

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2023

<p>9:30 Inhale and Exhale Warm Up 10:30 Soul Remembrance & TEA 1:00 Admiring and Feeding Soul Birds 2:00 SOUL French Ding Dong Café 3:00 Harvest Gardening on Patio. 6:00 Classic Love Film</p> <p>National Donut Day</p>	<p>9:30 Local Daily News Updates 10:30 Morning Manicures 1:00 Soul Patio Picnic 2:00 Hair Spa Refreshments 3:00 Music Appreciation: Rolling Stones 6:00 Musical Theatre Movies</p>	<p>9:30 Shake it off Zumba 10:30 Bird walking Club. 1:00 Mother Earths' Fall Floral Arrangements 2:00 Ultimate Holiday Chex Mix 3:00 Hello, Bingo! 6:00 Hollywood Blockbuster</p>	<p>9:30 Morning Stretch 10:30 Body Moment Warm up 1:00 DIY: Ground Hog 2:00 Classic Cinnamon Rolls Hour 3:00 DIY Jewelry: Friendship Necklaces 6:00 Romantic Comedies</p>	<p>9:30 Stationary Cycling 10:30 Local News: Los Angeles 1:00 Holiday Charcutier 2:00 Soul Adventures: Los Angeles Rose Garden 3:00 Tournament: HD Word Search 6:00 Classic Television Marathon</p> <p>National Scapple Day</p>	<p>9:30 FRIYAY: Mindful Meditation 10:30 Savory Lox & Bagels 1:00 Acrylic Painting: Supporting Breast Cancer Bringing Awareness 2:00 Delicious Praline Crunch Hour 3:00 Lucky Lanes Bowling 6:00 Movies Based on true story</p>	<p>9:30 Assorted Donuts & Coffee 10:30 Sending Positive Blessings: Words Of Affirmations 1:00 Ultimate Sports Recap: National Football League (NFL) 2:00 Paper Planes from the Heart 3:00 GAME DAY: Charades 6:00 "Three's Company" Marathon Veterans Day</p>
<p>9:30 Today's News & Tea Early Bird Stretches 10:30 Soul Breakfast Warm up 1:00 DIY: Uncoded Light House 2:00 Ice-Cream Parlor: Carmel Spice Swirl 3:00 SOUL Brain Teaser: HD Word Search 6:00 Classic Love Film</p> <p>Diwali (Hindi)</p>	<p>9:30 Zen Yoga 10:30 Flag Appreciation: United States 1:00 SOUL Pet Therapy- Play with Me 2:00 SOUL Give Thanks Cobbler Hour 3:00 Art Appreciation: Andy Warhol 6:00 Musical Theatre Movies</p>	<p>9:30 Positive Morning Affirmations Joint Therapy Massage 10:30 Pilates Workout 1:00 Soul Harvest High Tea 2:00 DIY: Pickle me this! Craft 3:00 Family Discussion: What Makes You, YOU? 6:00 Hollywood Blockbuster</p> <p>National Pickle Day</p>	<p>9:30 Morning Refreshments 10:30 Paint with Friends 1:00 SOUL Band: Beat of the Drums 2:00 Freshly Baked Cinnamon Pretzel & Cappuccinos 3:00 Craft Hour: Six Step Funny Turkey Drawing 6:00 Romantic Comedies</p>	<p>9:30 Health Focused Affirmation 10:30 Aromatherapy Massage 11:00 Resistance Band Workout 1:00 Savory Roasted Pumpkin Seed Hummus Bar 2:00 Soul Adventures: Neighborhood Library 3:00 Short Stories Neighborly Book Club 6:00 Classic Television Marathon</p>	<p>9:30 Breathe Right Yoga 10:30 Morning Facials 1:00 SOUL Tennis Tournament 2:00 Tasty Soup of tShe Day 3:00 Top 10 Endangered Animals in the World 6:00 Movies Based on true story</p>	<p>9:30 Joint Therapy Massage 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap: National Football League (NFL) 2:00 Wild Side: Creamy Pumpkin Cheesecake 3:00 DIY: Crafty Halloween Owls 6:00 "Three's Company" Marathon</p>
<p>9:30 Coffee and Bagel 10:30 Rooftop Adventures: Finding Waldo 1:00 Soul Hair Salon 2:00 Soul Sundae Parfait Day 3:00 Soul Juice Bar: Everything Green Juice! 6:00 Classic Love Film</p>	<p>9:30 Early Bird Stretches 10:30 Resistance Band Workout 11:00 Card Game: Prize Uno 2:00 Residents Pick: Fall Desert 4:00 Music Appreciation: The Supremes 6:00 Musical Theatre Movies</p> <p>National Children's Day</p>	<p>9:30 Breathe Right Exercise! 10:30 Aromatherapy Warm up 11:00 Short Stories Book Club 1:00 SOUL Fall Flower Arrangements 2:00 Nourishing our Bodies: Hydration Hour 3:00 Residents Demo: Sweet Cranberry cider 6:00 Hollywood Blockbuster</p>	<p>9:30 Morning Warm Up 10:30 Holiday Zumba: Turkey Trot 1:00 WELCOME: New Residents Happy Hour 2:00 Crispy Refreshing Baked Peaches 3:00 DIY: Nature Cat Portraits 6:00 Romantic Comedies</p>	<p>9:30 Positive Morning Affirmations 10:30 DIY: Thanksgiving Turkey Decorations 1:00 Apple Cider Donuts Hour 2:00 Soul Adventures: Los Angeles Art Museum 3:00 Turkey Game Night: Family Feud 6:00 Classic Television Marathon</p> <p>Thanksgiving Day (US)</p>	<p>9:30 Hand to Hand Meditation 10:30 Morning Refreshments 1:00 DIY: Flying Ghouls & Witches 2:00 Chef Demo: Crumble Apple Pie 3:00 Spooky Lanes Bowling 6:00 Movies Based on true story</p>	<p>9:30 Mindful Meditation 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap: National Football League (NFL) 2:00 Pumpkin Spice Café 3:00 Holiday Tournament: The Spooky Hangman 6:00 "Three's Company" Marathon</p>
<p>9:30 Chair Cycling Power Hour 10:30 Sunday Morning Stroll 1:00 SOUL Thankful Sundae Bar 2:00 SOUL Holiday Pretzels 3:00. Soul Karaoke: Lifetime Tunes 6:00 Classic Love Film</p> <p>National Cake Day</p>	<p>9:30 Aromatherapy Massage 10:30 Heart to Heart Therapy 1:00 Memory Match 2:00 Soul Yogurt Parfait Day 3:00 Art Appreciation: Donald Judd 6:00 Musical Theatre Movies</p>	<p>9:30 Soul Breakfast Power Up Pilates Body Stretches 1:00 Card Game Tournament Solitaire 2:00 SOUL Tasty Toasted Treats 3:00 Poems from The Heart 6:00 Hollywood Blockbuster</p> <p>National French Toast Day</p>	<p>9:30 Morning Refreshments 10:30 Paint with Friends 1:00 DIY: Wild Birds Portraits 2:00 Crispy Refreshing Baked Apples 3:00 Craft Hour: My Lucky SOUL Game Piece 6:00 Romantic Comedies</p>	<p>9:30 Zen Yoga 10:30 Morning Facials 1:00 Apple Cider Donuts Hour 2:00 Soul Adventures: Los Angeles Griffith Park 3:00 Fall Game Night: Family Feud 6:00 Classic Television Marathon</p>	<p>SOUL November 2023</p>	