

# November

## Resident Event Newsletter



### Live Music Night

11/6 @ 8PM

Bld 2 Music Room

First Sunday of every month.  
Bring your vocals, bring your  
guitar or just watch the show.



### Women's Circle

11/9 @ 8pm

Bld 2 Music Room

A space for women to gather  
monthly to connect, share  
and empower one another.



### Bro Night!

Nov 12th, 2022 @ 8pm

Bld 2 Banquet Room/Game Room

Whiskey, Beers, Poker,  
Wings, Bro Challenges &  
Raffle Giveaways!

### Health & Wellness

November 15th, 2022 @ 8pm, Bld 3 Clubhouse

Hosted by Nikki Byster, Registered Nurse, BioEnergetic  
Medicine Practitioner

A series of talks to help you create more  
awareness around the foundations of health  
& healing. In this series, Nikki will be diving  
into topics such as:

- Reading nutrition labels
- Optimizing digestion
- Adequate hydration
- How to support your nervous system health
- How to support detox
- Proper sleep hygiene & more!



### Karaoke FriendsGiving

November 19, 2022 @7pm

Bld 2 Banquet Room/Catering Kitchen

Join us for the most entertaining  
Thanksgiving celebration ever!

It's a potLuck! Bring your favorite  
holiday dish to share with your  
neighbors and sing karaoke. We  
will provide the usual Thanksgiving  
staples.



### Weekly Events

#### DONUT FRIDAY'S

Every Friday morning, come on down to  
your building lounge and grab a donut  
with your coffee.



**YOGA WITH NIKKI** - Certified Yoga Instructor  
Every Sunday @ 9am, Bld 2 Banquet Room

"Yoga is the journey of the self, through the self,  
to the self." -- The Bhagavad Gita

No experience needed.  
Please bring a yoga mat.