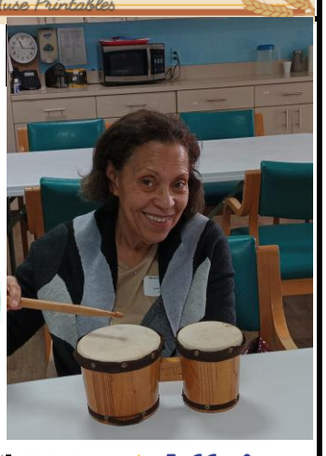
November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 Trivia 11:30 Lunch 12:15 Garden/ Games 1:00 Boggle 2:00 PM Stretch 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Sam's Escapades Discussion	**3** 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 Entertainment 11:30 Lunch 12:15 Garden/ Games 1:00 Bingo 2:00 Afternoon Stretch 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Art/ Discussion	**4** 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 Special Days 11:30 Lunch 12:15 Garden/ Games 1:00 Sports Fun 2:00 PM Stretch 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Fun with Sam	**5** 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 Luis's Class 11:30 Lunch 12:15 Garden/ Games 1:00 Word Search 2:00 PM Stretch 2:30 Coffee & Snack 3:00 Password Pyramid	**6** 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise 10:30 Entertainment 11:30 **Shabbat & Lunch** 12:15 Garden/ Games 1:00 PM Stretch 2:00 Movie 2:30 Ice Cream Snack 3:00 Movie Cont'd
9 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 Trivia 11:30 Lunch 12:15 Garden/ Games 1:00 Boggle 2:00 Yoga Stretch 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Sam's Escapades	**10** 8:30 Rolls or Fruit 9:45 Exercise/ Walk 10:30 Entertainment 11:30 Lunch 12:15 Garden/ Games 1:00 Bingo 2:00 PM Stretch 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Art or Discussion	**11** 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 World Foods Scattegories 11:30 Lunch 12:15 Garden/ Games 1:00 Sport's Fun 2:00 Chair Yoga 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Sam's Escapades	**12** 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 Luis's Class 11:30 Lunch 12:15 Garden/ Games 1:00 Absurd Trivia 2:00 PM Stretch 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Password Pyramid	**13** 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise 10:30 Entertainment 11:30 **Shabbat & Lunch** 12:15 Garden/ Games 1:00 PM Stretch 2:00 Movie 2:30 Ice Cream Snack 3:00 Movie Cont'd
16 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 Fall Trivia Remember When 11:30 Lunch 12:15 Garden/ Games 1:00 Boggle 2:00 PM Stretch 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Sam's Escapades	**17** 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 Entertainment 11:30 Lunch 12:15 Garden/ Games 1:00 Bingo 2:00 PM Stretch Class 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Art/Discussion	**18** 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 Holiday Traditions Autumn Days 11:30 Lunch 12:15 Garden/ Games 1:00 Sport's Fun 2:00 Yoga Stretch 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Sam's Game/Trivia	**19** 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 Luis's Class 11:30 Lunch 12:15 Garden/ Games 1:00 Word Jumble 2:00 Yoga Stretch 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Password Pyramid	**20** 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise 10:30 Entertainment 11:30 **Shabbat & Lunch** 12:15 Garden/ Games 1:00 PM Stretch 2:00 Movie 2:30 Ice Cream Snack 3:00 Movie Cont'd
23 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 Thanksgiving Trivia Sing-A-Long 11:30 Lunch 12:15 Garden/Games 1:00 Boggle 2:00 PM Stretch 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Sam's Escapades	**24** 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 Entertainment 11:30 Lunch 12:15 Garden/ Games 1:00 Bingo 2:00 Afternoon Stretch 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Art/Discussion	**25** 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 Thanksgiving Trivia 11:30 Lunch 12:15 Garden/ Games 1:00 Sport's Fun 2:00 Chair yoga 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Sam's Escapades		
30 8:30 Coffee, Tea Rolls or Fruit 9:45 Exercise/ Walk 10:30 Favorite Foods Gratitude Discussion 11:30 Lunch 12:15 Garden/Games 1:00 Boggle 2:00 Yoga Stretch 2:30 **Snack,-coffee, tea cookies, crackers** 3:00 Sam's Escapades		***Therapy Dog Visits Weekly*** 	***Support Group 11/10 & 11/24*** 	

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