

November 2023

Gates Circle Independent living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="font-size: 2em; color: red; margin: 0;">November 2023</p> <p style="font-size: 1.2em; margin: 0;">Gates Circle Independent living Calendar</p>			<p>10:00 Beginner Tai Chi (CH) 1</p> <p>11:00 Yoga with Ann (LH)</p> <p>1:30 Bridge (L6)</p> <p>2:30 Easy Breezy History of Art with Madalyn Fliesler (LH)</p> <p>4:30 Happy Hour (L6)</p>	<p>10:00 Gentle Chair Yoga with Jon (LH) 2</p> <p>11:30 Open Art Studio (CA)</p> <p>1:30 Writing Group (CA)</p> <p>2:30 Mahjong (L6)</p> <p>7:30 Movie Repeat "Beetlejuice" (CH)</p>	<p>10:00 Fitness with Susie (LH) 3</p> <p>11:00 Meditation with Ann (CH)</p> <p>2:00 Afternoon Tea (L)</p> <p>4:30 Informal Happy Hour (L6)</p>	<p>10:00 Seniors Strong Mix with Theresa (LH) 4</p> <p>11:00 Fitness (CH)</p> <p>1:30 Bridge (L6)</p> <p>2:30 Movie Matinee "Crazy Heart" (LH)</p> <p>7:30 Movie Repeat "Crazy Heart" (CH)</p>
<p>10:00 Advanced Tai Chi (CH) 5</p> <p>11:00 Catholic Mass (LH)</p> <p>12:00 Beginner Tai Chi (CH)</p> <p>2:30 Movie Matinee "Changeling" (LH)</p> <p>7:30 Movie Repeat "Changeling" (CH)</p> <p>8:20 Bills vs Bengals (L1) </p>	<p>10:15 Zumba Gold & Tone with Mary (LH) 6</p> <p>11:30 Grocery Trip: Dash's</p> <p>2:30 Canterbury University (LH)</p> <p>4:30 Happy Hour (L6)</p>	<p>10:00 Yoga with Kandy (CH) 7</p> <p><i>11:00 Resident Council Meeting (LH)</i></p> <p>1:30 Scrabble (L6)</p> <p>3:00 Singing Group (L1)</p> <p>7:30 Movie Night "A Midsummer Night's Dream" (LH)</p>	<p>10:00 Beginner Tai Chi (CH) 8</p> <p>11:00 Yoga with Ann (LH)</p> <p>1:30 Bridge (L6)</p> <p>2:30 Easy Breezy History of Art with Madalyn Fliesler (LH)</p> <p>4:30 Happy Hour (L6)</p> <p>7:30 Performance by Joseph Mahfoud (LH)</p>	<p>10:00 Gentle Chair Yoga with Jon (LH) 9</p> <p>11:30 Open Art Studio (CA)</p> <p>1:30 Writing Group (CA)</p> <p>2:30 Mahjong (L6)</p> <p>7:30 Movie Repeat "A Midsummer Night's Dream" (CH)</p>	<p>10:00 Fitness with Susie (LH) 10</p> <p>11:00 Meditation with Ann (CH)</p> <p>2:00 Afternoon Tea (L)</p> <p>3:30 Anti-Racism Group Meeting (LH)</p> <p>4:30 Informal Happy Hour (L6)</p> <p style="text-align: center;">Manicures & Pedicures (CA)</p>	<p>10:00 Seniors Strong Mix with Theresa (LH) 11</p> <p>11:00 Fitness (CH)</p> <p>1:30 Bridge (L6)</p> <p>2:30 Movie Matinee "Flags for Our Fathers" (LH)</p> <p>7:30 Movie Repeat "Flags for Our Fathers" (CH)</p> <p style="text-align: right; font-size: 0.8em;">Veterans Day Remembrance Day (Canada)</p>
<p>10:00 Advanced Tai Chi (CH) 12</p> <p>11:00 Catholic Mass (LH)</p> <p>12:00 Beginner Tai Chi (CH)</p> <p>2:30 Movie Matinee "The Monuments Men" (LH)</p> <p>7:30 Movie Repeat "The Monuments Men" (CH)</p> <p style="text-align: center; font-size: 0.8em;">Diwali (Hindi)</p>	<p>10:15 Zumba Gold & Tone with Mary (LH) 13</p> <p>11:30 Technology Help (CA)</p> <p><i>1:00 Town Hall Meeting (LH)</i></p> <p>2:30 Canterbury University (LH)</p> <p>4:30 Happy Hour (L6)</p> <p>8:15 Bills vs Broncos (L1) </p>	<p>10:00 Yoga with Kandy (CH) 14</p> <p>11:30 Crafting with Alex: No Sew Fabric Bracelets (CA)</p> <p>1:30 Scrabble (L6)</p> <p>3:00 Singing Group (L1)</p> <p>4:30 Performance by Pairings (L1)</p> <p>7:30 Movie Night "Olmstead and America's Urban Parks" (LH)</p>	<p>10:00 Beginner Tai Chi (CH) 15</p> <p>11:00 Yoga with Ann (LH)</p> <p>1:30 Bridge (L6)</p> <p>2:30 Easy Breezy History of Art with Madalyn Fliesler (LH)</p> <p>4:30 Happy Hour (L6)</p>	<p>10:00 Gentle Chair Yoga with Jon (LH) 16</p> <p>11:30 Lunch & Shopping at the West Side Bazaar</p> <p>1:30 Writing Group (CA)</p> <p>2:30 Mahjong (L6)</p> <p>7:30 Movie Repeat "Olmstead and America's Urban Parks" (CH)</p>	<p>10:00 Fitness with Susie (LH) 17</p> <p>11:00 Meditation with Ann (CH)</p> <p>2:00 Afternoon Tea (L)</p> <p>4:30 Informal Happy Hour (L6)</p>	<p>10:00 Seniors Strong Mix with Theresa (LH) 18</p> <p>11:00 Fitness (CH)</p> <p>1:30 Bridge (L6)</p> <p>2:30 Movie Matinee "The Darjeeling Limited" (LH)</p> <p>7:30 Movie Repeat "The Darjeeling Limited" (CH)</p>
<p>10:00 Advanced Tai Chi (CH) 19</p> <p>11:00 Catholic Mass (LH)</p> <p>12:00 Beginner Tai Chi (CH)</p> <p>2:30 Movie Matinee "Little Ashes" (LH)</p> <p>4:25 Bills vs Jets (L1)</p> <p>7:30 Movie Repeat "Little Ashes" (CH)</p> <p style="text-align: right; font-size: 0.8em;"></p>	<p>10:15 Zumba Gold & Tone with Mary (LH) 20</p> <p>11:30 Grocery Trip: Wegman's</p> <p>2:30 Canterbury University (LH)</p> <p>4:30 Happy Hour (L6)</p>	<p>10:00 Yoga with Kandy (CH) 21</p> <p><i>11:30 Activities with Alex (CA)</i></p> <p>1:30 Scrabble (L6)</p> <p>3:00 Singing Group (L1)</p> <p>7:30 Movie Night "The Sound of Music" (LH)</p>	<p>10:00 Beginner Tai Chi (CH) 22</p> <p>11:00 Yoga with Ann (LH)</p> <p>1:30 Bridge (L6)</p> <p>2:30 Canterbury University (LH)</p> <p>4:30 Happy Hour (L6)</p>	<p>9:00 Macy's Day Parade (L1) 23</p> <p>10:00 Yoga with Kandy (CH)</p> <p>2:30 Mahjong (L6)</p> <p>7:30 Movie Repeat "The Sound of Music" (CH)</p> <p style="text-align: center; font-size: 0.8em;">Thanksgiving Day (US)</p>	<p>10:00 Fitness with Susie (LH) 24</p> <p>11:00 Meditation with Ann (CH)</p> <p>2:00 Afternoon Tea (L)</p> <p>3:30 Anti-Racism Group Meeting (LH)</p> <p>4:30 Informal Happy Hour (L6)</p>	<p>10:00 Seniors Strong Mix with Theresa (LH) 25</p> <p>11:00 Fitness (CH)</p> <p>1:30 Bridge (L6)</p> <p>2:30 Movie Matinee "The Man Who Knew Too Little" (LH)</p> <p>7:30 Movie Repeat "The Man Who Knew Too Little" (CH)</p>
<p>10:00 Advanced Tai Chi (CH) 26</p> <p>11:00 Catholic Mass (LH)</p> <p>12:00 Beginner Tai Chi (CH)</p> <p>2:30 Movie Matinee "Asteroid City" (LH)</p> <p>4:25 Bills vs Bengals (L1)</p> <p>7:30 Movie Repeat "Asteroid City" (CH)</p> <p style="text-align: right; font-size: 0.8em;"></p>	<p>10:15 Zumba Gold & Tone with Mary (LH) 27</p> <p>11:30 Technology Help (CA)</p> <p>2:30 Canterbury University (LH)</p> <p>4:30 Happy Hour (L6)</p>	<p><i>10:30 Dining Committee Meeting (LH)</i> 28</p> <p>11:30 Crafting with Alex: No Sew Knotted Scarf (CA)</p> <p>1:30 Scrabble (L6)</p> <p>3:00 Singing Group (L1)</p> <p>7:30 Movie Night "The Great Gatsby" (LH)</p>	<p>10:00 Beginner Tai Chi (CH) 29</p> <p>11:00 Yoga with Ann (LH)</p> <p>1:30 Bridge (L6)</p> <p>2:30 Easy Breezy History of Art with Madalyn Fliesler (LH)</p> <p>4:30 Happy Hour (L6)</p>	<p>10:00 Gentle Chair Yoga with Jon (LH) 30</p> <p>11:30 Open Art Studio (CA)</p> <p>1:30 Writing Group (CA)</p> <p>2:30 Mahjong (L6)</p> <p>4:00 Performance by Judd Sunshine (LH)</p> <p>7:30 Movie Repeat "The Great Gatsby" (CH)</p>	<p>Outing to The Buffalo History Museum & tour of the Stained Glass Exhibit on Friday, December 1st</p>	

Key: L = Library, CH = Channel 1390, LH = Lunt Hall, L1 = 1st Floor Lounge, L6 = 6th Floor Lounge, CA = Cultural Arts Room, S = 1st Floor Art Studio, C = Café