

enjoy life

THIS MONTH'S FEATURED PROGRAMS

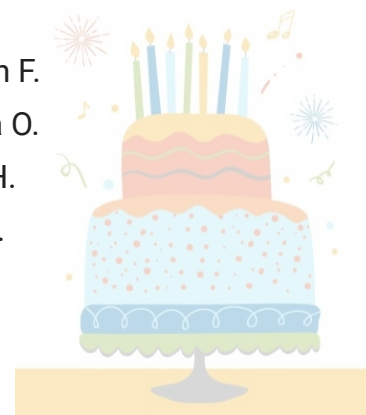
GRACE
COMMONS

a capri community

W195 N9550 Rolling Meadow Circle
Menomonee Falls, WI 53051

Happy Birthday!

12th Joann F.
15th Maria O.
18th Ron H.
25th Pat S.



Exploring the New



ADVENTURE

Holy Hill Ride & Lunch Bunch

Take a ride to Holy Hill and look at the fall colors.

Lunch Bunch-Pizza Ranch

DATE: Tuesday, November 5th

Bus Leaves at 9:30AM

Lobby

Positive, Meaningful, Relationships and Service



COMMUNITY

Grace Commons Fashion Show

Grace Commons partnered with Robin's Nest in Menomonee Falls to show the latest fashion in women's clothing. Please join us as our models walk the runway.

Date: Friday, November 15th

Time: 2:00PM

Dining Room

Self-Improvement and Discovery



LEARNING

Traveling Series

Travel with Rose as she takes you to different countries to learn about their culture.

Turkey: Thursday, November 7th

Jordan: Thursday, November 21st

10:30AM

AL Multipurpose Room

Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

Orange Shoe Fall Workshop

Learn the "5 Must Do" Movements before getting out of bed to improve your strength and balance

DATE: Friday, November 8th

Time: 3:00-3:30PM

&

3:30-4:00PM

Wellness Suite

DON'T FORGET TO RSVP!



Shopping Trips

Holy Hill
&
Lunch Bunch-Pizza Ranch

Fashion Show

JOIN THE CLUB




If you're interested in joining one of our clubs, please talk with Kelly or Rose for more information.

Book Club
Garden Club

Walking Club
Flower Club

DON'T FORGET TO RSVP!

ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		W195 N9550 Rolling Meadow Circle Menomonee Falls, WI 53051 (262) 252-9600	Location Keys AL Multipurpose Room ALM AL Theater ALT Dining Room D Family Room FR Great Room G Lobby L Tap Room TR Wellness Suite W	\$\$ - Extra payment due at sign-up <u>Underline</u> - Requires sign-up Bold - enjoy life Featured Program	9:00 Orange Shoe Exercise [W] 1 10:00 Board Games [L] 1:15 Rosary [FR] 2:00 AL Movie- [ALT]	10:00 Walking/Wheeling Club [L] 2 10:30 Patio Chats [L] 2:00 Theme BINGO-\$ [G] 3:30 Pretty Nails [G]
Daylight Saving Time Ends 3 10:30 Puzzle Time [ALM] 2:00 AL Movie- 2:15 Trivia Pursuit [G]	4 9:30 Daily Chronicles/Stretch & Flex [G] 9:30 Exercise [W] 10:30 Board Games [L] 10:30 <u>Metro Market [L]</u> 1:00 Connect 4 [ALM] 2:00 BINGO-\$ 3:00 Catholic Church Service [G] 3:30 Scrabble	Election Day 5 9:00 AL Exercise [ALM] 9:30 <u>Holy Hill Drive & Lunch Bunch Pizza Ranch \$ [L]</u> 10:30 Rummikub 1:00 Fox Exercise-Balance For Better Movement [W] 2:00 Crafts-Journal Making [ALM] 4:00 Happy Hour-BYOB [TR]	6 9:00 AL Exercise [ALM] 9:30 Daily Chronicles/Stretch & Flex [G] 9:30 Fox Exercise [W] 9:30 Speaker:Updates on Medicare [FR] 10:30 Card Game-Garbage [L] 1:00 Grace Bible Study [W] 2:00 Horse Race-\$ [G] 3:30 Wii Bowling [G]	7 9:00 Exercise [ALM] 9:30 Daily Chronicles [G] 10:00 Stretch and Flex [G] 10:30 Traveling Series: Turkey [ALM] 2:00 BINGO 3:30 Musicals [ALT] 3:30 One-On-One with Rose	8 9:00 Orange Shoe Exercise [W] 10:00 Board Games [L] 1:15 Rosary [FR] 2:00 AL Movie- [ALT] 3:00 Orange Shoe Workshop: 5 Must Do Movements [W]	9 10:00 Walking/Wheeling Club [L] 10:30 Patio Chats [L] 2:00 Theme BINGO-\$ [G] 3:30 Pretty Nails [G]
10:30 Puzzle Time [ALM] 10 2:00 AL Movie- 2:15 Card Game-Garbage [G]	Veterans Day 11 9:30 Daily Chronicles/Stretch & Flex [G] 9:30 Exercise [W] 10:00 Veterans Day Party [TR] 10:30 <u>Aldi [L]</u> 10:30 Board Games [L] 1:00 Jenga [ALM] 2:00 BINGO-\$ 3:30 Scrabble [L]	12 9:00 AL Exercise [ALM] 9:30 Drumming [G] 10:30 Rummikub 10:30 Speaker-LaToya Bates: Life In Translation [FR] 1:00 Fox Exercise-Balance For Better Movement [W] 2:00 Baking with Rose 4:00 Happy Hour-BYOB [TR]	13 9:00 AL Exercise [ALM] 9:30 Daily Chronicles/Stretch & Flex [G] 9:30 Fox Exercise [W] 10:30 Card Game-Garbage [L] 10:30 Grace Church Service [W] 1:00 AL Meeting [G] 2:00 Horse Race-\$ [G] 3:30 <u>Dollar Tree/Hobby Lobby [L]</u> 4:00 OSHER Series: Native History Of Milwaukee [FR]	14 9:00 Exercise [ALM] 9:30 Daily Chronicles [G] 10:00 Stretch and Flex [G] 10:30 History Club With Tim [FR] 10:30 One-On-One with Rose 2:00 BINGO 3:30 Musicals [ALT] 3:30 One-On-One with Rose	15 9:00 Orange Shoe Exercise [W] 10:00 Board Games [L] 1:15 Rosary [FR] 2:00 AL Movie- [ALT] 2:00 <u>Fashion Show [D]</u>	16 10:00 Walking/Wheeling Club [L] 10:30 Patio Chats [L] 2:00 Theme BINGO-\$ [G] 3:30 Pretty Nails [G]
10:30 Puzzle Time [ALM] 17 2:00 AL Movie- 2:15 Trivia Pursuit [G]	18 9:30 Daily Chronicles/Stretch & Flex [G] 9:30 Exercise [W] 10:30 Board Games [L] 10:30 <u>Piggly Wiggly [L]</u> 1:00 Connect 4 [ALM] 2:00 BINGO-\$ 3:30 Scrabble [L]	19 9:00 AL Exercise [ALM] 9:30 Drumming [G] 10:30 Rummikub 1:00 Fox Exercise-Balance For Better Movement [W] 2:00 Crafts-Journal Making [ALM] 4:00 Happy Hour-BYOB [TR]	20 9:00 AL Exercise [ALM] 9:30 Daily Chronicles/Stretch & Flex [G] 9:30 Exercise and Chronicles 9:30 Fox Exercise [W] 10:30 Card Game-Garbage [L] 1:00 Grace Bible Study [FR] 2:00 Horse Race-\$ [G] 3:30 <u>Kohl's/Target [L]</u>	21 9:00 Exercise [ALM] 9:30 Daily Chronicles [G] 10:00 Stretch and Flex [G] 10:30 Traveling Series: Jordan [ALM] 2:00 BINGO 3:30 Musicals [ALT] 3:30 One-On-One with Rose	22 9:00 Orange Shoe Exercise [W] 10:00 Board Games [L] 10:30 Men's Club-Pizza & Movie [ALT] 1:15 Rosary [FR] 2:00 AL Movie- [ALT]	23 10:00 Walking/Wheeling Club [L] 10:30 Patio Chats [L] 2:00 Theme BINGO-\$ [G] 3:30 Pretty Nails [G]
10:30 Puzzle Time [ALM] 24 2:00 AL Movie- 2:15 Card Game-Garbage [G]	25 9:30 Daily Chronicles/Stretch & Flex [G] 9:30 Exercise [W] 10:30 Board Games [L] 10:30 <u>Walmart [L]</u> 1:00 Jenga [ALM] 2:00 BINGO-\$ 3:30 Scrabble [L]	26 9:00 AL Exercise [ALM] 9:30 Drumming [G] 10:30 LaToya Bates: Thankful For All That Is Given [FR] 10:30 Rummikub 1:00 Fox Exercise-Balance For Better Movement [W] 1:30 Turkey Hunting Obstacle Course [L] 3:00 Happy Hour-Happy Birthday [TR]	27 9:00 AL Exercise [ALM] 9:30 Daily Chronicles/Stretch & Flex [G] 9:30 Fox Exercise [W] 10:30 Card Game-Garbage [L] 2:00 Horse Race-\$ [G] 3:30 <u>Metro Market [L]</u>	Thanksgiving 28 2:00 Movie [ALM]	29 9:00 Orange Shoe Exercise [W] 10:00 Board Games [L] 1:15 Rosary [FR] 2:00 AL Movie- [ALT]	30 10:00 Walking/Wheeling Club [L] 10:30 Patio Chats [L] 2:00 Theme BINGO-\$ [G] 3:30 Pretty Nails [G]