

Address:  
 Arapaho Gardens  
 1121 Rockingham Dr.  
 Richardson TX 75080  
 972-379-9904




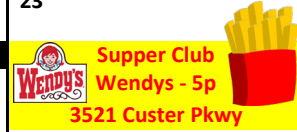
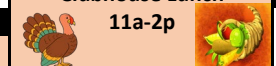



**PLAN @ 1121 ROCK**  
 People Living Active Now



**November Birthday's**  
 Zach P 11/2, Brian K 11/2, Carol B 11/4,  
 Reynoldo T 11/5, Gigi D 11/7, Glen H 11/8,  
 Rhonda V 11/15, Scotty W 11/16, Ann W 11/19  
 Jim D 11/23, Amanda P 11/25, Travis T 11/27  
 Katahy B 11/28, David R 11/30

~ November 2024 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>"Joy is the simplest form of gratitude."</b>            -Karl Barth</p>					<p>1            Morning Meeting 10a            Events Committee 11a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p</p>	<p>2  </p>
3	<p>4            Morning Mtg 10a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p            Pam's Book Discussion 2p            Tea Time 3p</p>	<p>5            Morning Mtg 10a            Newsletter 11a            Lunch 12:30p            HOUSE MEETING 1p            Afternoon Meeting 1:45p            Composition 4 Wellness</p>	<p>6            Morning Mtg 10a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p            Janssen Neuroscience - 2p</p>	<p>7            Morning Mtg 10a            Media Committee 11a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p</p>	<p>8            Morning Mtg 10a            Gardening Committee 11a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p</p>	9
10	<p>11            Morning Mtg 10a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p            Pam's Book Discussion 2p            Tea Time 3p</p>	<p>12            Morning Mtg 10a            Lunch 12:30p            HOUSE MEETING 1p            Afternoon Meeting 1:45p            Composition 4 Wellness</p>	<p>13            Morning Mtg 10a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p            Career Development 2p</p>	<p>14            Morning Mtg 10a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p            Sunshine &amp; Shadows 2p</p>	<p>15            Morning Mtg 10a            JFS Hoops 11a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p</p>	16
<p>17              Repticon            Reptile Convention - 12p</p>	<p>18            Morning Mtg 10a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p            Pam's Book Discussion 2p            Tea Time 3p</p>	<p>19            Morning Mtg 10a            Newsletter 11a            Lunch 12:30p            HOUSE MEETING 1p            Afternoon Meeting 1:45p            Composition 4 Wellness</p>	<p>20            Morning Mtg 10a            New Member Comm 11a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p            "Looking out for Bad Guys"            at 2p</p>	<p>21            Morning Mtg 10a            Media Committee 11a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p            Advocacy Comm. 2p</p>	<p>22            Morning Mtg 10a            Events Comm. 11a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p</p>	<p>23  </p>
24	<p>25            Morning Mtg 10a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p            Pam's Book Discussion 2p            Tea Time 3p</p>	<p>26            Morning Mtg 10a            Birthday Bash            HOUSE MEETING 1p            Afternoon Meeting 1:45p            Composition 4 Wellness</p>	<p>27            Morning Mtg 10a            Lunch 12:30p            Afternoon Unit Mtgs 1:30p            Career Development 2p            Kims's Cooking Class 2p</p>	<p>28            HAPPY THANKSGIVING!            Clubhouse Lunch            11a-2p  </p>	<p>29            Black Friday            Clubhouse Closed</p>	<p>30  </p>

**Special Events**

11/4,11/11,11/18,11/25 - Pam C.'s Book Discussion - 2p  
 11/5,11/12, 11/19,11/26 - Composition for Wellness  
 11/6 - Janssen Neuroscience Presentation - 2p  
 11/17 - Repticon - 12p  
 11/20 - Looking out for Bad Guys Talk - 2p  
 11/23 - Supper Club - Wendys - 5p  
 11/28 - Thanksgiving - 11a



**HOURS:**  
**Monday-Friday 9a-4p**  
**972-379-9904**