September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00am – Church Service (GR) 2:00pm – REPEAT Saturday Afternoon at the Movies: "Home Again" RSVP (MR) 3:00pm – Bingo (Pines)	**2** 10:45am – Blood Pressure w/Interim (HCL) 3:00pm – Matinee: "Under the Tuscan Sun" (MR) 4:00pm – Piano w/ Don (Pines) *Happy Labor 'Day!* Labor Day	**3** 9:00am – Men of The Cardinal w/continental breakfast (BR) 9:15am – Core Balance 2 RSVP (Art) 10:15am – Core Balance RSVP (Art) 11:00am – Movercize w/ Rich (Pines) 12:30pm – Episcopal Service (GR) 1:30pm – Brush-Up Bridge w/ Instruction (Pines) 1:30pm – Catholic Service (GR) 3:00pm – NEW TIME Bingo (Overlook)	**4** 9:00am – Aquacize (Pool) 10:00am – Yoga RSVP (Art) 11:00am – Chair Yoga (Pines) 11:30am – Lunch-n-Learn - "Tax Free Investing" RSVP by 9/2 (Pub) 2:00pm – Sit and Be Fit RSVP (Art) 3:00pm – Cardinal Advantage Program Review w/Tom Ford RSVP (MR) 4:00pm – GC & Social: "Death Valley and Great Basin: The Rift Zone" (Pines) 4:30pm – SCRABBLE (BR) 7:00pm – YouTube: "Nat King Cole" (MR)	**5** 9:15am – CB Standing Tall RSVP (Art) 10:15am – Core Balance RSVP (Art) 11:00am – Harris Teeter RSVP (Lobby) 11:00am – Bible Study RSVP (GR) 1:00pm – Tour of Maple View Farms (ice-cream) in Hillsborough $$ RSVP (Lobby) 1:30pm – Inspirations w/Hannah (Pines) 2:00pm – Blood Pressure Interim (HCL) 2:30pm – Mindfulness Meditation (Art) 4:00pm – Cardinal Chorus (Pines) 7:00pm – Documentary: "Legends of Football: Terry Bradshaw/Walter Payton" (MR)	**6** 9:00am – Aquacize (Pool) 10:00am – Core Balance RSVP (Art) 11:00am – Lunch: Pam's Farmhouse RSVP Cash Only (Lobby) 1:00pm – Wii Bowling w/Interim (LR) 2:00pm – Sit and Be Fit RSVP (Art) 3:00pm – Recycling Club (Pub) 3:30pm – Bible Study w/Andrew (Pines) 4:00pm – Shabbat Service (Pines) 7:30pm – Piano w/Don (LR)	**7** 10:00am – Core Balance RSVP (Art) 11:00am – Yoga RSVP (Art) 3:00pm – Four Seasons Chamber Music Festival featuring the renowned Cooperstown Quartet and virtuoso pianist Kwan Yi RSVP (MR/GR)
8 10:00am – Church Service (GR) 2:00pm – Sunday Afternoon at the Movies: "Killers" RSVP (MR) 3:00pm – Bingo (Pines) *The Cardinal Celebrates Grandparent's Day! 4:00-6:00pm Front Courtyard - RSVP* Grandparents' Day	**9** 9:00am – Aquacize (Pool) 10:00am – Yoga RSVP (Art) 10:45am – Blood Pressure Interim (HCL) 11:00am – Sit and Be Fit RSVP (Art) 11:00am – North Regional Library- 60 min. RSVP (Lobby) 1:30pm – Mahjongg (BR) 2:00pm – Core Balance RSVP (Art) 2:30pm – K4 Community (Library) 3:00pm – Matinee: "Monster-In-Law" (MR)	**10** 9:15am – Core Balance 2 RSVP (Art) 9:30am – Men of The Cardinal (BR) 10:15am – Core Balance RSVP (Art) 10:30am – Guided Tour of Holy Name of Jesus Cathedral RSVP (Lobby) 11:00am – Movercize w/ Rich (Pines) 12:30pm – Episcopal Church (GR) 1:30pm – Bridge "Playday" (Pines) 1:30pm – Catholic Service (GR) 2:30pm – Presentation – Rob Christensen: "The Rise and Fall of the Branchead Boys" RSVP (MR) 3:00pm – NEW TIME Bingo (Overlook)	**11** 9:00am – Aquacize (Pool) 10:00am – Yoga RSVP (Art) 11:00am – Chair Yoga (Pines) 2:00pm – Sit and Be Fit RSVP (Art) 2:00pm – Caregiver Support Group (BR) 4:00pm – GC & Social: "Fight or Flight vs. Rest and Digest" (Pines) 4:30pm – SCRABBLE (BR) 7:00pm – YouTube Concert: "Pop Music of the 50s: Rosemary Clooney" (MR)	**12** 9:15am – CB Standing Tall RSVP (Art) 10:15am – Core Balance RSVP (Art) 11:00am – Harris Teeter RSVP (Lobby) 11:00am – Bible Study RSVP (GR) 1:30pm – Inspirations w/Hannah (Pines) 2:00pm – Blood Pressure Interim (HCL) 2:30pm – Mindfulness Meditation (Art) 3:30pm – Presentation – Stevan Jackson: "Musical Journey of Celtic Lands" RSVP (MR) 4:00pm – Cardinal Chorus (Pines) 7:00pm – Documentary: "Legends of Baseball: Jackie Robinson/ Babe Ruth" (MR)	**13** 9:00am – Aquacize (Pool) 9:00am – Shopping Outing: Tanger Outlets Mebane RSVP-minimum of 6 req'd (Lobby) 10:00am – Core Balance RSVP (Art) 1:00pm – Wii Bowling w/Interim (LR) 2:00pm – Sit and be Fit RSVP (Art) 3:00pm – Manly Matinee: "Stagecoach" (1969) (MR) 3:30pm – Bible Study w/Andrew (Pines) 7:30pm – Piano w/Don (LR)	**14** 10:00am – Core Balance RSVP (Art) 11:00am – Yoga RSVP (Art) 1:00pm – Painting w/Barb RSVP (Pines Activity Room) 3:00pm – Saturday Afternoon at the Movies: "Moneyball" RSVP (MR)
15 10:00am – Church Service (GR) 2:00pm – Student Piano Recital (GR) 3:00pm – Bingo (Pines)	**16** 9:00am – Aquacize (Pool) 10:00am – Yoga RSVP (Art) 10:45am –Blood Pressure Interim (HCL) 11:00am – Sit and Be Fit RSVP (Art) 11:00am – Trader Joe's RSVP (Lobby) 1:30pm – Mahjongg (BR) 2:00pm – Core Balance RSVP (Art) 2:00pm – Resident Board Meeting (Pub) 3:00pm – Matinee: "How to Lose a Guy in 10 Days" (MR) 4:00pm – Piano w/ Don (Pines)	**17** 8:30am – Breakfast w/ Boys RSVP (GR) 9:15am – Core Balance 2 RSVP (Art) 10:15am – Core Balance RSVP (Art) 11:00am – Movercize w/ Rich (Pines) 1:30pm – Brush-Up Bridge w/ Instruction (Pines) 1:30pm – Catholic Service (GR) 2:30pm – Presentation: Burke Koonce: "Betting on Zero" RSVP (MR) 3:00pm – NEW TIME Bingo (Overlook)	**18** 9:00am – Aquacize (Pool) 9:30am – Tour of the Governor's Mansion followed by bus tour of "Homes of Oakwood and Blount Street." RSVP by 9/3 (Lobby) 10:00am – Yoga RSVP (Art) 11:00am – Chair Yoga (Pines) 2:00pm – Sit and Be Fit RSVP (Art) 4:00pm – GC & Social: "Shenandoah: The Collison of Old Continents" (Pines) 4:30pm – SCRABBLE (BR) 7:00pm – YouTube Concert: "Pop Music of the 50s: Dean Martin" (MR)	**19** 9:15am – CB Standing Tall RSVP (Art) 10:15am – Core Balance RSVP (Art) 11:00am –Harris Teeter RSVP 5 spots (Lobby) 11:00am – Bible Study RSVP (GR) 10:45am – Lunch & Country Jubilee Show - The Rudy, Selma NC $$ RSVP (Lobby) 1:30pm – Inspirations w/Hannah (Pines) 2:00pm – Blood Pressure Interim (HCL) 2:30pm – Mindfulness Meditation (Art) 3:00pm – Guitar w/ Nick (LR) 4:00pm – Cardinal Chorus (Pines) 7:00pm – Documentary: "Legends of Boxing: Joe Frazier and Marvin Hagler" (MR)	**20** 9:00am – Aquacize (Pool) 10:00am – Core Balance RSVP (Art) 11:00am – Heyday of "The Pop Singing Groups" w/Ron RSVP (MR/GR) 1:00pm – Wii Bowling w/Interim (LR) 2:00pm – Sit and be Fit RSVP (Art) 3:00pm – "R" Matinee – "Gone Girl" (MR) 3:30pm – Bible Study w/Andrew (Pines) 7:00pm – NC Symphony – TRANSPORTATION ONLY RSVP (Lobby)	**21** 10:00am – Core Balance RSVP (Art) 11:00am – Yoga RSVP (Art) 1:00pm – Pottery w/Clay Trippers RSVP (Pines Activity Room) 3:00pm – Saturday Afternoon at the Movies: "National Treasure" RSVP (MR) Oktoberfest Begins
22 10:00am – Church Service (GR) 1:30pm – American Songbook w/Seth (LR) 2:00pm – REPEAT Saturday Afternoon at the Movies: "National Treasure" RSVP (MR) 3:00pm – Bingo (Pines)	**23** 9:00am – Aquacize (Pool) 10:00am – Yoga RSVP (Art) 10:45am – Blood Pressure Interim (HCL) 11:00am – Sit and Be Fit RSVP (Art) 11:00am – North Regional Library- 60 min. RSVP (Lobby) 1:30pm – Mahjongg (BR) 2:00pm – Core Balance RSVP (Art) 2:30pm – K4 Community (Library) 3:00pm – Matinee: "The Secret Life of Pets" (MR) 4:00pm – Piano w/ Don (Pines) Autumn Begins	**24** 9:15am – Core Balance 2 RSVP (Art) 9:30am – Men of The Cardinal (BR) 10:15am – Core Balance RSVP (Art) 11:00am – Movercize w/ Rich (Pines) 1:30pm – Bridge "Playday" (Pines) 1:30pm – Catholic Service (GR) 2:30pm – Culinary Chat (MR) 3:30pm – Presentation - Senior Tours & Multigenerational Travel RSVP (MR) 3:00pm – NEW TIME Bingo (Overlook) 4:30pm – Dinner Outing - Rye Bar & Southern Kitchen RSVP (Lobby)	**25** 9:00am – Aquacize (Pool) 10:00am – Yoga RSVP (Art) 11:00am – Chair Yoga (Pines) 10:00am – 12:00pm – North Hills Business Expo (GR/MR) 2:00pm – Sit and Be Fit RSVP (Art) 3:00pm – Book Club (Pub) 4:00pm – Tom's Fireside Chat (MR/GR) 4:30pm – SCRABBLE (BR) 7:00pm – YouTube Concert: "Pop Music of the 50s: Perry Como" (MR)	**26** 9:15am – CB Standing Tall RSVP (Art) 10:15am – Core Balance RSVP (Art) 10:00am – Apple Day @ Farmers' Mkt. RSVP (Lobby) 11:00am – Harris Teeter RSVP (Lobby) 11:00am – Bible Study RSVP (GR) 2:00pm – Blood Pressure Interim (HCL) 2:30pm – Mindfulness Meditation (Art) 3:00pm – The Speakeasy Players: *"The Thin Man!"* – A mystery RSVP (GR) 4:00pm – Cardinal Chorus (Pines) 7:00pm – Documentary: "Legends of BBall: Wilt Chamberlain and Bill Russell" (MR)	**27** 9:00am – Aquacize (Pool) 10:00am – Core Balance RSVP (Art) 11:00am – Heyday of "The Pop Singing Groups" w/Ron RSVP (MR/GR) 12:00pm – Wii Bowling w/Interim (LR) 2:00pm – Sit and be Fit RSVP (Art) 3:00pm – Manly Matinee: "The Good, The Bad & The Ugly" (MR) 3:30pm – Bible Study w/Andrew (Pines) 4:30pm – Guitar w/ Glenn helps us celebrate "All Things Apple!" RSVP (LR) 7:00pm – Cardinal Chorus Performance & Dessert RSVP (MR/GR)	**28** 10:00am – Core Balance RSVP (Art) 11:00am – Yoga RSVP (Art) 1:00pm – Sketching w/Coni RSVP (Pines Activity Room) 3:00pm – Saturday Afternoon at the Movies: "Elizabethtown" RSVP (MR)
29 10:00am – Church Service (GR) 1:30pm - Stories and Songs w/ Daniel Ayers (LR) 2:00pm – REPEAT Saturday Afternoon at the Movies: "Elizabethtown" RSVP (MR) 3:00pm – Bingo (Pines)	**30** 9:00am – Aquacize (Pool) 10:00am – Yoga (Art) 10:45am – Blood Pressure Interim (HCL) 11:00am – Sit and Be Fit RSVP (Art) 1:30pm – Mahjongg (BR) 2:00pm – Core Balance RSVP (Art) 2:30pm – K4 Community (Library) 3:00pm – Matinee: "Still Alice" (MR) 4:00pm – Piano w/ Don (Pines) 6:45pm – Manning Music Series RSVP-6 min. (Lobby) Rosh Hashanah (first Day)					

Key:
FR – Family Room **BR** – Billiards Room **GR** – Gathering Room **MR** – Media/Worship Room
PMR – Pines Meeting Room **PE** – Pines Exam **LR** – Living Room **HCL** – Health Care Lobby **EAL** – Enhanced Assisted Living/SKN common area **$$** - Fee associated with program

Resident Committee Meetings:
Wellness: 2nd Friday/1:00pm/Pub
Friendship: 2ndTuesday/2:00pm/Pub
Dining: 3rd Wednesday/2:00pm/Pub
Grounds: 2nd Tuesday/1:00pm/Pub

The Art of Living Well℠