

Sunday, November 4

- 11:00 Worship- Health Care Center
- 3:00 Assisted Living
- 4:00 Creekside Cottage

Monday, November 5

- 8:45 Aerobic Training, Downstairs Corley Center
- 9:30 Aerobic Training, Downstairs Corley Center
- 9:30 Bus to Aquacise
- 1:00 Wii Bowling, Large Room
- 1:15 Seated Cardio & Strength, Downstairs Corley Center
- 2:00 ~~Shopping at Wal-Mart CANCELLED~~
- 2:05 Chair Yoga, Downstairs Corley Center
- 3:00 Bingo, Large Room
- 4:00 Bible Study with, April Warner, D Bldg. Activity Room
- 5:00 The Good Doctor, Large Room, Episodes 7 & 8

Tuesday, November 6- Shuttle Bus 10am, 1pm, 2pm

STATEWIDE GENERAL ELECTION, LARGE ROOM

- 8:45 Full Body Strength Training, Downstairs Corley Center
- 9:30 Full Body Strength Training, Downstairs Corley Center
- 1:00 Wellness Clinic, Coffee Shop
- 1:00 Shuttle Bus to Anderson
- 1:15 Seated Cardio & Strength, Downstairs Corley
- 4:00 Knit One & Crochet Too, Upstairs D
- 5:00 TMTI, Large Room

Wednesday, November 7

- 8:45 Aerobic Training, Downstairs Corley Center
- 9:30 Cardio & Balance, Ramp, A-Building
- 9:30 Bridge, Small Room
- 9:45 Zumba, Downstairs Corley Center
- 11:00 First Baptist & Communion, Large Room
- 1:15 Seated Cardio & Strength Training, Downstairs Corley Center
- 2:00 Alzheimer's Support Group, Large Room
- 2:05 Chair Yoga, Downstairs Corley Center
- Bingo & Front Porch Social, Large Room
- 7:00 Meet & Greet, A2 Lobby

Thursday, November 8- Shuttle Bus 10am, 1pm, 2p

- 8:45 Full Body Strength Training, Downstairs Corley Center
- 9:30 Full Body Strength Training, Downstairs Corley Center
- 9:30 Men's Coffee, Coffee Shop
- 10:30 Functional Exercise, Downstairs Corley Center
- 1:15 Seated Cardio & Strength, Downstairs Corley Center
- 2:00 Bridge, Small Room
- 3:00 Bingo, Large Room
- 6:30 Clemson Guitar Students, Large Room
- 6:45 Brooks Center, CU Percussion Ensemble

Friday, November 9

- 8:45 Balance Class, Downstairs Corley Center
- 9:30 Balance Class, Downstairs Corley Center
- 1:15 Seated Cardio & Strength, Downstairs Corley Center
- 2:00 Movie, Wonderstruck, Large Room
- 4:00 Veterans Day Program, Main Dining Room
- 7:00 Senior Singles, Large Room

Saturday, November 10

- 8:30 Hike with Ana
- 2:00 Games, Large Room

Movie of the Week

Wonderstruck

Ben and Rose are children from two different eras who secretly wish that their lives were different. Ben longs for the father he's never known, while Rose dreams of a mysterious actress whose life she chronicles in a scrapbook. When Ben discovers a puzzling clue and Rose reads an enticing headline, they both set out on epic quests to find what they're missing.

PG - 2hr - 2017- Drama/Mystery

Daylight Saving Time Ends

Sunday, November 4th

3:00

CLEMSON VS

BOSTON COLLEGE

ON SATURDAY

Sunday

Soupu Du Jour

Clemson Downs WEEK 1 Menu

Baked Chicken & Fried Chicken
Carved Turkey / Relish
Cornbread Dressing with Gravy
Macaroni & 3 Cheeses
Seasoned Whole Greenbeans
Garlic Roasted Cauliflower
Harvard Beets

Monday

Soup Du Jour
Baked Chicken
French Onion Chicken
Fried Pork Chops
Broccoli Rice Casserole
Turnip Green / Roots
Vegetable Stir Fry
Scalloped Apples

Tuesday

Soup Du Jour
Baked Chicken
Black Oak Ham
Almond Crust Chicken / Sauce
Garden Rice Pilaf
Pepper Jack Hashbrown Casserole
Braised Cabbage
Seasoned Collard Greens
Italian Green Beans

Wednesday

Soup Du Jour
Baked Chicken
Chili Con Carne
Pork Tenderloin with Bacon Onion Jam
Steamed Rice
Blackeyed Peas
Baked Sweet Potato with Condiments
Spinach with Bacon
Roasted Carrots with Thyme Parsley

Thursday

Soup Du Jour
Baked Chicken
Beef Tips with Mushroom Gravy
Chicken Tenders
Creamy Mashed Potatoes
Great Northern Beans with Onion Tomato
Maple Roasted Acorn Squash
Roasted Cherry Tomatoes
Seasoned Greenbeans

Friday

Soup Du Jour
Baked Chicken
Smoked Salmon with Seafood Sauce Over Penne Pasta
Hot Dogs with Chili
Onion Rings
Fried Okra
Steamed California Blend
Creamy Coleslaw
Ciabatta with Oil & Parmesan

Saturday

Soup Du Jour
Baked Chicken
Fajita Chicken Casserole
Pulled Pork on a Bun
Brown Rice
Baked Beans
Roasted Corn
Seasoned Greenbeans
Broccoli Coleslaw