

November 2025 - Assisted Living						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Betty Powley's Birthday! 30 SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area	 November continued	EM Emotional IN Intellectual PH Physical VO Vocational SO Social SP Spiritual	MC Memory Care			SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 1
Daylight Saving Time Ends - Set Your Clocks Back 1 Hour! 2 SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area	10:00 SP Catholic Mass (TV) and Communion 3 11:30 PH Chair Aerobics 2:30 EM Music with Kristin	10:00 SP Church Service 4 11:30 PH Seated Stretches 1:00 SP Deep Dive "Lifeguard" Training 3:00 SO Candy Bingo	10:00 EM "Gabbing Gals" with Peggy 5 11:30 PH Chair Yoga 1:00 SP Spark Challenge 4:00 SO Happy Hour & Trivia	10:00 VO Food Committee Meeting 6 11:00 VO Resident Council Meeting 2:00 IN Lifelong Learning 3:30 PH Cardio Drumming	Marlys' Birthday! 7 10:30 EM Pet Visits with Gus & Ranger 11:30 PH Sit and Be Fit with Bethany 1:00 SP Spark Challenge Results Show	SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 8
SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 9	10:00 SP Catholic Mass (TV) and Communion 10 11:30 PH Chair Aerobics 2:30 EM Music with Kristin [MC] 3:30 SO Manicures	Veterans Day 11 11:00 SP Veterans Recognition Service 1:00 SP Deep Dive "Lifeguard" Training 4:00 PH Seated Stretches	10:00 EM "Gabbing Gals" with Peggy 12 10:30 PH Chair Yoga with Allison 1:00 SP Spark Challenge 3:00 SO Candy Bingo	11:30 PH Seated Core Exercises 13 2:30 VO Bus Outing: Eastman Nature Center 4:30 SP Rest & Relaxation	10:30 EM Pet Visits with Gus & Ranger 14 11:30 PH Sit and Be Fit with Bethany 1:00 SP Spark Challenge Results Show 3:00 IN Fire Safety Training with Alex	Sharon's Birthday! 15 SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area
SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 16	10:00 SP Catholic Mass (TV) and Communion 17 11:30 PH Chair Aerobics 2:30 EM Music with Kristin [MC] 3:30 IN Coffee with Megan	11:30 PH Seated Stretches 18 1:00 SP Deep Dive "Lifeguard" Training 3:00 SO Candy Bingo	10:00 SO "Gabbing Gals" with Peggy 19 11:00 SP Church & Communion with Pastor Cullen 1:00 SP Spark Challenge 3:30 PH Cardio Drumming 6:00 EM Pet Visits with Jax & Claire	11:00 PH Resident Led Walking Group 20 11:30 VO Lunch Outing: Dehn's Country Manor 4:00 EM Crafternoon: Thankfulness Trees	10:30 EM Pet Visits with Gus & Ranger 21 11:30 PH Sit and Be Fit with Bethany 1:00 SP Spark Challenge Results Show 2:00 IN Walker & Wheelchair Clinic	SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 22
SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 23	10:00 SP Catholic Mass (TV) and Communion 24 11:30 PH Chair Aerobics 2:30 EM Music with Kristin [MC] 4:00 SO Jimmy's Gentleman's Club	10:00 VO Shopping Trip: Cub Foods 25 1:00 PH Seated Stretches 3:00 SO November Birthday Party with The Floras	10:00 EM "Gabbing Gals" with Peggy 26 11:30 PH Turkey Training Exercise 3:30 VO Let's Make: Cranberry Brie Bites	Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request 27 Thanksgiving Day	Day after Thanksgiving Day 28 10:30 EM Pet Visits with Gus & Ranger 11:30 PH Sit and Be Fit with Bethany 3:00 SO Prize Bingo	SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 29 Continued at top