

GRACE COMMONS

a capri community

W195 N9550 Rolling Meadow Circle
Menomonee Falls, WI 53051



Happy Birthday

1st Roger P.
2nd Don S.
3rd Mary J.
4th Myrle F.
10th Bernice R.
10th Yvonne H.
11th Ursula F.
21st Debbie B.
22nd Joanne W.
24th Robert C.

JOIN THE CLUB

DON'T FORGET TO RSVP!



Shopping
Wacky Women's Club
Crafts
IL Lunch Bunch-Bandero County Wood Grill



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

Book Club
Garden Club

Walking Club
Flower Club

enjoy life

THIS MONTH'S FEATURED PROGRAMS

Exploring the New



ADVENTURE

Positive, Meaningful, Relationships and Service



COMMUNITY

Self-Improvement and Discovery



LEARNING

Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

Fireside Theater Miracle on 34th Street

Get into the holiday spirit at the Fireside Theater and watch the classic Miracle on 34th Street.

DATE: Thursday, November 7th

TIME: 9:10am

Lobby

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 run way.

Date: Friday, November 15th

Time: 2:00PM

Dining Room

OSHER: Native History of Milwaukee

One of the most unexplored aspects of Wisconsin history is the Native Societies that lived in present-day Milwaukee. The reason for this oversight was that Milwaukee was not along the great artery of the Fox-Wisconsin Waterway

Wednesday, November 13th

4:00PM

Family Room

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

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3:30-4:00PM

Wellness Suite

INDEPENDENT LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>GRACE COMMONS a capri community</p> <p>W195 N9550 Rolling Meadow Circle Menomonee Falls, WI 53051 (262) 252-9600</p> <p>Location Keys Dining Room D Family Room FR Great Room G Lobby L Multipurpose Room M Tap Room TR Wellness Suite W</p> <p>\$\$ - Extra payment due at sign-up <u>Underline</u> - Requires sign-up Bold - enjoy life Featured Program</p>						
<p>Daylight Saving Time Ends 3</p> <p>1:00 Movie- 2:00 Dominos [M] 6:00 <u>Wacky Womens Club</u> [FR]</p>	<p>4</p> <p>8:30 Exercise [W] 9:00 Exercise [W] 9:30 Exercise [W] 10:30 <u>Metro Market</u> [L] 1:00 BINGO-\$ [TR] 3:00 Catholic Church Service [G]</p>	<p>Election Day 5</p> <p>9:00 Coffee Club [TR] 10:30 Horse Races-\$ [TR] 1:00 Fox Exercise-Balance For Better Movement [W] 1:00 Hand & Foot Card Game [TR] 1:00 Mahjong [FR] 1:00 Movie- 4:00 Happy Hour-BYOB [TR]</p>	<p>6</p> <p>8:30 Fox Exercise [W] 9:00 Fox Exercise [W] 9:30 Fox Exercise [W] 9:30 Speaker:Updates on Medicare [FR] 10:30 Book Club [FR] 1:00 Grace Bible Study [FR]</p>	<p>7</p> <p>9:00 Coffee Club [TR] 9:10 Fireside Theater:Miracle on 34th Street [L] 1:00 IL Resident Meeting [TR] 1:00 Mahjong [FR] 1:00 Movie- 2:00 Sheepshead-\$ [FR]</p>	<p>1</p> <p>8:30 Orange Shoes Exercise [W] 9:00 Orange Shoe Exercise [W] 10:00 Friday Adventure:Our Living World-The Rhythm of Life 1:15 Rosary [FR] 2:00 Cribbage [TR] 2:00 Hand & Foot Card Game [TR]</p>	<p>2</p> <p>10:00 Walking Club [L] 1:00 Dominos [M] 1:00 Movie- 2:00 Rummicube [TR]</p>
<p>10</p> <p>1:00 Movie- 2:00 Dominos [M]</p>	<p>Veterans Day 11</p> <p>8:30 Exercise [W] 9:00 Exercise [W] 9:30 Exercise [W] 10:00 Veterans Day Party [TR] 10:30 <u>Aldi</u> [L] 1:00 BINGO-\$ [TR] 2:30 Fox Therapy Screening [W]</p>	<p>12</p> <p>9:00 Coffee Club [TR] 10:30 Speaker-LaToya Bates: Life In Translation [FR] 1:00 Fox Exercise-Balance For Better Movement [W] 1:00 Hand & Foot Card Game [TR] 1:00 Mahjong [FR] 1:00 Movie- 4:00 Happy Hour-BYOB [TR]</p>	<p>13</p> <p>8:30 Fox Exercise [W] 9:00 Fox Exercise [W] 9:30 Fox Exercise [W] 10:30 Grace Church Service [W] 2:00 Team Trivia with Kelly [TR] 3:30 <u>Dollar Tree/Hobby Lobby</u> [L] 4:00 OSHER Series: Native History Of Milwaukee [FR]</p>	<p>14</p> <p>9:00 Coffee Club [TR] 10:30 History Club With Tim [FR] 1:00 Mahjong [FR] 1:00 Movie- 2:00 Sheepshead-\$ [FR]</p>	<p>8</p> <p>8:30 Orange Shoes Exercise [W] 9:00 Orange Shoe Exercise [W] 10:00 Friday Adventure 1:15 Rosary [FR] 2:00 Cribbage [TR] 2:00 Hand & Foot Card Game [TR] 3:00 Orange Shoe Workshop: 5 Must Do Movements [W]</p>	<p>9</p> <p>10:00 Walking Club [L] 1:00 Dominos [M] 1:00 Movie- 2:00 Rummicube [TR]</p>
<p>17</p> <p>1:00 Movie- 2:00 Dominos [M] 6:00 <u>Wacky Womens Club</u> [FR]</p>	<p>18</p> <p>8:30 Exercise [W] 9:00 Exercise [W] 9:30 Exercise [W] 10:30 <u>Piggly Wiggly</u> [L] 1:00 BINGO-\$ [TR]</p>	<p>19</p> <p>9:00 Coffee Club [TR] 10:30 Horse Races-\$ [TR] 1:00 Fox Exercise-Balance For Better Movement [W] 1:00 Hand & Foot Card Game [TR] 1:00 Mahjong [FR] 1:00 Movie- 4:00 Happy Hour-BYOB [TR]</p>	<p>20</p> <p>8:30 Fox Exercise [W] 9:00 Fox Exercise [W] 9:30 Exercise and Chronicles 9:30 Fox Exercise [W] 11:00 <u>Lunch Bunch with Tim</u>-\$ [L] 1:00 Grace Bible Study [FR] 3:30 <u>Kohl's/Target</u> [L]</p>	<p>21</p> <p>9:00 Coffee Club [TR] 1:00 Mahjong [FR] 1:00 Movie- 2:00 Sheepshead-\$ [FR]</p>	<p>22</p> <p>8:30 Orange Shoes Exercise [W] 9:00 Orange Shoe Exercise [W] 10:00 Friday Adventure 1:15 Rosary [FR] 2:00 Cribbage [TR] 2:00 Hand & Foot Card Game [TR]</p>	<p>23</p> <p>10:00 Walking Club [L] 1:00 Dominos [M] 1:00 Movie- 2:00 Rummicube [TR]</p>
<p>24</p> <p>1:00 Movie- 2:00 Dominos [M]</p>	<p>25</p> <p>8:30 Exercise with Rose [W] 9:00 Exercise with Rose [W] 9:30 Exercise on your own [W] 10:30 <u>Craft's with Cathy</u> [FR] 10:30 <u>Walmart</u> [L] 1:00 BINGO-\$ [TR]</p>	<p>26</p> <p>8:30 Men's Breakfast Club [D] 9:00 Coffee Club [TR] 10:30 LaToya Bates: Thankful For All That Is Given [FR] 1:00 Fox Exercise-Balance For Better Movement [W] 1:00 Hand & Foot Card Game [TR] 1:00 Mahjong [FR] 1:00 Movie- 3:00 Happy Hour-Happy Birthday [TR]</p>	<p>27</p> <p>8:30 Fox Exercise [W] 9:00 Fox Exercise [W] 9:30 Fox Exercise [W] 2:00 Food Forum Meeting [TR] 3:30 <u>Metro Market</u> [L]</p>	<p>Thanksgiving 28</p> <p>9:00 Coffee Club [TR] 1:00 Mahjong [FR] 1:00 Movie- 2:00 Sheepshead-\$ [FR]</p>	<p>29</p> <p>8:30 Orange Shoes Exercise [W] 9:00 Orange Shoe Exercise [W] 10:00 Friday Adventure 1:15 Rosary [FR] 2:00 Cribbage [TR] 2:00 Hand & Foot Card Game [TR]</p>	<p>30</p> <p>10:00 Walking Club [L] 1:00 Dominos [M] 1:00 Movie- 2:00 Rummicube [TR]</p>