

**SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**



# November 2023

<p><b>5 DAYLIGHT SAVINGS END</b></p> <p>9:00 ■ Meditation &amp; QiGong Workout DVD</p> <p>11:00 ■ Body Balance Strength &amp; Fitness w/ David</p> <p>1:30 ■ Balance Booster Fitness DVD</p> <p>2:30 ■ Merion Matinee: All Mine To Give</p> <p>5:00 ■ Shiva Rea: Meditation DVD</p> <p>7:00 ■ Music Institute of Chicago Ensemble</p> <p>7:30 ■ Sunday Night Movie: Grumpy Old Men</p>	<p><b>6</b></p> <p>10:30 ■ Redefining Strength w/ Nichola</p> <p>1:00 ■ Merion Bridge Club</p> <p>1:00 ■ Current Event Discussion w/ Howard Voeks</p> <p>1:30 ■ Symbria: Stretch &amp; Flex w/ Dina</p> <p>2:30 ■ Merion Matinee: It Happened on 5th Avenue</p> <p>4:00 ■ Happy Hour &amp; Live Music with Abigail R. Healy</p> <p>7:30 ■ Monday Night Movie: Holiday Engagement</p>	<p><b>7</b></p> <p>9-12 ■ Nurse Practitioner Visit w/ Dr. Lev</p> <p>9:15 ■ Integrated Movement for Mind &amp; Body w/ Barbara</p> <p>11:00 ■ PRIME/ The Burial</p> <p>1:00 ■ Mahjong @ The Merion</p> <p>1:00 ■ Symbria: Fitness Fusion with Dina</p> <p>3:00 ■ Medieval America with G. Singleton</p> <p>4:00 ■ Happy Hour @ The Merion</p> <p>6:00 ■ Mantra Meditation w/ Mui</p>	<p><b>8</b></p> <p>11:00 ■ Merion Roundtable Discussion w/ Doug Asbury</p> <p>12:00 ■ PRIME/ YELLOWSTONE Season One / Episode 9</p> <p>1:00 ■ Fit &amp; Functioning w/ Johnny</p> <p>1:00 ■ Canasta Club @ The Merion</p> <p>3:00 ■ Open Forum @ The Merion</p> <p>4:00 ■ Happy Hour @ The Merion</p> <p>7:30 ■ Wednesday Movie: Road to Perdition</p>	<p><b>9</b></p> <p>9:30 ■ Tai Chi Fitness w/ Mike McGinn</p> <p>11:00 ■ BeMoved Dance w/ Heidi</p> <p>12:30 ■ APPLE TV/ Lessons in Chemistry Season One / Episode Two</p> <p>1:00 ■ Merion Bridge Club</p> <p>3:00 ■ History of an American Musical G. Gershwin &amp; C. Porter w/ Betty</p> <p>4:00 ■ Happy Hour &amp; Live Music w/ S. Aaron</p> <p>7:30 ■ Thursday Movie: Lez Bomb</p>	<p><b>10</b></p> <p>10:00 ■ Symbria: Balance Booster w/ Dina</p> <p>11:30 ■ NETFLIX/ All The Light We Cannot See Season One / Episode Three</p> <p>1:30 ■ Pilates Fitness w/ Suzy</p> <p>1:30 ■ Hand &amp; Foot Card Game</p> <p>3:00 ■ Musical Lectures w/ S. Kleiman "THE BAROQUE"</p> <p>4:00 ■ Happy Hour @ The Merion</p> <p>7:30 ■ Friday Night Movie: The Old Way</p>	<p><b>11 VETERAN'S DAY</b></p> <p>10-12 ■ Billiards @ The Merion</p> <p>11:00 ■ Balance Booster Fitness DVD</p> <p>11:00 ■ Bingo &amp; Prizes w/ Mary</p> <p>12:00 ■ NETFLIX/ All The Light We Cannot See Season One/ Episode Four</p> <p>1:30 ■ Rummikub @ The Merion</p> <p>2:30 ■ Art Alive Programming w/ D. Levie "Edgar Heap of Birds"</p> <p>7:30 ■ Saturday Night Movie: Saving Private Ryan</p>
<p><b>12</b></p> <p>9:00 ■ Meditation &amp; QiGong Workout DVD</p> <p>11:00 ■ Body Balance Strength &amp; Fitness w/ David</p> <p>1:30 ■ Balance Booster Fitness DVD</p> <p>2:30 ■ Music Discovery w/ Dr. Dan Healy Presents: Bill Evans</p> <p>5:00 ■ Shiva Rea: Meditation DVD</p> <p>7:30 ■ Sunday Night Movie: Grumpier Old Men</p>	<p><b>13</b></p> <p>10:30 ■ Redefining Strength w/ Nichola</p> <p>1:00 ■ Poetry Corner @ The Merion with Greg S. &amp; Irene E</p> <p>1:00 ■ Merion Bridge Club</p> <p>1:30 ■ Symbria: Stretch &amp; Flex w/ Dina</p> <p>2:30 ■ Canvas Creations w/ Charlotta</p> <p>3:00 ■ Folk &amp; Jive @ The Merion w/ Leah</p> <p>4:00 ■ Happy Hour @ The Merion</p> <p>7:30 ■ Monday Night Movie: Christmas Kiss</p>	<p><b>14</b></p> <p>9:15 ■ Integrated Movement for Mind &amp; Body w/ Barbara</p> <p>11:00 ■ NETFLIX/ HALLELUJAH: Leonard Cohen A Journey, A Song</p> <p>1:00 ■ Mahjong @ The Merion</p> <p>1:00 ■ Symbria: Fitness Fusion with Dina</p> <p>3:00 ■ History in Perspective w/ Eugene "Fool Russians"</p> <p>4:00 ■ Happy Hour @ The Merion With Kurt &amp; Deane Duo</p> <p>7:30 ■ Piano &amp; Cellist Duo w/ Sandro Tsomaia &amp; Francisco Vila</p>	<p><b>15</b></p> <p>9:30 ■ Gentle Yoga w/ Leigh</p> <p>10:00 ■ Audiologist Visit</p> <p>11:00 ■ Merion Roundtable Discussion w/ Doug Asbury</p> <p>12:00 ■ PRIME/ Yellowstone Season Two / Episode 1</p> <p>1:00 ■ Fit &amp; Functioning w/ Johnny</p> <p>1:00 ■ Canasta Club @ The Merion</p> <p>2:00 ■ Mindfulness—Self Compassion w/ Meg</p> <p>4:00 ■ Happy Hour &amp; Live Music w/ The Jerry Tiberi Trio</p> <p>7:30 ■ Wednesday Night Movie: Wild Strawberries</p>	<p><b>16</b></p> <p>9-12 ■ Dermatologist Visit</p> <p>9:00 ■ Merion Men's Club Meetup</p> <p>11:00 ■ BeMoved Dance w/ Heidi</p> <p>12:30 ■ APPLE TV/ Lessons in Chemistry Season One / Episode Three</p> <p>1:00 ■ Merion Bridge Club</p> <p>1:00 ■ Merion Book Club Meetup</p> <p>2:00 ■ Tai Chi Fitness w/ Mike McGinn</p> <p>4:00 ■ Happy Hour @ The Merion</p> <p>7:30 ■ Thursday Movie: Terms of Endearment</p>	<p><b>17</b></p> <p>10:00 ■ Aqua Aerobics w/ Nichola</p> <p>10:00 ■ Symbria: Balance Booster w/ Dina</p> <p>11:30 ■ Merion Short Story Discussion w/ Glen "Zusya on the Roof"</p> <p>1:30 ■ Pilates Fitness w/ Suzy</p> <p>3:00 ■ Historical Impressionist Peter Smalls Presents: George Burns</p> <p>4:00 ■ Happy Hour &amp; Live Music with Ameerah Tatum</p> <p>7:30 ■ Friday Night Movie: Angry Neighbors</p>	<p><b>18</b></p> <p>10-12 ■ Billiards @ The Merion</p> <p>11:00 ■ Balance Booster Fitness DVD</p> <p>11:00 ■ Bingo &amp; Prizes w/ Mary</p> <p>12:00 ■ Merion Matinee: Hannah and Her Sisters</p> <p>1:00 ■ Personalized Fitness w/M. McGinn</p> <p>1:30 ■ Rummikub @ The Merion</p> <p>2:30 ■ Music Appreciation Lecture w/ Kurt "Carol King &amp; James Taylor"</p> <p>3:00 ■ Early Evening Movie: A League of Their Own</p> <p>7:30 ■ Saturday Night Movie: AQUAMAN</p>
<p><b>19</b></p> <p>9:00 ■ Meditation &amp; QiGong Workout DVD</p> <p>11:00 ■ Body Balance Strength &amp; Fitness w/ David</p> <p>1:30 ■ Balance Booster Fitness DVD</p> <p>2:30 ■ Merion Matinee: Holiday Affair</p> <p>5:00 ■ Shiva Rea: Meditation DVD</p> <p>7:00 ■ Music Institute of Chicago Ensemble</p> <p>7:30 ■ Sunday Night Movie: The Five Heartbeats</p>	<p><b>20</b></p> <p>10:30 ■ Redefining Strength w/ Nichola</p> <p>1:00 ■ Current Event Discussion w/ H. Voeks</p> <p>1:00 ■ Merion Bridge Club</p> <p>1:30 ■ Symbria: Stretch &amp; Flex w/ Dina</p> <p>4:00 ■ Happy Hour &amp; Live Music w/ Tim Fitzgerald</p> <p>7:30 ■ Magic of Strings w/ Jaime Gorgojo</p> <p>7:30 ■ Monday Night Movie: The Most Wonderful Time of the Year!</p>	<p><b>21</b></p> <p>9:15 ■ Integrated Movement for Mind &amp; Body w/ Barbara</p> <p>1:00 ■ Mahjong @ The Merion</p> <p>1:00 ■ Symbria: Fitness Fusion with Dina</p> <p>3:00 ■ Mysticism &amp; Mushrooms w/ G. Singleton</p> <p>4:00 ■ Happy Hour @ The Merion</p> <p>6:00 ■ Mindful Meditation w/ Mui</p>	<p><b>22</b></p> <p>9:30 ■ Gentle Yoga w/ Leigh</p> <p>11:00 ■ Merion Roundtable Discussion w/ Doug Asbury</p> <p>1:00 ■ Canasta Club @ The Merion</p> <p>1:00 ■ Fit &amp; Functioning w/ Johnny</p> <p>3:00 ■ Open Forum @ The Merion</p> <p>4:00 ■ Happy Hour @ The Merion</p> <p>7:30 ■ Wednesday Night Movie: Notting Hill</p>	<p><b>23 HAPPY THANKSGIVING</b></p> <p>8:00 ■ Viewing of The Macy's Thanksgiving Day Parade</p> <p>11:30 ■ NFL Green Bay Packers vs Detroit Lions</p> <p>3:00 ■ Merion Matinee: The Turkey Bowl</p> <p>3:30 ■ NFL Washington Commanders vs Dallas Cowboys</p> <p>5:00 ■ Thanksgiving Dinner &amp; Live Music w/ The Maracujaz Band</p> <p>7:20 ■ NFL 49ers vs Seattle Seahawks</p> <p>7:30 ■ Thursday Movie: Home For The Holidays</p>	<p><b>24</b></p> <p>10:00 ■ Aqua Aerobics w/ Nichola</p> <p>1:30 ■ Jane Fonda Walkout Fitness DVD</p> <p>1:30 ■ Hand &amp; Foot Card Game</p> <p>2:30 ■ Merion Matinee: A Charlie Brown Thanksgiving</p> <p>4:00 ■ Happy Hour @ The Merion</p> <p>7:30 ■ Friday Night Movie: Poker Face</p>	<p><b>25</b></p> <p>10-12 ■ Billiards @ The Merion</p> <p>11:00 ■ Balance Booster Fitness DVD</p> <p>11:00 ■ Bingo &amp; Prizes w/ Mary</p> <p>12:00 ■ Merion Matinee: Planes, Trains &amp; Automobiles</p> <p>1:30 ■ Rummikub @ The Merion</p> <p>2:30 ■ Music Appreciation Lecture w/ Kurt "Motown: Assembly Line Hits"</p> <p>4:00 ■ Early Evening Movie: FRIENDSGIVING</p> <p>7:30 ■ Saturday Night Movie: EXTRAORDINARY</p>
<p><b>26</b></p> <p>9:00 ■ Meditation &amp; QiGong Workout DVD</p> <p>11:00 ■ Body Balance Strength &amp; Fitness w/ David</p> <p>1:30 ■ Balance Booster Fitness DVD</p> <p>2:30 ■ Merion Matinee: Blossoms of Dust</p> <p>5:00 ■ Shiva Rea: Meditation DVD</p> <p>7:30 ■ The Chen Family String Quartet</p> <p>7:30 ■ Sunday Night Movie: How Stella Got Her Groove Back</p>	<p><b>27</b></p> <p>10:30 ■ Redefining Strength w/ Nichola</p> <p>1:00 ■ Poetry Corner @ The Merion with Greg S. &amp; Irene E</p> <p>1:00 ■ Merion Bridge Club</p> <p>1:30 ■ Symbria: Stretch &amp; Flex w/ Dina</p> <p>2:30 ■ Canvas Creations w/ Charlotta</p> <p>4:00 ■ Happy Hour @ The Merion</p> <p>7:30 ■ Monday Night Movie: Annie Claus is Coming to Town</p>	<p><b>28</b></p> <p>9:15 ■ Integrated Movement for Mind &amp; Body w/ Barbara</p> <p>12:00 ■ Merion Matinee: CREED III</p> <p>1:00 ■ Mahjong @ The Merion</p> <p>1:00 ■ Symbria: Fitness Fusion with Dina</p> <p>3:00 ■ History in Perspective w/ Eugene "English Stew"</p> <p>4:00 ■ Happy Hour @ The Merion</p> <p>6:00 ■ Mindful Meditation w/ Mui</p>	<p><b>29</b></p> <p>9:30 ■ Gentle Yoga w/ Leigh</p> <p>11:00 ■ Merion Roundtable Discussion w/Doug Asbury</p> <p>1:00 ■ Fit &amp; Functioning w/ Johnny</p> <p>1:00 ■ Canasta Club @ The Merion</p> <p>2:00 ■ Mindfulness—Self Compassion w/ Meg</p> <p>4:00 ■ November Birthday Celebrations</p> <p>4:00 ■ Happy Hour &amp; Live Music w/ The Jerry Tiberi Trio</p> <p>7:30 ■ Wednesday Night Movie: Forrest Gump</p>	<p><b>30</b></p> <p>9:30 ■ Tai Chi Fitness w/ Mike McGinn</p> <p>11:00 ■ BeMoved Dance w/ Heidi</p> <p>1:00 ■ Merion Bridge Club</p> <p>2:00 ■ Mindful, Movement &amp; Breathe w/ Barbara</p> <p>3:00 ■ History of an American Musical "Real People in Musicals"</p> <p>4:00 ■ Happy Hour &amp; Live Music w/ S. Aaron</p> <p>7:30 ■ Thursday Movie: The Family Stone</p>	<p>■ Arts &amp; Culture</p> <p>■ Health &amp; Fitness</p> <p>■ Life Long Learning</p> <p>■ Music</p> <p>■ Social Activities</p> <p>■ Spiritual Wellness</p>	<p><b>THANK YOU VETERANS FOR YOUR SERVICE</b></p> <p><b>NOVEMBER 11</b></p>