Peppers</div> <div>United Methodist</div> <div>11:15 to 2:30 Buffet - MDR</div> <div>1:00 LCT: Kitchen Witches - BUS</div> <div>1:00 FSC: Fall into Dance - BUS</div> <div>1:30 Hand & Foot - C/D 3rd FL</div> <div>2:00 Mah Jongg - A/B 3rd FL</div>	<div>Happy Veterans Day!</div> <div>9:00 Group Exercise - AUD</div> <div>10:30 CHERA Chorus - AUD</div> <div>10:30 Walmart - BUS</div> <div>11:00 Billiards - GR</div> <div>11:30 The Silent Singers - AUD</div> <div>12:30 Local Shopping - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Mah Jongg - A/B 3rd FL</div> <div>2:00 Bible Study - AUD</div> <div>6:00 Scrabble - C/D 3rd FL</div> <div>6:30 Bingo - AUD</div>	<div>Ping Pong All Day - GR</div> <div>9:00 Cranium Crunches - AUD</div> <div>10:00 Foshee Jewelers - CR</div> <div>10:00 Sit & Get Fit - AUD</div> <div>12:00 to 2:00 Taste & Tour - MDR</div> <div>1:00 Bean Bag Baseball - AUD</div> <div>4:00 to 6:00 Taste & Tour - MDR</div> <div>6:30 Drain the Ocean - AUD</div> <div>"Malaysia Airlines 370"</div> <div>6:30 FSC: Brass - BUS</div>	<div>8:30 Intercessory Prayer - ECR</div> <div>9:00 Journeying Through Grief - ECR</div> <div>9:00 Group Exercise - AUD</div> <div>9:30 Local Shopping - BUS</div> <div>10:00 Sit & Get Fit - AUD</div> <div>11:00 Billiards - GR</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Walmart - BUS</div> <div>2:00 Ladies Bible Study Social - AUD</div> <div>6:00 Bridge - AUD</div> <div>6:00 Mexican Train - F/G 3rd</div>	<div>Audiologist - Appt. Only - WC</div> <div>7:15 CHERA Advisory - PDR</div> <div>9:00 Gentle Yoga - AUD</div> <div>9:30 Publix Shopping - BUS</div> <div>10:00 Sit & Get Fit - AUD</div> <div>11:00 Body Balance - AUD</div> <div>12:00 Wii Golf - GR</div> <div>1:00 Scrabble - C/D 3rd FL</div> <div>2:00 CHERA Resident Meeting - AUD</div> <div>2:00 Ping Pong - GR</div> <div>2:00 Banks - BUS</div> <div>6:15 FSC: Lecture - BUS</div> <div>6:30 Chapel: Covenant Players - AUD</div>	<div>9:00 Group Exercise - AUD</div> <div>10:00 Local Shopping - BUS</div> <div>10:00 Post Office - BUS</div> <div>10:00 Tai Chi - AUD</div> <div>11:00 Indoor Volleyball - AUD</div> <div>11:00 Billiards - GR</div> <div>1:00 Wii Bowling - GR</div> <div>1:00 Hand & Foot - C/D 3rd</div> <div>3:00 Cooking Show - CR</div> <div>6:00 Pinochle - AUD</div> <div>7:15 FSC: Bandtastic and</div> <div>ISO Concert - BUS</div> <div>6:30 Manipulation Cards - AUD</div>	<div>12:00 Wii Sports - GR</div> <div>12:00 to 2:00 Buffet - MDR</div> <div>2:00 Billiards - GR</div> <div>3:00 Beyond the Tassel:</div> <div>Nutrition Made Clear - AUD</div> <div>4:00 to 6:00 Buffet - MDR</div> <div>6:00 Movie & Popcorn - AUD</div> <div>"Miracles From Heaven"</div>
<div>Billiards All Day - GR</div> <div>9:00 Sunday School - CR</div> <div>10:15 CHERA Worship - AUD</div> <div>Rev. Randy Horn</div> <div>EAC Chaplain</div> <div>11:15 to 2:30 Buffet - MDR</div> <div>1:30 Hand & Foot - C/D 3rd FL</div> <div>2:00 Mah Jongg - A/B 3rd FL</div>	<div>9:00 Drum Fit - AUD</div> <div>10:00 Nine Hole Wedgewood Golf</div> <div>10:30 Walmart - BUS</div> <div>10:30 CHERA Chorus - AUD</div> <div>11:00 Billiards - GR</div> <div>11:30 The Silent Singers - AUD</div> <div>12:30 Local Shopping - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Mah Jongg - A/B 3rd FL</div> <div>2:00 Bible Study - AUD</div> <div>6:00 Scrabble - C/D 3rd FL</div> <div>6:30 Bingo - AUD</div>	<div>Podiatrist - Appt. Only - WC</div> <div>Ping Pong All Day - GR</div> <div>9:00 Cranium Crunches - AUD</div> <div>10:00 Town Hall - MDR</div> <div>10:30 Catholic Mass - PDR</div> <div>10:00 Sit & Get Fit - AUD</div> <div>1:00 Bean Bag Baseball - AUD</div> <div>3:00 Arm Chair Travel - AUD</div> <div>Cheryle and Doug Bronson</div> <div>4:00 Dinner Out: Il Forno - BUS</div>	<div>8:30 Intercessory Prayer - ECR</div> <div>8:45 Group Exercise - AUD</div> <div>10:00 Christian Book Store - BUS</div> <div>11:00 Marketing Luncheon - AUD</div> <div>11:00 Billiards - GR</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Walmart - BUS</div> <div>3:00 Ladies Bible Study - AUD</div> <div>6:00 Bridge - AUD</div> <div>6:00 Mexican Train - F/G 3rd</div> <div>6:30 RPF: Cirque Dream Holidays - BUS</div>	<div>9:00 Religious Resources - Chapel</div> <div>9:00 Gentle Yoga - AUD</div> <div>9:30 Publix Shopping - BUS</div> <div>10:00 Sit & Get Fit - AUD</div> <div>11:00 Body Balance - AUD</div> <div>12:00 Wii Golf - GR</div> <div>1:00 Scrabble - C/D 3rd FL</div> <div>2:00 Ping Pong - GR</div> <div>2:00 Book Club - CR</div> <div>2:00 Birthday Dinner - AUD</div> <div>2:00 Banks - BUS</div> <div>6:30 Chapel: Dr. Dan Morris - AUD</div>	<div>9:00 Exercise Group - AUD</div> <div>10:00 Local Shopping - BUS</div> <div>10:00 to 12:00 Flea Market - A421</div> <div>Furniture Sale - C217</div> <div>10:00 Northside Library - BUS</div> <div>10:00 Tai Chi - AUD</div> <div>11:00 Billiards - GR</div> <div>1:00 Wii Bowling - GR</div> <div>1:00 Hand & Foot - C/D 3rd</div> <div>2:00 Vikings Unearthed - AUD</div> <div>6:00 Pinochle - AUD</div> <div>6:30 Manipulation Cards - AUD</div> <div>6:30 RP Funding: Ballet - BUS</div>	<div>9:00 to 11:00 Flea Market - A421</div> <div>Furniture Sale - C217</div> <div>12:00 Wii Sports - GR</div> <div>12:00 to 2:00 Buffet - MDR</div> <div>2:00 Billiards - GR</div> <div>3:00 Beyond the Tassel:</div> <div>Nutrition Made Clear - AUD</div> <div>4:00 to 6:00 Buffet - MDR</div> <div>6:00 Movie & Popcorn - AUD</div> <div>"Unbroken" (True Story)</div>
<div>Billiards All Day - GR</div> <div>9:00 Sunday School - CR</div> <div>10:15 CHERA Worship - AUD</div> <div>Rev. Greg Robinson</div> <div>Assemblies of God</div> <div>11:15 to 2:30 Buffet - MDR</div> <div>1:30 FSC: Sound of Music - BUS</div> <div>1:30 Hand & Foot - C/D 3rd FL</div> <div>2:00 Mah Jongg - A/B 3rd FL</div>	<div>9:00 Group Exercise - AUD</div> <div>10:30 CHERA Chorus - AUD</div> <div>10:30 Walmart - BUS</div> <div>11:00 Billiards - GR</div> <div>11:30 The Silent Singers - AUD</div> <div>12:30 Local Shopping - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Mah Jongg - A/B 3rd FL</div> <div>2:00 Bible Study - AUD</div> <div>5:00 Ladies Boutique - D304</div> <div>6:00 Scrabble - C/D 3rd FL</div> <div>6:30 Bingo - AUD</div>	<div>Ping Pong All Day - GR</div> <div>9:00 Cranium Crunches - AUD</div> <div>10:00 Foshee Jewelers - CR</div> <div>10:00 Sit & Get Fit - AUD</div> <div>10:00 Ladies Boutique - D304</div> <div>1:00 Bean Bag Baseball - AUD</div> <div>3:00 Health Talk: Jason Brown</div> <div>"Advanced Directives" - AUD</div> <div>6:30 Piano/Guitar Holiday</div> <div>Sing-along - AUD</div>	<div>8:00 BP Checks - AUD</div> <div>8:30 Intercessory Prayer - ECR</div> <div>9:00 Group Exercise - AUD</div> <div>9:30 Publix - BUS</div> <div>10:00 Sit & Get Fit - AUD</div> <div>11:00 Billiards - GR</div> <div>11:30 Project Care Outreach - BUS</div> <div>1:00 Wii Bowling - GR</div> <div>1:30 Walmart - BUS</div> <div>3:00 Ladies Bible Study - AUD</div> <div>6:00 Bridge - AUD</div> <div>6:00 Mexican Train - F/G 3rd</div>	<div>Happy Thanksgiving!</div> <div>7:30 to 9:00 Breakfast - MDR</div> <div>11:00 to 3:00 Buffet - MDR</div> <div>12:00 Wii Golf - GR</div> <div>1:00 Scrabble - C/D 3rd FL</div> <div>2:00 Ping Pong - GR</div> <div>6:00 Movie: Meet Me in</div> <div>St. Louis - AUD</div>	<div>9:00 Strength Training - FC</div> <div>10:00 Local Shopping - BUS</div> <div>11:00 Bean Bag Baseball - AUD</div> <div>11:00 Billiards - GR</div> <div>1:00 Wii Bowling - GR</div> <div>1:00 Hand & Foot - C/D 3rd</div> <div>6:00 Pinochle - AUD</div> <div>6:30 Manipulation Cards - AUD</div>	<div>10:30 Make Christmas Cards,</div> <div>Tags and Bags - AS</div> <div>12:00 Wii Sports - GR</div> <div>12:00 to 2:00 Buffet - MDR</div> <div>2:00 Billiards - GR</div> <div>3:00 Beyond the Tassel:</div> <div>Nutrition Made Clear - AUD</div> <div>4:00 to 6:00 Buffet - MDR</div> <div>6:00 Movie & Popcorn - AUD</div> <div>"One Special Night"</div>