

NOVEMBER 2025



Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 Yoga- FITNESS CTR 10:30 Bingo - WA 2:00 Movie Day / WA 2:00 Musical Encounters on Decker 5:45 Movie / WA
2 10:00 Catholic Virtual Mass w/ Comm. / WA 11:00 Mini Activities-WA 2:00 Ecum. Service / Chap 2:30 Fellowship w/ refresh / Chap 3:15 Crossword WA	3 9:30 Sit & Stand - FITNESS CTR 10:30 Bingo/ WA 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 2:30 Music w/ Rearview Mirror/ WA 6:30 Harbor City Chorus/ WA	4 10:00 Zumba - FITNESS CTR 10:30 Crossword / WA 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Bookmobile - Front Door 2:30 Musical Happy Hour/ 3AR 6:00 Late Night w/ Decker	5 9:30 Sit & Stand - FITNESS CTR 10:30 Where in the World-WA 11:00 Mod. Level Exercise-FC 11:15 Brain & Body Stretches / Decker 11:45 High Lev Exercise-FC 2:00 Catholic Comm - MR 2:30 Music w/ Ken	6 9:30 Daily Chronicles and Horoscopes/ CBA 10:30 Bingo - WA 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 1:30 Watercolors- 3AR 2:00 Cont Issues/ MR 3:15 Tech Help-WA 6:00 Late Night w/ Decker	7 9:30 Sit & Stand - FITNESS CTR 10:15 Bus Outing to Target 10:30 Family Feud-WA 10:30 NO Writing Group Today 11:00 Mod. Level Exercise-FC 11:45 High Lev Exercise-FC 2:30 Trivia w/ Peggy - WA	8 9:30 Yoga- FITNESS CTR 10:30 Bingo - WA 2:00 Movie Day; TBA 5:45 Movie / WA 7:15 Bingo -MR
9 10:00 Catholic Virtual Mass w/ Comm. / WA 11:00 Mini Activities-WA 2:00 Ecum. Service / Chap 2:30 Fellowship w/ refresh / Chap	10 9:30 Sit & Stand - FITNESS CTR 10:30 Bingo/ WA 11:00 Intermediate Exercise Class-FC 11:45 Moderate Lev Exercise-FC 2:30 Music w/ Michelle/ WA 6:30 Harbor City Chorus/ WA	11 Veterans Day 10:00 Zumba - FITNESS CTR 10:30 Crossword / WA 11:00 Balance Builders Class-FC 11:45 Moderate Lev Exercise-FC 2:30 Musical Happy Hour/ 3AR 6:00 Late Night w/ Decker	12 9:30 Sit & Stand - FITNESS CTR 10:30 Baking Group-WA 11:00 Intermediate Exer. Class-FC 11:15 Brain & Body Stretches / Decker 11:45 Moderate Lev Exercise-FC 2:00 Catholic Comm - MR 2:30 Music w/ Slightly Silver/ WA	13 9:30 Daily Chronicles and Horoscopes/ CBA 10:00 Veterans Day Program w/ Gilchrist/ WA 11:00 Balance Builders Class-FC 11:45 Moderate Lev Exercise-FC 2:00 Cont Issues/ MR 3:15 Art & Craft w/ Lovelace/ WA 6:00 Late Night w/	14 9:30 Sit & Stand - FITNESS CTR 10:15 Bus Outings 10:30 Bingo-WA 10:30 Writing Group- 3AR 11:00 Intermediate Exerc Class-FC 11:45 Moderate Lev Exercise-FC 2:30 Trivia w/ Peggy - WA 7:30 Hotel Paradise/ WA	15 9:30 Yoga- FITNESS CTR 10:30 Bingo - WA 2:00 Movie Day; TBA 2:00 Musical Encounters on Decker 5:45 Movie / WA

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:00 Catholic Virtual Mass w/ Comm. / WA 11:00 Mini Activities-WA 2:00 Ecum. Service / Chap 2:30 Fellowship w/ refresh / Chap 3:15 Trivia WA	17 9:30 Sit & Stand - FITNESS CTR 10:30 Bingo/ WA 11:00 Intermediate Exercise Class-FC 11:45 Moderate Lev Exercise-FC 2:00 Catholic Mass/ Meeting Room 6:30 Harbor City Chorus/ Decker 7:30 Middle River Concert-WA	18 10:00 Zumba - FITNESS CTR 10:30 Crossword / WA 11:00 Balance Builders Class-FC 11:45 Moderate Lev Exercise-FC 1:15 AL Food Service Meeting - WA 2:30 Musical Happy Hour/ 3AR 6:00 Late Night w/ Decker	19 9:30 Sit & Stand - FITNESS CTR 10:30 Ted Talk Discussion-WA 11:00 Intermediate Exer. Class-FC 11:15 Brain & Body Stretches / Decker 11:45 Moderate Lev Exercise-FC 2:00 Catholic Comm - MR 2:30 Music w/ Helmut-	20 9:30 Daily Chronicles and Horoscopes/ CBA 10:30 Bingo - WA 11:00 Balance Builders Class-FC 11:45 Moderate Lev Exercise-FC 1:30 Watercolors- 3AR 3:00 P-Gill Singers 6:00 Late Night w/ Decker	21 9:30 Sit & Stand - FITNESS CTR 10:15 Bus Outings 10:30 Black Jack-WA 10:30 Writing Group- 3AR 11:00 Intermediate Exerc Class-FC 11:45 Moderate Lev Exercise-FC 2:30 Trivia w/ Peggy - WA	22 9:30 Yoga- FITNESS CTR 10:30 Bingo - WA 2:00 Movie Day; TBA 5:45 Movie / WA
23 10:00 Catholic Virtual Mass w/ Comm. / WA 11:00 Mini Activities-WA 2:00 Ecum. Service / Chap 2:30 Fellowship w/ refresh / Chap 3:15 Documentary FC	24 9:30 Sit & Stand - FITNESS CTR 10:30 Bingo/ WA 11:00 Intermediate Exercise Class-FC 11:45 Moderate Lev Exercise-FC 2:30 Music w/ Woof-WA 6:30 Harbor City Chorus/ WA	25 10:00 Zumba - FITNESS CTR 10:30 Crossword / WA 11:00 Balance Builders Class-FC 11:45 Moderate Lev Exercise-FC 2:30 Musical Happy Hour/ 3AR 6:00 Late Night w/ Decker	26 9:30 Sit & Stand - FITNESS CTR 10:30 Coffee Social Hour-WA 11:00 Intermediate Exer. Class-FC 11:15 Brain & Body Stretches / Decker 11:45 Moderate Lev Exercise-FC 2:00 Catholic Comm - MR 6:00 Late Night w/	27 Thanksgiving 9:30 Gratitudes and Blessings Service-WA 10:30 Bingo - WA 11:00 Balance Builders Class-FC 11:45 Moderate Lev Exercise-FC	28 9:30 Sit & Stand - FITNESS CTR 10:15 Bus Outings 10:30 Billiards 10:30 Writing Group- 3AR 11:00 Intermediate Exerc Class-FC 11:45 Moderate Lev Exercise-FC 2:30 Trivia w/ Peggy - WA	29 9:30 Yoga- FITNESS CTR 10:30 Bingo - WA 2:00 Movie Day; TBA 5:45 Movie / WA
30 10:00 Catholic Virtual Mass w/ Comm. / WA 11:00 Mini Activities-WA 2:00 Ecum. Service / Chap 2:30 Fellowship w/ refresh / Chap						