NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 8:00a Breakfast LDR 10:00a Exercise LTV 12:00p Lunch LDR 1:00p Bills vs Ravens Watch Party LTV 3:00p Balloon Tennis LTV 4:30p Dinner LDR 5:30p Hallmark LTV	**02** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Sing A-Long with Joe GR 12:00p Lunch LDR 1:30p Music w/ Allen LTV 2:30p Sun Chips LDR 3:00p Tasting History LTV 4:30p Dinner LDR 5:30p "Little House on the Prairie" LTV	**03** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Music w/ John LTV 12:00p Lunch LDR 1:30p Name That Tune LTV 2:30p Fresh Fruit Cups LDR 3:00p Brain Games LTV 4:30p Dinner LDR 5:30p Netflix LTV	**04** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a "The Minimalists" LTV 12:00p Lunch LDR 1:00p Painting Class LTV 2:30p Fresh Cookies LDR 3:00p Roc Dog LTV 4:30p Dinner LDR 5:30p Music w/ Bonnie LTV	**05** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Trivia LTV 12:00p Lunch LDR 1:30p Music w/ Donna LDR 2:30p Smoothies LDR 3:00p Read Aloud: "Little Woman" LTV 4:30p Dinner LDR 5:30p Bingo w/ Nancy LTV	**06** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Balloon Tennis LTV 12:00p Lunch LDR 1:30p Bingo LTV 2:30p Birthday Social/BH LDR 3:00p Puzzles/Coloring LTV 4:30p Dinner LDR 5:30p Residents' Choice LTV	**07** 8:00a Breakfast LDR 10:00a Exercise LTV 12:00p Lunch LDR 2:00p Side By Slide w/ Chriss LTV 2:30p Yogurt Cups LDR 4:30p Dinner LDR 5:30p AGT LTV
08 8:00a Breakfast LDR 10:00a Exercise LTV 12:00p Lunch LDR 1:30p Music w/ Allen LTV 2:30p Oreos LDR 3:00p Puzzles/Coloring LTV 4:30p Dinner LDR 5:30p Hallmark LTV	**09** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Sing A-Long with Joe GR 12:00p Lunch LDR 1:30p Music w/ Melinda LTV 2:30p Nutrigrain Bars LDR 3:15p History w/ Mark Sample LTV 4:30p Dinner LDR 5:30p "Little House on the Prairie" LTV	**10** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Music w/ John LTV 12:00p Lunch LDR 1:30p Crafting Corner LTV 2:30p Fresh Fruit Cups LDR 3:00p Brain Games LTV 4:30p Dinner LDR 5:30p Music w/ Nathan LDR	Veterans Day **11** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a "Gorilla Story" LTV 10:30a Veterans Day Ceremony GR 12:00p Lunch LDR 1:00p Painting Class LTV 2:30p Patriotic Parfait LDR 3:00p David Orange Talks LTV 4:30p Dinner LDR 5:30p Music w/ Bonnie LTV	**12** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Music w/ Standard Time LDR 12:00p Luncheon w/ Kit LDR 1:30p Music w/ Donna LDR 2:30p Smoothies LDR 3:00p Read Aloud: "Little Woman" LTV 4:30p Dinner LDR 5:30p Netflix LTV	**13** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Name That Tune LTV 12:00p Lunch LDR 1:30p Bus Ride LTV 2:30p Apple Cider and Donuts LDR 3:00p Puzzles/Coloring LTV 4:30p Dinner LDR 5:30p Residents' Choice LTV	**14** 8:00a Breakfast LDR 10:00a Exercise LTV 12:00p Lunch LDR 2:30p Lays Chips LDR 3:00p FaceTime w/ Family LDR 4:30p Dinner LDR 5:30p AGT LTV
15 8:00a Breakfast LDR 10:00a Exercise LTV 12:00p Lunch LDR 1:00p Bills vs Jets Watch Party LTV 2:30p Jello Cups LDR 3:00p Balloon Tennis LTV 4:30p Dinner LDR 5:30p Hallmark LTV	**16** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Sing A-Long with Joe GR 12:00p Lunch LDR 1:30p Music w/ Allen LTV 2:30p Sun Chips LDR 3:00p Horticultural Therapy w/ Bambi LG 4:30p Dinner LDR 5:30p "Little House on the Prairie" LTV	**17** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Creating Memories LDR 12:00p Lunch LDR 1:30p Name That Tune LTV 2:30p Fresh Fruit Cups LDR 3:00p Brain Games LTV 4:30p Dinner LDR 5:30p Netflix LTV	**18** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a "Brene Brown" LTV 12:00p Lunch LDR 1:00p Painting Class LTV 2:30p Fresh Cookies LDR 3:00p Roc Dog LTV 4:30p Dinner LDR 5:30p "Soul on Fire" LTV	**19** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Trivia LTV 12:00p Lunch LDR 1:30p Music w/ Donna LDR 2:30p Smoothies LDR 3:00p Read Aloud: "Little Woman" LTV 4:30p Dinner LDR 5:30p Music w/ Road Less Traveled LTV	**20** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Balloon Tennis LTV 12:00p Lunch LDR 1:30p Bingo LDR 2:30p Apple Cider & Donuts LDR 3:00p Golf Cart Tour LTV 4:30p Dinner LDR 5:30p Residents' Choice LTV	**21** 8:00a Breakfast LDR 10:00a Exercise LTV 12:00p Lunch LDR 2:00p Side By Slide w/ Chriss LTV 2:30p Pudding Cups LDR 4:30p Dinner LDR 5:30p AGT LTV
22 8:00a Breakfast LDR 10:00a Exercise LTV 12:00p Lunch LDR 1:00p Bills vs Dolphins Watch Party LTV 2:30p Lays Chips LDR 3:00p Puzzles/Coloring LTV 3:30p Armchair Travels w/ Beth LDR 4:30p Dinner LDR 5:30p Music w/ Allen LTV	**23** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Sing A-Long with Joe GR 12:00p Lunch LDR 1:00p Catholic Communion GR 1:30p Music w/ Melinda LTV 2:30p Nutrigrain Bars LDR 3:00p Tasting History LTV 4:30p Dinner LDR 5:30p Music w/ Standard Time LDR	**24** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Creating Memories LDR 12:00p Lunch LDR 1:30p Thanksgiving Discussion LTV 2:30p Fresh Fruit Cups LDR 3:30p Christian Worship Services GR 4:30p Dinner LDR 5:30p Netflix LTV	**25** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a "A Trip to Infinity" LTV 12:00p Lunch LDR 1:00p Giving Tree Party w/ Music by Hilton LTV 3:00p Jewish Education w/ Silvana LTV 4:30p Dinner LDR 5:30p "13 Going On 30" LTV	Thanksgiving Day **26** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Thanksgiving Trivia LTV 12:00p Lunch LDR 1:30p "An Old Fashioned Thanksgiving" (Tubi) LTV 2:30p Smoothies LDR 4:30p Dinner LDR 5:30p Netflix LTV	**27** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Name That Tune LTV 12:00p Lunch LDR 1:30p Bus Ride LTV 2:30p Apple Cider & Donuts LDR 3:00p Puzzles/Coloring LTV 4:30p Dinner LDR 5:30p Residents' Choice LTV	**28** 8:00a Breakfast LDR 10:00a Exercise LTV 12:00p Lunch LDR 2:30p Jello Cups LDR 3:00p FaceTime w/ Family LDR 4:30p Dinner LDR 5:30p AGT LTV
29 8:00a Breakfast LDR 10:00a Exercise LTV 12:00p Lunch LDR 2:30p Yogurt Cups LDR 3:00p Balloon Tennis LTV 4:30p Dinner LDR 5:30p Hallmark LTV	**30** 8:00a Breakfast and Chronicles LDR 10:00a Exercise LTV 10:30a Sing A-Long with Joe GR 12:00p Lunch LDR 1:30p Music w/ Allen LTV 2:30p Sun Chips LDR 3:00p Tasting History LTV 4:30p Dinner LDR 5:30p Music w/ Standard Time LDR					

Meeting Places

- **LDR** Lodge Dining Room
- **LG** Lodge Garden
- **LTV** Lodge TV Room
- **SGR** Summit Great Room
- **MPR** Summit Multipurpose Room
- **GR** Wolk Great Room

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Music
- Social
- Intellectual
- Health Services
- Nutritional