YOUR Life MEMORY CARE

NOVEMBER 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
1 **9:30 Devotion/Pastor Ed (AR4)** 10:30 Scarf Excercise(AR4) 11:00 Family Feud (AR40 11:30 Brain Teasers (AR4) 2:00 Walking Club (OS) 2:30 Spot the difference (AR1) 3:00 Name that Sound (AR1) 3:30 Sunday Matinee (MT) 4:30 Walk before dinner (AR1)	**2** 9:30 Encouraging word(AR4) **10:30 Sweat Therapy/Kim (AR4)** 11:00 Garden Walk (AR4) 11:30 Animal Video &Trivia (AR4) (IN2L) 2:00 Bubbles & Music /fountain (OS) **2:30 Day of the Dead Crafts (AR4)** 3:00 Manicure Monday (AR1) 3:30 Day of the Dead Slide show (AR1) 4:00 Take a walk with a friend (AR1)	**3** Nat'l Jelly Fish Day 9:30 Encouraging Word (AR4) 10:00 Scarf Movement & Music **10:30 Jeff Chandler Band (LV4)** 11:00 Outside Games & Music (AR4) 11:30 What's that Sound (AR4) (IN2L) 2:00 Walk & Water Garden (OS) 2:30 Marine Life Slideshow (AR1) 3:30 Jelly Fish Video & Trivia (AR1) 4:30 Short Walk before dinner (AR1)	**4** 9:30 Ball toss & exercise (AR4) **10:00 Catholic Prayer/Joyce (AR4)** **11:00 Healing Hearts (AR4)** 11:30 Doris Day singalong (AR4) 2:00 Walking Club (OS) 2:30 Magazines with a friend (AR1) **3:00 Fitness with Accessible (AR1)** 3:30 Explore the IN2L (AR1) (IN2L) 4:00 Word Wipe (AR1) (IN2L) 4:30 Courtyard Stroll (OS)	**5** 9:30 Silver Sneakers exercise (AR4) 10:30 Family Feud *(LR4)* *11:00 Carrie Underwood Gospel (AR4)* *11:30 Autumn Stroll (OS)* 2:00 Yoga Exercise (AR1) 2:30 Doris Day Karaoke (AR1) 3:00 Bake cinnamon rolls (AR1) 3:30 How to make cinnamon rolls- IN2L (AR1) 4:30 Patio Chat & Walk (AR1)	**6** Nat'l Nacho Day 9:30 Pool Noodle Exercise (AR4) **10:30 Roger Tripp (LV4)** 11:30 Spin & Solve (AR4) (IN2L) 2:00 Garden Walk (OS) ***2:30 Cinco De Mayo(B)*** *3:00 Friday Matinee (MT)* *4:00 Susie Q sing along (IN2L) (AR1)* 4:30 Courtyard walk Before Dinner (OS)	**7** 9:30 Ball Fitness (AR4) 10:00 Courtyard Walk (AR4) 10:30 Christian Sermon (A4) (IN2L) 11:00 Spot the difference (AR4) (IN2L) 11:30 Petticoat Junction(AR4) 2:00 Water & Walk Garden (AR1) 2:30 Sunflower painting (AR1) (IN2L) 3:00 Elvis Karaoke (AR1)(IN2L) 4:30 Courtyard Stroll before dinner (OS)
8 **9:30 Devotion/Pastor Ed (AR4)** 10:30 Chair fitness (AR4) 11:00 Post Work out Walk (AR4) 11:30 Spin & Solve (AR4) (IN2L) 2:00 Word Find with friends (OS) 2:30 Fall Water Color Painting (AR1) (IN2L) 3:00I Scarf movement & Music (AR1) (IN2L) 3:30 Matinee (MT) 4:00 Courtyard stroll (OS)	**9** 9:30 Encouraging word(AR4) **10:30 Sweat Therapy/Kim (AR4)** 11:00 Spin & Solve (AR4) 11:30 Animal Video &Trivia (AR4) (IN2L) **2:00 Art Therapy with Debbie (AR4)** 2:30 Autumn Art (A14) 3:00 Manicure Monday (AR1) 3:30 Mary Sue Sing Along (AR1) 4:00 Take a walk with a friend (AR1)	**10** Nat'l Vanilla cupcake Day 9:30 Encouraging Word Gospel (AR1) 10:30 Bake Cupcakes(AR1) 11:00 Cupcake recipe Video (AR1) 11:30 Doris Day Karaoke (AR4) 2:00 Walking Club (OS) 2:30 Cupcake Art (AR1) 3:00 Baking club Bake cupcakes (AR1) **3:30 Piano time w/ Joan & Karen (AR4)** 4:00 Family Feud (AR1) (IN2L) 4:30 Dance like Elvis to dinner (AR1)	**11** Veterans Day 9:30 Parachute Fitness (AR4) **10:00 Catholic Prayer/Joyce (AR4)** **11:00 Healing Hearts (AR4)** **11:40 Veterans Day Parade** 2:00 Courtyard Stroll (OS) 2:30 Susie Q Karaoke (AR1) **3:00 Fitness with Accessible (AR1)** 3:30 Bonanza (AR1) 4:30 Walk before dinner (OS)	**12** 9:30 Ball trivia exercise (AR4) **10:30 *Veterans Ceremony*** 11:00 Encouraging word (AR4) (IN2L 11:30Travel videos you pick (AR4) (IN2L) 2:00 Courtyard walk (OS) **2:30 Music with Santiago (LV4)** 3:00 Bob Ross Painting (AR1) (IN2L) 3:30 Family Feud (AR1) (IN2L) 4:30 Courtyard stroll (OS)	**13** 9:30 Scarf Exercise (AR4) 10:30 Garden Walk (OS) 11:30 Gospel Sing Along (AR4) 2:00 Garden Stroll (OS) **3:00 Dari Queen (B)** 3:30 Fall art (AR1) (IN2L) 4:00 Apple Farm video (AR1) 4:30 Garden Walk (OS)	**14** 9:30 Scarf Fitness (AR4) 10:00 *Courtyard walk (AR4)* *11:00 Encouraging Word (AR4)* *11:30 Stroll before lunch (AR4)* 2:00 Yoga Exercise (AR1) 2:30 Travel Video & trivia (AR1) 3:00 Family Feud (AR1) 3:30 Dog video & Trivia- IN2L (AR1) 4:30 Patio Chat & Walk (AR1)
15 **9:30 Devotion/Pastor Ed (AR4)** 10:30 Yoga (AR4) (IN2L) 11:00 Garden walk (OS 11:30 Alan Jackson Gospel (AR4) 2:00 Walking Club (OS) 2:30 Spot the difference (AR1) 3:00 Name that Sound (AR1) 3:30 Sunday Matinee (MT) 4:30 Walk before dinner (AR1)	**16** 9:30 Encouraging Words (AR4) **10:30 Sweat Therapy/Kim (AR4)** 11:00 Courtyard Stroll (AR4) **11:30 Doris Day Singalong (AR4)** 2:00 Autumn Courtyard Stroll (OS) 2:30 Manicure Monday (AR1) 3:30 50's Art (AR1) (IN2L) 4:00 I Love Lucy (AR1)(IN2L) 4:30 Walk Before dinner (AR1)	**17** 9:30 Scarf Movement Exercise (AR4) 10:00 Garden Walk (AR4) **10:30 Jeff Chandler Band (LV4)** 11:00 Patriotic Video & Trivia (AR4) (IN2L) 11:30 Oldies sing along (AR4) (IN2L) 2:00 Courtyard Walk (OS) 2:30 Spin & Solve (AR1) 3:00 Mary Sue Sing Along (AR1) 3:30 Name that Sound (AR1) 4:30 Neighborhood Stroll (AR1)	**18** Nat'l Apple cider Day 9:30 Encouraging Word (AR4) (IN2L) **10:00 Catholic Prayer/Joyce (AR4)** **11:00 Healing Hearts (AR4)** 11:30 Alan Jackson Gospel (AR4) 2:00 Pool Noodle Fitness (AR4) **2:30 Resident Council (AR4)** **3:00 Fitness with Accessible (AR1)** 3:00 Word Wipe (AR4) (IN2L) 3:30 Elvis Sing Along (AR4) 4:00 Garden Stroll (AR4)	**19** Thanksgiving Luncheon 9:30 Chair Fitness (AR4) 10:30 Encouraging Word *(LR4)* *11:00 Travel & Trivia (AR4) (IN2L)* *11:30 Courtyard Stroll (AR4)* ***12:00 Thanksgiving Luncheon*** 2:00 Chair Exercise (AR1) 3:30 I Love Lucy Art (AR1) 4:30 Patio Chat & Walk (AR1)	**20** 9:30 Alan Jackson Gospel (AR4) 10:00 Walk (AR4) (IN2L) **10:30 Roger Tripp (LV4)** 11:00 Rock N Roll history (AR4) (IN2L) 11:30 Family Feud (AR4) (IN2L) 2:00 Garden Club Walk (OS) 2:30 Magazines by the Fountain (OS) **3:00 CMX (B)** 3:30 Rock & Roll painting (AR1) (IN2L) 4:30 Courtyard Stroll (OS)	**21** 9:30 Stretch Band Fitness (AR4) 10:30 Garden Walk (OS) 11:00 Kenny Roger Gospel (AR4) 11:30 Botanical gardens (AR4) (IN2L) 2:00 Men's Club Golf (OS) 3:00 Sports video & Trivia (AR1) 3:30 Mary Sue Karaoke (AR1) (IN2L) 4:00 Garden Walk (OS)
22 **9:30 Devotion/Pastor ED (AR4)** 10:30 Parachute Exercise (AR4) 11:00 Laps in the building (AR4) 11:30 Meditation (AR4) (IN2L) 2:00 Guys Golfing on the green (OS) 2:30 Bubbles & Bird watching (OS) 3:00 Word Wipe (AR1) (IN2L) 3:30 Oldies sing along (AR1) (IN2L) 4:00 Walk Before dinner (AR1)	**23** 9:30 Words of Hope (AR4) (IN2L) **10:30 Sweat Therapy/Kim (AR4)** 11:00 Garden Walk (AR4) (IN2L) 11:30 Spin & Solve (AR4) (IN2L) **2:00 Art Therapy with Debbie (AR4)** 2:30 Manicure Monday (AR1) 3:30 Susie Q sing Along (AR1) (IN2L) 4:00 Word Wipe (AR1) (IN2L) 4:30 Patio walk (OS)	**24** 9:30 Chair Yoga (AR4) (IN2L) 10:00 Courtyard Walk (OS) 10:30 Susie Q Karaoke (AR4) 11:00 Doris Day Singalong (AR4) 11:30 Word Wipe (AR4) (IN2L) 2:00 Homestead ice cream video (AR1) (IN2L) 2:30 Make Icecream! (AR1) 4:30 Short Walk before dinner (AR1)	**25** 9:30 Courtyard Walk (OS) (IN2L) **10:00 Catholic Prayer/Joyce (AR4)** **11:00 Healing Hearts (AR4)** 11:30 Kenny Roger Gospel (AR4) 2:00 Garden Club (OS) 2:30 Apple turnover baking (AR1) **3:00 Fitness with Accessible (AR1)** 4:00 Spin & Solve (AR1) (IN2L) 4:30 Courtyard Stroll (AR1)	**26** Thanksgiving Day 9:30 Tai Chi Exercise (AR4) 10:30 Thankful pool Noodle fitness (AR4) 11:00 Gospel Sing along (AR4) 11:30 Spin & Solve (AR4) (IN2L) 2:00 Turkey Trot Walk (OS) **2:30 Music with Santiago (LV4)** *3:00 Thanksgiving video (AR1)* *4:00 Thanksgiving Trivia (IN2L) (AR1)* 4:30 Courtyard walk Before Dinner (OS)	**27** 9:30 Pool Noodle Exercise (AR4) (IN2L) 10:00 Walking Club (AR4) (IN2L) 10:30 Doris Day Karaoke (AR1) 11:00 Senior favorite games (AR4) (IN2L) 2:00 Outside Stroll (OS) ***2:30 Tom Brown Park (B)*** *3:00 Explore IN2L (AR1)* 4:00 Susie Q sing along (AR1) 4:30 Walk before dinner (AR1) (IN2L)	**28** 9:30 Ball Toss Fitness (AR4) 10:30 Courtyard Walk (AR4) 11:00 Words of Hope (AR4) (IN2L) 11:30 Elvis along (AR4) (IN2L) 2:00 Garden Walk and Water (OS) 2:30 Bubbles by the Fountain (OS) 3:00 Word Find with a Friend (AR1) (IN2L) 3:30 Saturday Matinee (MT) 4:00 Doris Day Sing along (AR1) (IN2L) 4:30 Courtyard Stroll (OS)
29 **9:30 Devotion/Pastor Ed (AR4)** 10:30 Yoga Fitness (AR4) 11:00 Garden Walk (AR4) 11:30 Family Feud (AR4) (IN2L) 2:00 Walking Club (OS) 2:30 Ball Fitness (AR1) (IN2L) 3:00 Elvis Karaoke (AR1) 3:30 Matinee (MT) 4:00 Courtyard Walk (AR1)	**30** 9:30 Alan Jackson Gospel (AR4) **10:30 Sweat Therapy/Kim (AR4)** 11:00 Courtyard walk (AR4) (IN2L) 11:30 Word Wipe (AR4) (IN2L) **2:30 Manicure Monday (AR1)** 3:00 Oldies Sing Along (AR1) 3:30 I love Lucy (AR1) (IN2L) 4:00 Fish Video & Trivia (AR1) (IN2L) 4:30 Walk before dinner (AR1)				Gloria C- 11/4 Maxine G- 11/18 Horace S- 11/18 Ann G- 11/21 Alice B- 11/27 Robert S- 11/30	**Location Box** AR: Activity Room (Neighborhood 1) AR4: Activity room 4 (Neighborhood 4) LV: Living Room OS:Outside

*ALL ACTIVITIES ARE SUBJECT TO CHANGE

TALLAHASSEE

LICENSE NUMBER: 13113