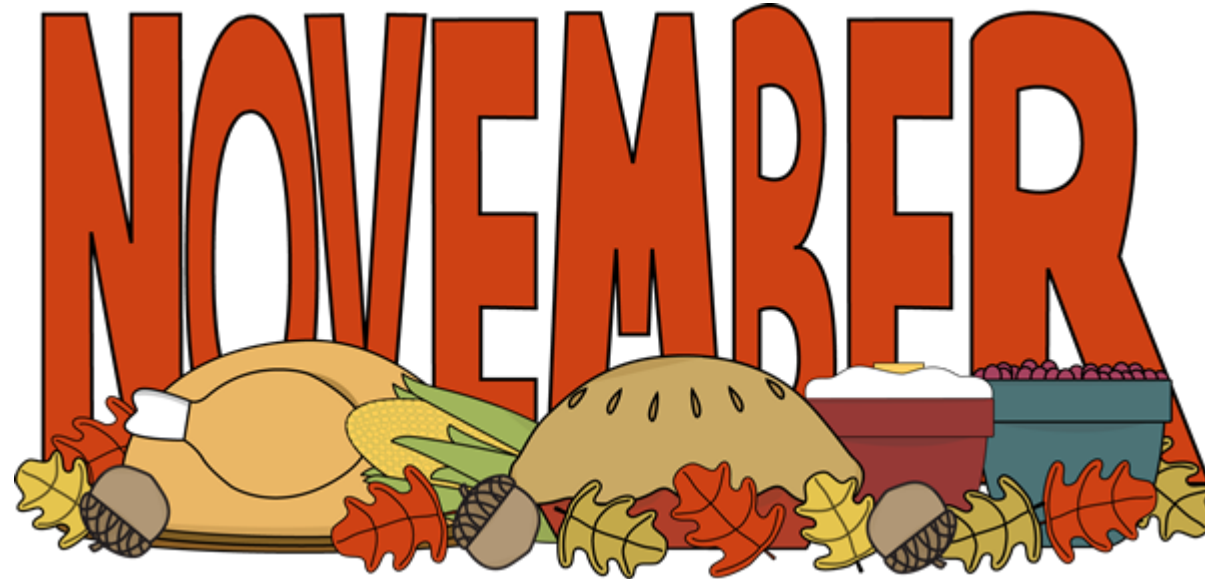


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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**NOVEMBER
2019
INDEPENDENT LIVING
(1ST HALF OF MONTH)**



1	<p>9:00 AM AQUA AEROBICS - Fitness Center Pool</p> <p>10:30 AM CHAIR YOGA - Creativity Center</p> <p>11:00 AM DALE SNIDER PRESENTS: "Information on Horicon Marsh" - Lindsay Hall</p> <p>2:00 PM PLAY READING GROUP - Club Room</p> <p>4:00 PM CHRISTMAS AT THE CASTLE MEETING - Lindsay Hall</p>	2	<p>9:00 AM AQUA AEROBICS WITH NIKKI</p> <p>10:00 AM TONE IT UP WITH NIKKI - Creativity Center</p> <p>2:30 PM CONFESSION WITH FATHER EUGUENE - Meditation Room</p> <p>3:00 PM CATHOLIC MASS - Lindsay Hall</p> <p>7:45 PM MOVIE NIGHT (see postings for movie of choice) - Lindsay Hall</p>
3	<p>2:00 PM ECUMENICAL CHURCH SERVICE - Lindsay Hall</p> <p>3:00 PM TRIVIA - CLUB ROOM</p> <p>4:30-6:00 PM BINGO AT EASTCASTLE - Club Room</p>	4	<p>9:00 AM MINDFUL MEDITATION - WT 1st Floor</p> <p>9:00 AM AQUA AEROBICS</p> <p>10:00 AM BALANCE/TONE/POSTURE - Creativity Center</p> <p>11:00 AM BIBLICAL DISCUSSION: WORLD RELIGIONS - Bradford Terrace</p> <p>11:00 AM TAI CHI - Lindsay Hall</p> <p>1:00-4:00 PM KNITTING & SOCIALIZING - Creativity Ctr.</p> <p>2:30 PM LOW IMPACT EXERCISE - Creativity Center</p>
5	<p>GRATITUDE DAY!</p> <p>10:00 AM TONE IT UP - Lindsay Hall</p> <p>11:00 AM TAI CHI - Lindsay Hall</p> <p>12:00 PM GRATITUDE GROUP - Lindsay Hall</p> <p>2:30 PM LOW IMPACT EXERCISE - Creativity Center</p> <p>2:45 PM-4:00 PM DAVID TOLAN'S MUSIC APPRECIATION: "30th Anniversary of the Fall of the Wall" - Lindsay Hall</p> <p>3:00 PM IT OPEN OFFICE - Club Room</p>	6	<p>9:00 AM AQUA AEROBICS</p> <p>9:30-10:30 AM COFFEE WITH TYLER - Bradford Terrace Lounge</p> <p>11:00 AM COOKING W/ SCOTT!</p> <p>10:00 AM BIBLE STUDY - WT 3rd Floor Activity Room</p> <p>10:30 AM CHAIR YOGA - Creativity Center</p> <p>11:15 AM BALANCE & POSTURE - Creativity Center</p> <p>3:30 PM WRITERS WORKSHOP - Bradford Lounge</p> <p>7:00 PM EVENING TRIP TO UWM: "Art Talk by Drew Matot"</p> <p>7:30 PM MOVIE NIGHT - Lindsay Hall</p>
7	<p>10:00 AM TONE IT UP - Lindsay Hall</p> <p>11:00 AM- 12:00 PM KATHLEEN SMITH PRESENTS: "Female Spies During the Civil War" - Club Room</p> <p>1:00-2:00 PM BLOOD PRESSURE CHECK - Club Room</p> <p>3:00 PM CHOIR SECTIONALS: Men - Lindsay Hall</p> <p>3:45 PM CASTLE CHOIR! - Lindsay Hall</p> <p>1:30-3:00 PM TRADER JOE'S</p>	8	<p>9:00 AM-3:30 PM HORICON MARSH WATERFOWL WATCHING & LUNCH TRIP</p> <p>9:00 AM AQUA AEROBICS - Fitness Center Pool</p> <p>9:30 AM MUSIC AND MOVEMENT WITH HANNAH (UWM DANCE MAJOR) - Lindsay Hall</p> <p>10:30 AM CHAIR YOGA - Creativity Center</p>
9	<p>9:00 AM AQUA AEROBICS WITH NIKKI</p> <p>10:00 AM TONE IT UP WITH NIKKI - Creativity Center</p> <p>3:00 PM CATHOLIC MASS - Lindsay Hall</p> <p>7:45 PM MOVIE NIGHT (see postings for movie of choice) - Lindsay Hall</p>	10	<p>2:00 PM ECUMENICAL CHURCH SERVICE - Lindsay Hall</p> <p>4:30-6:00 PM GAME NIGHT- CARD GAMES, UNO, SCRABBLE & YAHTZEE, Light Snacks, Sodas, Beers, will be Served - Club Room</p>
11	<p>9:00 AM MINDFUL MEDITATION-WT 1st Floor</p> <p>9:00 AM AQUA AEROBICS</p> <p>9:30 AM KIDS GROUP! - Club Room</p> <p>10:00 AM BALANCE/TONE/POSTURE - Creativity Center</p> <p>10:00 AM HONORING OUR VETERANS BRUNCH</p> <p>11:00 AM TAI CHI -Lindsay Hall</p> <p>1:00-4:00 PM KNITTING & SOCIALIZING - Creativity Ctr.</p> <p>1:00 PM NOVEMBER BIRTHDAY PARTY! - Club Room</p> <p>2:30 PM LOW IMPACT EXERCISE - Creativity Center</p>	12	<p>10:00 AM TONE IT UP - Lindsay Hall</p> <p>11:00 AM TAI CHI - Club Room</p> <p>11:00 AM WALKING GROUP WITH WILLY (TBD)</p> <p>2:30 PM LOW IMPACT EXERCISE - Creativity Center</p> <p>3:00 PM BOOK CLUB - Lindsay Hall</p> <p>3:00 PM IT OPEN OFFICE - Club Room</p>
13	<p>9:00 AM AQUA AEROBICS</p> <p>10:00 AM BIBLE STUDY - WT 3rd Floor Activity Room</p> <p>10:30 AM CHAIR YOGA - Creativity Center</p> <p>11:15 AM BALANCE & POSTURE - Creativity Center</p> <p>12:30 PM-4:30 PM KOHLER ART MUSEUM TRIP</p> <p>7:30 PM MOVIE NIGHT -Lindsay Hall</p>	14	<p>10:00 AM TONE IT UP - Lindsay Hall</p> <p>11:00 AM TIM CRAIN PRESENTS: "Eisenhower and the CIA" - Lindsay Hall</p> <p>1:00-2:00 PM BLOOD PRESSURE CHECK - Club Room</p> <p>1:00 PM STATE OF THE CASTLE - Lindsay Hall</p> <p>2:30-4:00 PM PICK N SAVE</p> <p>3:00 PM CHOIR SECTIONALS: Sopranos - Lindsay Hall</p> <p>3:45 PM CASTLE CHOIR! - Lindsay Hall</p>
15	<p>9:00 AM AQUA AEROBICS - Fitness Center Pool</p> <p>9:30 AM MUSIC AND MOVEMENT WITH HANNAH (UWM DANCE MAJOR) - Lindsay Hall</p> <p>10:30 AM CHAIR YOGA - Creativity Center</p> <p>11:00 AM TIM CRAIN PRESENTS: "Eisenhower and the CIA" - Lindsay Hall</p> <p>1:00-3:30 PM MSOE GROHMANN MUSEUM "Machines of Milwaukee"</p>	16	<p>9:00 AM AQUA AEROBICS WITH NIKKI</p> <p>10:00 AM TONE IT UP WITH NIKKI - Creativity Center</p> <p>3:00 PM CATHOLIC MASS - Lindsay Hall</p> <p>4:00 PM TRIVIA - CLUB ROOM</p> <p>7:45 PM MOVIE NIGHT (see postings for movie of choice) - Lindsay Hall</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p style="text-align: right; font-weight: bold;">17</p> <p>2:00 PM ECUMENICAL CHURCH SERVICE - Lindsay Hall</p>	<p style="text-align: right; font-weight: bold;">18</p> <p>9:00 AM MINDFUL MEDITATION - WT 1st Floor 9:00 AM AQUA AEROBICS 9:30 AM KIDS GROUP - Club Room 10:00 AM BALANCE/TONE/POSTURE - Creativity Center 11:00 AM TAI CHI-Lindsay Hall 11:00 AM BIBLICAL DISCUSSIONS: WORLD RELIGIONS - Bradford Terrace 1:00-4:00 PM KNITTING & SOCIALIZING - Creativity Center 2:30 PM LOW IMPACT EXERCISE - Creativity Center</p>	<p style="text-align: right; font-weight: bold;">19</p> <p>10:00 AM TONE IT UP - Lindsay Hall 10:00 AM GRIEF SUPPORT GROUP - Meditation Room 11:00 AM TAI CHI - Lindsay Hall 2:00 PM SERVICE OF REMEMBRANCE WITH PASTOR HAROLD - Lindsay Hall 2:30 PM LOW IMPACT EXERCISE -Creativity Center 3:00 PM IT OPEN OFFICE - Club Room</p>	<p style="text-align: right; font-weight: bold;">20</p> <p>9:00 AM AQUA AEROBICS 10:00 AM BIBLE STUDY - WT 3rd Floor Activity Room 10:30 AM CHAIR YOGA - Creativity Center 11:15 AM BALANCE & POSTURE - Creativity Center 1:00 PM JEANNE GILBERTSON: "Girls in Tanzania" - Lindsay Hall 3:30 PM WRITERS WORKSHOP - Creativity Center 7:30 PM MOVIE NIGHT - Lindsay Hall</p>	<p style="text-align: right; font-weight: bold;">21</p> <p>9:30-11:00 AM OPEN RESIDENT COUNSEL - Lindsay Hall 10:00 AM TONE IT UP - Creativity Center 1:00-2:00 PM BLOOD PRESSURE CHECK - Club Room 1:30-3:30 PM SENDIKS 3:00 PM CHOIR SECTIONALS: Altos - Lindsay Hall 3:45 PM CASTLE CHOIR! - Lindsay Hall 7:00 PM DVD OPERA NIGHT: <i>RIGOLETTO</i> - Lindsay Hall</p>	<p style="text-align: right; font-weight: bold;">22</p> <p>9:00 AM AQUA AEROBICS - Fitness Center Pool 9:30 AM MUSIC AND MOVEMENT WITH HANNAH Lindsay Hall 10:30 AM CHAIR YOGA - Creativity Center 11:00 AM - 12:30 PM ART WORKSHOP WITH STUDENT ARTIST IN RESIDENCE JESSICA SCHUBKEGEL: "Papermaking" - Lindsay Hall 1:30 PM TARGET SHOPPING 4:00- 5:00 PM COCKTAIL SOCIAL - Club Room</p>	<p style="text-align: right; font-weight: bold;">23</p> <p>9:00 AM AQUA AEROBICS WITH NIKKI 10:00 AM TONE IT UP WITH NIKKI - Creativity Center 3:00 PM CATHOLIC MASS - Lindsay Hall 7:45 PM MOVIE NIGHT (see postings for movie of choice) - Lindsay Hall</p>
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<p style="text-align: right; font-weight: bold;">24</p> <p>2:00 PM ECUMENICAL CHURCH SERVICE - Lindsay Hall 4:30-6:00 PM BINGO AT EASTCASTLE - CLUB ROOM</p>	<p style="text-align: right; font-weight: bold;">25</p> <p>9:00 AM MINDFUL MEDITATION -WT 1st Floor 9:00 AM AQUA AEROBICS 10:00 AM BALANCE/TONE/POSTURE - Creativity Center 11:00 AM TAI CHI-Lindsay Hall 1:00-2:00 PM COFFEE WITH TYLER - Bradford Terrace Lounge 1:00-4:00 PM KNITTING & SOCIALIZING-Creativity Ctr. 2:30 PM LOW IMPACT EXERCISE - Creativity Center</p>	<p style="text-align: right; font-weight: bold;">26</p> <p>10:00 AM TONE IT UP - Lindsay Hall 10:00 AM SPOUSAL SUPPORT GROUP - Meditation Room 11:00 AM TAI CHI - Garden Patio 11:00 AM-1:30 PM LUNCH AT CARINI'S ITALIAN RESTAURANT 2:00-3:30 PM METRO MARKET 2:30 PM LOW IMPACT EXERCISE - Creativity Center 3:00 PM SHORT STORY GROUP - Bradford Terrace Lounge 3:00 PM IT OPEN OFFICE - Club Room 4:00 PM KARAOKE - Lindsay Hall</p>	<p style="text-align: right; font-weight: bold;">27</p> <p>9:00 AM AQUA AEROBICS 10:00 AM BIBLE STUDY WT 3rd Floor Activity Room 10:30 AM CHAIR YOGA Creativity Center 11:15 AM BALANCE & POSTURE - Creativity Center 4:00 PM PIANIST, VOCALIST, CAROLYN WEHNER: "Giving Thanks" - Lindsay Hall 7:30 PM MOVIE NIGHT - Lindsay Hall</p>	<p style="text-align: right; font-weight: bold;">28</p> <p style="text-align: center; font-weight: bold;">HAPPY THANKSGIVING!</p>	<p style="text-align: right; font-weight: bold;">29</p> <p>9:00 AM AQUA AEROBICS - Fitness Center Pool 10:30 AM CHAIR YOGA - Creativity Center</p>	<p style="text-align: right; font-weight: bold;">30</p> <p>3:00 PM CATHOLIC MASS - Lindsay Hall 4:00 PM TRIVIA - Club Room 7:45 PM MOVIE NIGHT (see postings for movie of choice) - Lindsay Hall</p>
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FOR MORE INFORMATION ON THE EASTCASTLE PLACE CALENDAR OF EVENTS CONTACT LAURA WENGLER DIRECTOR OF COMMUNITY LIFE SERVICES AT #414-963-8408



EASTCASTLE PLACE

NOVEMBER
2019

INDEPENDENT LIVING
(2ND HALF OF MONTH)