

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2019

If you have any questions, concerns or suggestions for activities please contact Activities Coordinator, Karen Sirgey at 929-5618 or ksirgey@echa.org

1
10:00 Catholic Eucharist-All Saints Day Service **LB**
10:00 Sculpted Senior Fitness with Kandy **LH**
11:30 TED Talk "Dada Gunamuktananda-Consciousness-The Final Frontier" **LH**
1:30 Art Class-Marker on Paper. Inspired by Sol LeWitt **CA**

2
10:00 Catholic Eucharist-All Souls Day Service **LB**
7:30 Movie Night "Dumbo" **LH**

3
10:00 Catholic Eucharist **LB**
1:00 Bills VS. Redskins **L1**
2:00 Movie Matinee "The Upside" **LH**

Daylight Saving Time Ends

4
10:00 Senior Strong Fitness with Susie **LH**
1:30 Drawing and Sketching Class-Holiday Cards with Bruce Barber **CA**
2:30 Mah Jongg **L6**

5 **Election Day!**
10:00 Shopping-Wegmans **Lobby**
11:30 Residents Meeting **LH**
1:30 Bridge Club **L6**
1:30 Assisted Living Check In **ALA**
3:00 Movie Repeat "Dumbo" **LH**
7:30 Special Performance by Ron LoCurto and Gretchen Fisher, Guitar and Violin **LH**

6
10:00 Yoga with Kandy **LH**
1:30 Holiday Ornaments Class with Don Licht **CA**
4:30 Happy Hour **L6**

7
10:30 Day Trip-The Kazoo Factory and The Grange for lunch **Lobby**
2:30 Afternoon Tea **LB**
3:00 Scrabble Club **L6**
7:30 Guest Speaker, Zack Boehler, from the Albright Knox Public Art Program **LH**

8
10:00 Sculpted Senior Fitness with Kandy **LH**
11:30 TED Talk-Local TEDX Buffalo speaker Michael Script-"The Inventor Gene" **LH**
1:30 Knitting and Needlework **CA**
3:00 University Express from Canterbury Williamsville "The Longing for Restored Community in Contemporary American Film and Literature" **LH**

9
7:30 Movie Night "Cabaret" **LH**

10
10:00 Catholic Eucharist **LB**
1:00 Bills at Browns **L1**
2:00 Movie Matinee "Vice" **LH**

11 **Veterans Day!**
10:00 Senior Strong Fitness with Susie **LH**
10:00 to 4:00 Manicures and Pedicures **CA**
1:00 Town Hall Meeting **LH**
2:30 Mah Jongg **L6**
4:00 Special Happy Hour with Buffet **L6** Veterans Day (US)
Remembrance Day (Canada)

12
10:00 Shopping-Dash's **Lobby**
10:00 Marketing Lunch and Learn **LH, DR, L6**
1:30 Bridge **C**

13
10:00 Yoga with Kandy **LH**
1:30 Brain Fun! **ALA**
4:30 Happy Hour **L6**

14
10:00 Shopping-Galleria Mall **Lobby**
10:30 Current Events with John LaFalce **CA**
1:00 Visit to Crane Library **Lobby**
2:00 Afternoon Tea and Cookies with Karen **LB**
3:00 Scrabble Club **L6**
7:30 "Mary Beard's Ultimate Rome" Episode 4 **LH**

15
10:00 Sculpted Senior Fitness with Kandy **LH**
11:30 TED Talk "Judith Jamison of the Alvin Ailey Dance Company-Revelations from a Lifetime of Dance" **LH**
1:30 Art Class-Cut Foil Paper inspired by artist Strong-Cuevas **CA**
3:00 University Express from Canterbury Williamsville "Fitness Training for Brain Health" **LH**

16
7:30 Movie Night "Maria By Callas" **LH**

17
10:00 Catholic Eucharist **LB**
1:00 Bills at Dolphins **L1**
2:00 Movie Matinee "Green Book" **LH**

18
10:00 Senior Strong Fitness with Susie **LH**
1:30 Creative Writing Class with Karen Lee Lewis **CA**
2:30 Mah Jongg **L6**

19
10:00 Shopping-Whole Foods **Lobby**
11:30 Tiny Desk Concert-Saint Sister-Irish Pop band with a Harp **LH**
1:30 Assisted Living Check In **ALA**
1:30 Bridge Club **L6**
3:00 Movie Repeat "Maria By Callas" **LH**
7:00 University Express from Canterbury Williamsville "Three Identical Strangers" **LH**

20
10:00 Yoga with Kandy **LH**
1:30 Holiday Ornaments Class with Don Licht **CA**
4:30 Happy Hour **L6**

Democratic Primary Debates Time TBD

21
10:00 Day Trip-Jello Museum and lunch at the D&R Depot Restaurant **Lobby**
2:30 Afternoon Tea **LB**
3:00 Scrabble Club **L6**
7:30 "David Attenborough's Frozen Planet" **LH**

22
10:00 Sculpted Senior Fitness with Kandy **LH**
11:30 TED Talk "Ueli Gegenschatz-Wingsuit Jumping" **LH**
1:30 Knitting and Needlework **CA**

23
7:30 Movie Night "A Chorus Line" **LH**

24
10:00 Catholic Eucharist **LB**
1:00 Bills VS. Broncos **L1**
2:00 Movie Matinee "Roman Holiday" **LH**

25
10:00 Senior Strong Fitness with Susie **LH**
1:30 Drawing and Sketching Class-Holiday Cards with Bruce Barber **CA**
2:30 Mah Jongg **L6**
3:00 University Express from Canterbury Williamsville "Nelson Mandela" **LH**

26
10:00 Coffee with Paul **CA**
10:00 Shopping-Lexington Co-op **Lobby**
11:30 Tiny Desk Concert-Pokey LaFarge-singer/songwriter **LH**
1:30 Bridge Club **L6**
3:00 Movie Repeat "A Chorus Line" **LH**
7:30 Special Performance by Jack Civiletto-the music of Frank Sinatra **LH**

27
10:00 Yoga with Kandy **LH**
1:30 Brain Fun! **ALA**
4:30 Happy Hour **L6**

28 **Happy Thanksgiving!**
2:00 Movie Matinee "High Society" **LH**
4:30 Bills VS. Cowboys **L1**

Thanksgiving Day (US)

29
10:00 Sculpted Senior with Kandy **LH**
11:30 TED Talk "Louie Schwartzberg-Gratitude" **LH**

30
7:30 Movie Night "Funny Girl" **LH**

Key - LH-Lunt Hall CA-Cultural Arts S-Studio DR-Dining Room P-Patio L1-1st Floor Lounge LB-Library C-Café L6-6th Floor Lounge ALA-Assisted Living Activity Room F-Fitness Center