2026

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM: Play Scramble 6PM: Resident choice Movie!	2 10AM: Seated strength 11AM: Music 1PM:Activity with DAWN 3PM: Play Bingo! 6PM: Classic Movie	3 10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 6:00PM: Romance/Drama Movie	4 10AM: Stretch &weights 11AM: Music 1PM: Table Bowling 3PM: Happy Hour! 6PM: Trivia or Movie Night!	5 10AM: Seated Strength 11AM: Play Skat Cards 1PM:Walking/Cycling 3PM: Game Time! 6PM:Drama Movie!	6 10AM: Yoga with Adriene 11AM:Music 1PM: Table Bowling 3PM:Bingo! 6PM: Movie and Popcorn	7 10AM: Yoga with Adriene 11AM:Music 1PM: Table Bowling 3PM:Bingo! 6PM: Movie and Popcorn
8 10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM: Play Scramble 6PM: Resident choice Movie!	9 10AM: Seated strength 11AM: Music 1PM:Activity with DAWN 3PM: Play Bingo! 6PM: Classic Movie	10 10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 6:00PM: Romance/Drama Movie	11 10AM: Stretch &weights 11AM: Music 1PM: Table Bowling 3PM: Happy Hour! 6PM: Trivia or Movie Night!	12 10AM: Seated Strength 11AM: Play Skat Cards 1PM:Walking/Cycling 3PM: Game Time! 6PM:Drama Movie!	13 10AM: Yoga with Adriene 11AM:Music 1PM: Table Bowling 3PM:Bingo! 6PM: Movie and Popcorn	14 10AM: Yoga with Adriene 11AM:Music 1PM: Table Bowling 3PM:Bingo! 6PM: Movie and Popcorn
15 10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM: Play Scramble 6PM: Resident choice Movie!	16 10AM: Seated strength 11AM: Music 1PM:Activity with DAWN 3PM: Play Bingo! 6PM: Classic Movie	17 10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 6:00PM: Romance/Drama Movie	18 10AM: Stretch &weights 11AM: Music 1PM: Table Bowling 3PM: Happy Hour! 6PM: Trivia or Movie Night!	19 10AM: Seated Strength 11AM: Play Skat Cards 1PM:Walking/Cycling 3PM: Game Time! 6PM:Drama Movie!	20 10AM: Yoga with Adriene 11AM:Music 1PM: Table Bowling 3PM:Bingo! 6PM: Movie and Popcorn	21 10AM: Yoga with Adriene 11AM:Music 1PM: Table Bowling 3PM:Bingo! 6PM: Movie and Popcorn
22 10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM: Play Scramble 6PM: Resident choice Movie!	23 10AM: Seated strength 11AM: Music 1PM:Activity with DAWN 3PM: Play Bingo! 6PM: Classic Movie	24 10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 6:00PM: Romance/Drama Movie	25 10AM: Stretch &weights 11AM: Music 1PM: Table Bowling THANKSGIVING DINNER!!	26 10AM: Seated Strength 11AM: Play Skat Cards 1PM:Walking/Cycling 3PM: Game Time! 6PM:Drama Movie!	27 10AM: Yoga with Adriene 11AM:Music 1PM: Table Bowling 3PM:Bingo! 6PM: Movie and Popcorn	28 10AM: Yoga with Adriene 11AM:Music 1PM: Table Bowling 3PM:Bingo! 6PM: Movie and Popcorn
29 10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM: Play Scramble 6PM: Resident choice Movie!	30 10AM: Seated strength 11AM: Music 1PM:Activity with DAWN 3PM: Play Bingo! 6PM: Classic Movie					

2025

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	