November 2026

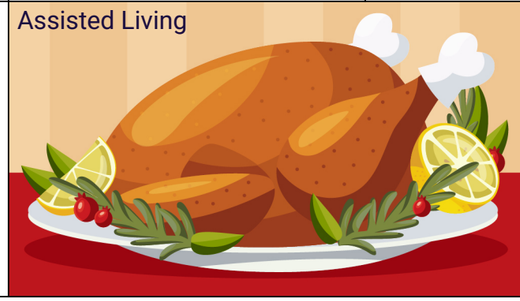
National Alzheimer's Disease Awareness Month

Memory Care

Activities may vary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Seniors Safety Week 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Music & Smiles 1:00 Fun with Letters 1:30 Pictionary 2:30 Art & Sensory Activity 3:30 Trivia Fun Daylight Saving Time Ends	2 Dia de los Muertos 9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss 1:00 Card match 1:30 History Lesson 2:30 Bingo! 3:30 Folding Fun	3 National Author's Day 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art & Coloring 1:45 Skill Builders 2:30 Memory Lane Scents 3:30 Bounce Into Fun	4 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:30 Arts & Crafts 2:30 Bingo **3:30 Happy Hour!**	5 Remember the Fifth of November Day 9:15 Walk & Chat **9:30 Sunshine Outing** 9:45 Sit & Fit 10:30 Balloon Volleyball 1:00 Name That Tune! **2:15 Ageless Strength** 3:00 Bowling! Pins & Grins	6 Jersey Friday Nacho Day 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Card Match 1:00 Balloon Racquetball 1:30 Bingo **2:30 Music & Memories** **3:30 Yoga w/Jenny**	7 7-11 Day 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music & Smiles 1:30 Creative Time 2:30 Ping Pong Pathways 3:30 Reading 101
8 Geography Awareness Day 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Bullseye 1:00 Card Match 1:45 Bullseye 2:30 Sing-along 3:45 Classical Melodies Diwali (Hindi)	9 National Inventors' Day 9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss/ Kick 1:00 Draw & Fun! 1:30 Math 101 2:30 Memory Lane Scents 3:30 Puzzle Pieces	10 Pursue Trivia Day 9:15 Stretch & Flex 9:45 Folding Fun 10:30 Sing-along 1:00 Trivia Tuesday 1:30 Reminiscing 2:30 Fun with Letters **3:30 Unity In Motion**	11 Veterans Day 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Arts & Crafts 1:00 Music & Smiles **1:30 Ice Cream Social** 2:30 Bingo 3:30 Word Search	12 Nat'l Chicken Soup for the Soul Day Princess Grace Day 9:15 Walk & Chat **9:30 Road Trip Thursday** 9:45 Sit & Fit 10:30 Memory Lane Scents 1:00 Tales & Togetherness 1:45 Balloon Volleyball **2:15 Ageless Strength**	13 World Kindness Day Yellow Submarine Day 9:15 Happy Feet 9:45 Soothing Movements 10:30 Fun with Letters 1:00 Reminiscing 1:30 Bingo 2:30 Disco Fever **3:30 Yoga w/ Jenny**	14 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art Sensory Activity 1:00 Volleyball 1:30 Sing-Along 2:30 History Lesson 3:30 Comfort & Conversation
15 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Fun with Letters 1:00 Music & Smiles 1:30 Creative Time 2:30 Sing-Along 3:30 Sip & Chat	16 WHERE In the World? Day 9:15 Morning Walk 9:45 Soothing Movements 10:30 Kickball 1:00 Arts & Crafts 1:30 Bingo 2:30 Folding Fun 3:30 Reminiscing Comfort	17 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ball Toss 1:00 Sing-along 1:30 Memory Lane Scents 2:30 Art Sensory Activity 3:30 Helping Hands	18 Mickey Mouse's Birthday 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:00 Racquetball 1:30 Arts & Crafts **2:30 Golden Travelers** **Happy Hour- AL/AR** 3:30 Sing-along	19 International Men's Day 9:15 Walk & Chat **9:30 Thursday Stroll Outing** 9:45 Sit & Fit 10:30 Read Aloud 1:15 Sing-along **2:15 Ageless Strength** 3:30 Memory In Rhyme	20 9:15 Happy Feet 9:45 Soothing Movements 10:30 Memory Lane Scents 1:00 Dance w/ Emma 1:30 Bingo 2:30 Sensory trivia **3:30 Yoga w/ Jenny**	21 World TV Day 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Aroma Therapy 1:00 Music & Smiles **1:30 Outdoor Social** 2:30 Mind & Senses 3:30 Reminiscing
22 Man of La Mancha 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Music & Smiles 1:00 Read Aloud 1:30 Racquetball 2:30 Bullseye 3:30 Comfort & Conversation	23 9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss 1:00 Fun with Letters 1:30 Creative Time 2:30 Bingo 3:30 Puzzle Pieces	24 Celebrating Unique Talents Day 9:15 Happy Feet 9:45 Stretch & Flex 10:30 Let's Dance! 1:00 Trivia Tuesday 1:30 Bingo! 2:30 UNO! 3:30 Comfort & Conversation	25 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Sip & Chat **1:00 Resident Council**- AL/LR 1:00 Music & Smiles 1:30 Volleyball **1:30 Town Hall Meeting- AL/LR** 2:00 Ice Cream Social 3:30 Dear Diary Hour	26 Thanksgiving Day 9:15 Walk & Chat **9:30 Fun Time Outing** 9:45 Sit & Fit 10:30 Puzzle Building 12:00 Thanksgiving Luncheon 1:15 Thanksgiving Celebration **2:15 Helping Hands** 3:00 Movie Matinee	27 9:15 Happy Feet 9:45 Soothing Movements 10:30 Balloon Volleyball 1:00 Outdoor Sensory Activity 1:30 Comfort Spa! **2:30 Outdoor Social!** **3:30 Yoga w/Jenny**	28 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Sing-along 1:00 History Lesson 1:30 Garden Smiles 2:30 Social Hour 3:00 Show & Tell
29 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Fun with Letters 1:00 Music & Smiles 1:30 Creative Time 2:30 Sing-Along 3:30 Sip & Chat	30 9:15 Morning Walk 9:45 Soothing Movements 10:30 Kickball 1:00 Arts & Crafts 1:30 Bingo 2:30 Folding Fun 3:30 Reminiscing Comfort					

Key Note: AL= Assisted Living LR= Living Room AR= Activity Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Seniors Safety Week All Saints Day **1** 9:15 Morning Social- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 2:30 Movie Matinee- LR (See Posting) Daylight Saving Time Ends	Dia de los Muertos **2** 9:15 Todays News- AR 10:30 Volleyball - LR **11:00 More Than Waffles** 11:15 Stretch & Flex- LR **1:15 Dollar Tree** 1:30 Bingo- AR **2:45 Limericks w/ Lou- AR** 4:00 Bullseye!- LR	National Authors' Day Election Day **3** 9:15 Sip & Chat-AR **9:30 Chase Bank** 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR **2:30 Literary Legends- LR** 3:30 Poker Club- LR	International Merlot Day **4** 9:15 News & Views- AR 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:15 Spanish 101- AR 2:30 Arts & Crafts- AR **3:30 Happy Hour- LR**	Remember the Fifth of November Day **5** 9:15 The Morning Scoop- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR **1:15 Post Office** 1:30 Bingo!- AR **2:45 Ageless Strength- AR** **4:00 Documentary- LR**	Jersey Friday Nacho Day **6** 9:15 News, & Views - AR **10:30 Ralph's Market** 10:30 Volleyball- LR 11:15 Stretch & Flex- LR **1:30 Target** 1:30 Exploring History- AR **2:30 Yoga w/ Jenny- LR** 3:45 Pictionary- LR	7-11 Day **7** 9:15 Todays News- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR **2:30 Pictionary!- LR**
Diwali Geography Awareness Week **8** 9:15 Morning Social- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 2:30 Movie Matinee- LR (See Posting)	National Inventors' Day World Freedom Day **9** 9:15 Todays News- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR **1:15 Mid-Valley Library** 1:30 Bingo-AR **2:45 Limericks w/ Lou- AR** 4:00 Pictionary- LR	Pursue Trivia Day **10** 9:15 Sip & Chat-AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR **1:15 CVS** 1:15 Fun Trivia Tuesday- AR **2:30 Unity In Motion- LR** 3:45 Poker Club- LR	Veterans Day **11** 9:15 News & Views- AR 10:30 Volleyball- LR 11:15 Stretch & Flex- LR **12:00 Veterans Day Celebration** **1:30** Arts & Crafts w/ Scan- AR **3:30 Stories of Courage and Service- LR**	National Chicken Soup for the Soul Day Princess Grace Day **12** 9:15 The Morning Scoop- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR **1:15 Walgreen's** 1:30 Bingo- AR **2:45 Ageless Strength- LR** **4:00 Feel The Beat- AR**	World Kindness Day Vietnam Veterans Yellow Submarine Day **13** 9:15 News, & Views - AR **10:30 Trader Joe's** 10:30 Volleyball - LR 11:15 Stretch & Flex- LR **1:15 DD's** 1:30 Exploring History- AR **2:30 Yoga w/ Jenny- LR** 3:45 UNO! For Beginners- AR	Claude Monets Birthday **14** 9:15 Todays News- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR **2:30 Pictionary!- LR**
15 9:15 Morning Social- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:30 Movie Matinee- AR (See Posting)	WHERE in the World? Day **16** 9:15 Todays News- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR **2:45 Limericks w/ Lou- AR** 4:00 Bullseye!- LR	Times We Treasure Tuesday Marine Corps Anniversary **17** 9:15 Sip & Chat-AR 10:30 Volleyball- LR **11:00 California Kitchen** 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR **1:30 Wells Fargo Bank** 3:30 Memories & Moments- AR	Mickey Mouse's Birthday **18** 9:15 News & Views- AR 10:00 Volleyball- LR 11:15 Stretch & Flex - LR **1:30 Documentary- LR** **2:30 Golden Travelers Happy Hour- AR**	International Men's Day **19** 9:15 The Morning Scoop- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR **12:30 Celebration of Life- AR** **1:30 Ho Ho Happy Nails** 1:30 Bingo- AR **2:45 Ageless Strength- LR** 4:00 Jewelry Making- AR	**20** 9:15 News, & Views - AR **10:30 Ralph's Market** 10:30 Volleyball - LR 11:15 Stretch & Flex- LR **1:15 Ross** 1:30 Exploring History- AR **2:30 Yoga w/ Jenny- LR** **3:45 Line Dancing- LR**	World TV Day **21** 9:15 Todays News- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR **2:30 Pictionary!- LR**
Man of La Mancha **22** 9:15 Morning Social- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 2:30 Movie Matinee- LR (See Posting)	**23** 9:15 Todays News- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR **2:45 Limericks w/ Lou- AR** 4:00 Pictionary- LR	Celebrating Unique Talent Day "God bless America" Debut Day **24** 9:15 Sip & Chat-AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR **1:15 Talent Show** 3:15 Rummikub- AR	**25** 10:30 News & Views- AR 11:15 Stretch & Flex- LR **1:00 Resident Council Meeting- LR** **1:30 Town Hall- LR** **1:20 Marshall's** **2:00 Ice Cream Social w/ Scan- LR**	Thanksgiving Day **26** 9:15 The Morning Scoop- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR **12:00 A Thanksgiving Celebration- DR** 2:00 Movie Matinee- LR 3:00 Rummikub- AR	Native American Heritage Day Women's Liberation Day **27** 9:15 News, & Views - AR **10:30 Trader Joe's** 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Exploring History- AR **2:30 Yoga w/Jenny- LR** **3:45 UNO!- AR**	**28** 9:15 Todays News- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR **2:30 Pictionary!- LR**
29 9:15 Morning Social- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:30 Movie Matinee- AR (See Posting)	**30** 9:15 Todays News- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR **2:45 Limericks w/ Lou- AR** 4:00 Bullseye!- LR	Assisted Living 	National Alzheimer's Awareness Month November 2026 Key Note: AR= Activity Room LR= Living Room DR= Dining Room		Activities may vary 	

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