


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>9:00 SOUL Neighborhood Stroll  <b>9:30 Soul Bird Watching Club</b>  10:00 Apple Pie Bars  <b>10:30 Today in History</b>  1:00 Merengue Zumba  <b>2:00 Traditional Iceland Music</b>  <b>3:00 Jane's Creative Arts Therapy</b>  4:00 Bingo  <b>5:30 Classic Films</b></p>	<p>9:00 Strengthening Yoga  <b>9:30 Soul Bird Watching Club</b>  10:00 Apple Pie Bars  <b>10:30 Today in History</b>  1:00 Merengue Zumba  <b>2:00 Traditional Iceland Music</b>  <b>3:00 Jane's Creative Arts Therapy</b>  4:00 Bingo  <b>5:30 Classic Films</b></p>	<p>9:00 Move it, Shake it, Lift it!  <b>9:30 Pitty Pat Tournament</b>  <b>10:00 City View SOUL Outing:</b>  <b>La Brea Bakery Treats</b>  1:00 Sing Along to Sinatra  <b>2:00 I should have known that Trivia</b>  <b>3:00 World Issue Discussion</b>  4:00 <b>Sunset Gazing n' Painting</b>  5:30 Musical Theatre Movies</p>	<p>9:00 Rooftop Walk  <b>9:30 Gratitude Giving Thanks: Friends</b>  10:00 Veggie Delight Bites  <b>10:30 Classify &amp; Categorize: Automobiles</b>  1:00 Ike's Famous Sandwich Tasting  <b>2:00 Live Music Concert</b>  3:00 Patio Ring Toss  4:00 Bingo  5:30 Heart to Heart Therapy</p>	<p>9:00 Conductercise!  <b>9:30 Falltastic Scavengers</b>  10:00 Fall Fruit Tasting  <b>10:30 Romantic Jazz Jitter and Jive</b>  1:00 Cesar's Joint Health Exercises  <b>2:00 Autumn Crafts: Pumpkin Wall Decor</b>  3:00 Stage Players Improv: Art Gallery  <b>4:00 Stitches Witches Knitting Club</b>  5:30 Film Screening</p>	<p>9:00 Step It Up! Walking Club  <b>9:30 Autumn Inspired Sketching</b>  10:00 Cinnamon Dolce Lattes  <b>10:30 Autumn Pictionary</b>  <b>1:00 Strength Training</b>  <b>2:00 SOUL Baker's Emporium: Dark Chocolate Croissants</b>  3:00 Nostalgic Photos Reminiscence  4:00 Bingo  5:30 Classic Comedy Films</p>	<p>9:00 Curls n Cardio  <b>9:30 Tour Iceland: Traditional Cuisine</b>  10:00 Iced Tea in the Garden  <b>10:30 Drama Club: Hamlet</b>  1:00 Core Focus  <b>2:00 Inspired by Artists: Van Gogh's "Sunflowers"</b>  3:00 Musical Theatre Sing Along  4:00 Riddle Me This  5:30 Hallmark's Fall Harvest Movies</p>
<p>9:00 SOUL Neighborhood Stroll  <b>9:30 Spa Facials &amp; Aromatherapy</b>  10:00 Patio Cafe &amp; Krispy Kreme  <b>10:30 Amazing Grace Songs &amp; Prayer</b>  1:00 Resistance Band Training  <b>2:00 Traditional Afternoon Tea</b>  <b>3:00 Collaborative Poem Creation</b>  4:00 Fall Gardening Club  5:30 Classic Television Reruns: I Love Lucy  Daylight Saving Time Ends</p>	<p>9:00 <b>Chair Barre</b>  9:30 Soul Bird Watching Club  <b>10:00 Soul's Turkey Cupcake Creations</b>  10:30 Daily Chronicle Discussion  <b>1:00 Oldies Dance Aerobics</b>  2:00 Columbus vs. Indigenous Day  <b>3:00 Jane's Creative Arts Therapy</b>  4:00 Fact or Fiction  <b>5:30 Audrey Hepburn in Funny Face</b></p>	<p>9:00 Fall Prevention Exercises  <b>9:30 Call Break "Bridge" Game</b>  <b>10:00 City View SOUL Outing: Griffith Observatory and Picnic</b>  1:00 Rat Pack Classics Karaoke  <b>2:00 Reykjavik Roasters Cafe</b>  <b>3:00 Word Scramble Challenge</b>  4:00 Tending the SOUL Garden  5:30 Musical Theatre Movies</p>	<p>9:00 Rooftop Walk  <b>9:30 Gratitude Give Thanks: Family</b>  10:00 Soul's tasty treat Kitchen  <b>10:30 This Day in History</b>  1:00 Volleyball Tournaments  <b>2:00 Live Music Concert</b>  3:00 Things They Don't Teach You In School  4:00 Bingo  5:30 Heart to Heart Therapy</p>	<p>9:00 Chair Yoga  <b>9:30 Autumn Mystery Unfolds</b>  10:00 Fall Fruit Tasting  <b>10:30 Soul Avant Garde's Melody</b>  <b>1:00 Cesar's Joint Health Exercises</b>  2:00 Autumn Crafts: Mason Jar Leaves  <b>3:00 Stage Players Dance!</b>  4:00 Stitches Witches Knitting Club  <b>5:30 Film Screening</b>  Veterans Day</p>	<p>9:00 Chair Cycling  <b>9:30 Autumn Inspired Sketching</b>  10:00 Pumpkin Spice Lattes  <b>10:30 Headband Charades</b>  <b>1:00 Strength Training</b>  <b>2:00 SOUL Baker's Emporium: Coconut Cream Pie</b>  3:00 Nostalgic Photos Reminiscence  4:00 Bingo  5:30 Classic Comedy Films</p>	<p>9:00 Move it to Motown Classics  <b>9:30 Tour Iceland: Icelandic Folk Music</b>  10:00 Iced Tea in the Garden  <b>10:30 Poetry in Motion</b>  1:00 Core Focus  <b>2:00 Inspired by Artists: Kandinsky Clay Art</b>  3:00 Musical Theatre Sing Along  4:00 Riddle Me This  5:30 Hallmark's Fall Harvest Movies</p>
<p>9:00 SOUL Neighborhood Stroll  9:30 Nail Salon &amp; Aromatherapy  <b>10:00 Patio Cafe &amp; Krispy Kreme</b>  10:30 Fount of Blessing Songs &amp; Prayer  <b>1:00 Yoga Flow</b>  <b>2:00 Traditional Afternoon Tea</b>  3:00 Prize Bingo  <b>4:00 Fall Gardening Club</b>  5:30 Classic Television Reruns: I Love Lucy</p>	<p>9:00 Strengthening Yoga  <b>9:30 Soul Bird Watching Club</b>  10:00 Parfait Creations in the Patio  <b>10:30 Today in History</b>  1:00 Latin Zumba Gold  <b>2:00 Viewing Iceland in the Fall</b>  <b>3:00 Jane's Creative Arts Therapy</b>  4:00 Bingo  <b>5:30 Featured Actress Favorites: Audrey Hepburn in Breakfast at Tiffany's</b></p>	<p>9:00 Move it, Shake it, Lift it!  <b>9:30 Blitz Match</b>  <b>10:00 City View SOUL Outing: Hollywood Stars Tour</b>  1:00 Sing Along to Sinatra  <b>2:00 Reykjavik Roasters Cafe</b>  <b>3:00 Scarecrow Word Challenge</b>  4:00 Sunset Gazing n Painting  5:30 Musical Theatre Movies</p>	<p>9:00 Rooftop Walk  <b>9:30 Gratitude Wreath Making</b>  10:00 Veggie Delights Bite!  <b>10:30 Classify &amp; Categorize: Fashion Show</b>  1:00 Bodyweight Workout  2:00 <b>Live Music Concert</b>  3:00 World Issue Discussion  4:00 Bingo  5:30 Heart to Heart Therapy</p>	<p>9:00 Conductercise!  <b>9:30 Fall Tastic Scavengers</b>  10:00 Fall Fruit Tasting  <b>10:30 Jailhouse Rock Discussion</b>  1:00 Cesar's Joint Health Exercises  <b>2:00 Autumn Crafts: Beaded Corn</b>  3:00 Stage Players Improv: Family Portrait  <b>4:00 Stitches Witches Knitting Club</b>  5:30 Film Screening</p>	<p>9:00 Step It Up! Walking Club  <b>9:30 Autumn Inspired Sketching</b>  10:00 Cinnamon Dolce Lattes  <b>10:30 Whiteboard Pictionary</b>  <b>1:00 Strength Training</b>  <b>2:00 SOUL Baker's Emporium: Cheese Bacon Danish</b>  3:00 Nostalgic Photos Reminiscence  4:00 Bingo  5:30 Classic Comedy Films</p>	<p>9:00 Curls n Cardio  <b>9:30 Tour Iceland: Hot Springs and Essential Oils</b>  10:00 Iced Tea in the Garden  <b>10:30 Drama Club: A Raisin in the Sun</b>  1:00 Core Focus  <b>2:00 Inspired by Artists: Monet's Oil Pastel Bridge</b>  3:00 Musical Theatre Sing Along  4:00 Riddle Me This  5:30 Hallmark's Fall Harvest Movies</p>
<p>9:00 SOUL Neighborhood Stroll  <b>9:30 Spa Facials &amp; Aromatherapy</b>  10:00 Patio Cafe &amp; Krispy Kreme  <b>10:30 Amazing Grace Songs &amp; Prayer</b>  1:00 Resistance Band Training  <b>2:00 Traditional Afternoon Tea</b>  <b>3:00 Collaborative Poem Creation</b>  4:00 Fall Gardening Club  5:30 Classic Television Reruns: I Love Lucy</p>	<p>9:00 <b>Chaire Barre</b>  9:30 Soul Bird Watching Club  <b>10:00 Pumpkin Pie Delights</b>  10:30 Daily Chronicle Discussion  <b>1:00 Oldies Dance Aerobics</b>  2:00 Iceland Languages and Foods  <b>3:00 Jane's Creative Arts Therapy</b>  4:00 Fact or Fiction  <b>5:30 Featured Actress Favorites: Audrey Hepburn in Charade</b></p>	<p>9:00 Fall Prevention Exercises  <b>9:30 Pitty Pat Tournament</b>  <b>10:00 City View SOUL Outing: Rodeo Drive Fashion Fun</b>  1:00 Rat Pack Classics Karaoke  <b>2:00 Reykjavik Roasters Cafe</b>  <b>3:00 Word Scramble Challenge</b>  4:00 Tending the SOUL Garden  5:30 Musical Theatre Movies</p>	<p>9:00 Rooftop Walk  <b>9:30 Gratitude Wreath Exhibit</b>  10:00 Soul's Tasty Treat Kitchen  <b>10:30 This Day in History</b>  1:00 Volleyball Tournaments  <b>2:00 Live Music Concert</b>  3:00 Things They Don't Teach You In School  4:00 Bingo  5:30 Heart to Heart Therapy</p>	<p>9:00 Chair Yoga  <b>9:30 Autumn Mystery Unfolds</b>  10:00 Fall Fruit Tasting  <b>10:30 Let's Shake it Up!</b>  <b>1:00 Cesar's Joint Health Exercises</b>  2:00 Autumn Crafts: Flower Arrangements  <b>3:00 Stage Players Improv: Touring Iceland</b>  4:00 Thanksgiving Fashion Show  <b>5:30 Holiday Film Screening</b>  Thanksgiving Day</p>	<p>9:00 Chair Cycling  <b>9:30 Autumn Inspired Sketching</b>  10:00 Pumpkin Spice Lattes  <b>10:30 Headband Charades</b>  <b>1:00 Strength Training</b>  <b>2:00 SOUL Baker's Emporium: Banana nut Bread</b>  3:00 Nostalgic Photos Reminiscence  4:00 Bingo  5:30 Classic Comedy Films</p>	<p>9:00 Move it to Motown Classics  <b>9:30 Tour Iceland: Waterfall Scenic Tour</b>  10:00 Iced Tea in the Garden  <b>10:30 Poetry in Motion</b>  1:00 Core Focus  <b>2:00 Inspired by Artists: Van Gogh's "Blossom Tree"</b>  3:00 Musical Theatre Sing Along  4:00 Riddle Me This  5:30 Hallmark's Fall Harvest Movies</p>
<p>9:00 SOUL Neighborhood Stroll  9:30 Nail Salon &amp; Aromatherapy  <b>10:00 Patio Cafe &amp; Krispy Kreme</b>  10:30 Fount of Blessing Songs &amp; Prayer  <b>1:00 Yoga Flow</b>  <b>2:00 Traditional Afternoon Tea</b>  3:00 Prize Bingo  <b>4:00 Hanukkah Candle Lighting</b>  5:30 Classic Television Reruns: I Love Lucy  Hanukkah Begins</p>	<p>9:00 Morning Stretch  <b>9:30 Soul Bird Watching Club</b>  10:00 Crumby Crumb Cake  <b>10:30 Today in History</b>  1:00 Latin Zumba Gold  <b>2:00 Viewing Iceland in the Fall</b>  <b>3:00 Jane's Creative Arts Therapy</b>  4:00 Hanukkah Candle Lighting  <b>5:30 Featured Actress Favorites: Audrey Hepburn in Breakfast at Tiffany's</b></p>	<p>9:00 Move it, Shake it, Lift it!  <b>9:30 Call Break "Bridge" Game</b>  <b>10:00 City View SOUL Outing: Touring Natural History Museum</b>  1:00 Sing Along to Sinatra  <b>2:00 Reykjavik Roasters Cafe</b>  <b>3:00 Winter Word Challenge</b>  4:00 Hanukkah Candle Lighting  5:30 Musical Theatre Movies</p>	