November 2026
Memory Care



created with Sagely

THE ARLINGTON

Resident Birthdays

James G. 11/18
Carolyn W. 11/30

"Each day I am thankful for nights that turned into mornings, friends that turned into family, dreams that turned into reality and likes that turned into loves."

— Unknown

Life Enrichment Activities are subject to change without notice. Please refer to weekly sheet posted on the activities board

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Daylight Saving Time Begins** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Trivia Challenge 11:30 Hymns Sing Along 1:30 Family Zoom Calls 1:30 **Religious Service** 2:00 **Bible Study with Pastor Benji** 2:30 Afternoon Munchies 2:30 BINGO 4:00 Monarch Habitat Watch 6:00 After Hour /Coloring and Worksheets /Residents Choice	**2** 10:00 Daily Chronicle 10:30 Snacktivity 10:45 Chair One Fitness 11:00 Ribbon Dancing 11:15 Singing Bowl Meditation with Donna 2:00 BINGO 2:00 Monthly Birthday Celebration 2:00 Sensory Connections 4:00 Afternoon Stretching 6:00 After Hour Activities/Coloring and Puzzles/Resident Choice	**3** **Election Day** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Exercise 11:30 Trivia Challenge 1:30 **Bob Shea Sings!** 2:30 Cozy Cravings 3:00 Colors of November Abstract Art 6:00 After Hour/Coloring and Worksheets/Resident Choice	**4** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Chair One Fitness 11:00 **The Men's Coffee Break with Benji** 11:30 Sing Along 11:30 Trivia Challenge & Word Game 2:00 BINGO 2:30 Munching with Gratitude 4:00 Garden Care 6:00 After Hour/Coloring and Worksheets/Resident Choice	**5** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Exercise with Miracle 11:00 Noodle Stretching 11:00 doTERRA Aroma Touch Massages 1:30 **Courtyard Concert with Frankie T.** 2:30 Creative Crafting & Coloring 2:30 Harvest Snack Social 4:00 Puzzles!! 6:00 After Hour/Coloring and Worksheets/Resident Choice	**6** 10:00 Daily Chronicle 10:30 Movin and Groovin with Miracle 10:30 Snacktivity 11:00 **Erica, The Storyteller** 11:00 Singing Bowl Meditation 11:30 Cranium Crunch Café 2:00 BINGO 2:30 Pumpkin Patch Snack Shack 4:30 Water the Plants! 6:00 After Hour/Coloring and Worksheets/Resident Choice	**7** **All Activities Are Subject To Change Without Notice.** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Noodle Stretching 11:30 Trivia Fun 1:30 **Lakeshore Sound** 2:30 Creative Crafters & Painters! 2:30 Pumpkin Patch Snack Shack 4:00 Movie Choice: Classic or Modern 6:00 After Hour/Coloring and Worksheets/Resident Choice
8 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Trivia Challenge 11:30 Hymns Sing Along 1:30 Family Zoom Calls 1:30 **Religious Service** 2:00 **Bible Study with Pastor Benji** 2:30 BINGO 2:30 Pumpkin Patch Snack Shack 4:00 Monarch Habitat Watch 6:00 After Hour /Coloring and Worksheets /Residents Choice	**9** 10:00 Daily Chronicle 10:30 Snacktivity 10:45 Chair One Fitness 11:00 Balloon Bonanza 11:15 Singing Bowl Meditation with Donna 2:00 BINGO 2:30 A Little Taste of Autumn 4:00 Afternoon Stretching 6:00 After Hour Activities/Coloring and Puzzles/Resident Choice	**10** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 **DRUMMING CIRCLE** 11:30 Finish That Phrase 2:00 Cooking Apple Pie Bites 3:00 Memory Makers 4:00 Outdoor Movement 6:00 After Hour/Coloring and Worksheets/Resident Choice	**11** **Veterans Day** 10:00 Daily Chronicle 10:30 Snacktivity 10:30 Veterans Day Celebration 11:00 Chair One Fitness 11:30 Sing Along 2:00 BINGO 2:30 The Harvest Snack Break 4:00 Garden Care 6:00 After Hour/Coloring and Worksheets/Resident Choice	**12** 10:00 Daily Chronicle 10:00 **doTERRA Spa with Cheryl** 10:30 Snacktivity 11:00 CARDIO Drums 11:00 Sunshine and Music 1:30 **Elmarie Sings!!** 2:30 Creative Crafting & Coloring 2:30 Gobble Up Goodies 4:00 Puzzles!! 6:00 After Hour/Coloring and Worksheets/Resident Choice	**13** 10:00 Daily Chronicle 10:30 Movin and Groovin with Miracle 10:30 Snacktivity 11:00 Brush and Beauty 11:00 **Erica, The Storyteller** 11:30 Cranium Crunch Café 2:00 BINGO 2:30 Thankful Refreshments 4:30 Water the Plants! 6:00 After Hour/Coloring and Worksheets/Resident Choice	**14** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Noodle Stretching 11:30 Trivia Fun 2:30 Creative Crafters & Painters! 2:30 Gather & Graze 4:00 Movie Choice: Classic or Modern 6:00 After Hour/Coloring and Worksheets/Resident Choice
15 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Trivia Challenge 11:30 Hymns Sing Along 1:30 Family Zoom Calls 1:30 **Religious Service** 2:00 **Bible Study with Pastor Benji** 2:30 BINGO 2:30 Harvest Munch & Mingle 4:00 Monarch Habitat Watch 6:00 After Hour /Coloring and Worksheets /Residents Choice	**16** 10:00 Daily Chronicle 10:30 Snacktivity 10:45 Chair One Fitness 11:00 Comfort Companions 11:15 Singing Bowl Meditation with Donna 2:00 BINGO 2:00 Courtyard Stroll 2:30 Sweet Treats & Thankful Hearts 4:00 Afternoon Stretching 6:00 After Hour Activities/Coloring and Puzzles/Resident Choice	**17** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Exercise 11:30 Trivia Challenge 2:00 The Impossible Sculpture Lab 2:30 Thankful Treats 4:00 Check the Herbs 6:00 After Hour/Coloring and Worksheets/Resident Choice	**18** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Chair One Fitness 11:00 **The Men's Coffee Break with Benji** 11:30 Sing Along 11:30 Trivia Challenge & Word Game 2:00 BINGO 2:30 Harvest Munch 4:00 Garden Care 6:00 After Hour/Coloring and Worksheets/Resident Choice	**19** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Baby Bliss 11:00 Exercise with Miracle 11:30 Brain Builders 1:30 **Outdoor Concert with Alan Bradford** 2:30 **Girls Night Out Pizza Party! Classic Movie** 4:00 Puzzles!! 6:00 After Hour/Coloring and Worksheets/Resident Choice	**20** 10:00 Daily Chronicle 10:30 Movin and Groovin with Miracle 10:30 Snacktivity 11:00 **Erica, The Storyteller** 11:00 Fold and Flourish 11:30 Cranium Crunch Café 2:00 BINGO 2:00 Balloons in Motion 2:30 Fall Flavors & Friends 4:30 Water the Plants! 6:00 After Hour/Coloring and Worksheets/Resident Choice	**21** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Noodle Stretching 11:30 Trivia Fun 1:30 **Music by Chicago Heat** 2:30 Creative Crafters & Painters! 2:30 Harvest Treats 4:00 Movie Choice: Classic or Modern 6:00 After Hour/Coloring and Worksheets/Resident Choice
22 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Trivia Challenge 11:30 Hymns Sing Along 1:30 Family Zoom Calls 1:30 **Religious Service** 2:00 **Bible Study with Pastor Benji** 2:30 BINGO 2:30 Gobble Up Goodies 4:00 Monarch Habitat Watch 6:00 After Hour /Coloring and Worksheets /Residents Choice	**23** 10:00 Daily Chronicle 10:30 Snacktivity 10:45 Chair One Fitness 11:00 Feather Light Touch 11:15 Singing Bowl Meditation with Donna 1:30 **Bus Outing to Clam Pass Beach** 2:00 BINGO 2:30 Autumn Nibbles 4:00 Afternoon Stretching 6:00 After Hour Activities/Coloring and Puzzles/Resident Choice	**24** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Exercise 11:30 Trivia Challenge Name That Star 2:00 Autumn Elegance Tea Party 2:00 Brews and Bros 4:00 Thankful Word Games 6:00 After Hour/Coloring and Worksheets/Resident Choice	**25** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Chair One Fitness 11:30 Sing Along 2:00 BINGO 2:30 Thankful Snack Stop 4:00 Garden Care 6:00 After Hour/Coloring and Worksheets/Resident Choice	**26** **Thanksgiving** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Comfort Companions 11:00 Turkey Trot Cardio Drums 11:30 Trivia Challenge & Word Game 2:00 Rhythm Shakers 2:30 Creative Crafting & Coloring 4:00 Puzzles!! 6:00 After Hour/Coloring and Worksheets/Resident Choice	**27** 10:00 Daily Chronicle 10:30 Movin and Groovin with Miracle 10:30 Snacktivity 11:00 **Erica, The Storyteller** 11:30 Cranium Crunch Café 2:00 BINGO 2:00 Roll and Connect 2:30 Taste of Italy 4:30 Water the Plants! 6:00 After Hour/Coloring and Worksheets/Resident Choice	**28** 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Noodle Stretching 11:30 Trivia Fun 2:30 Cozy Cravings Café 2:30 Creative Crafters & Painters! 4:00 Movie Choice: Classic or Modern 6:00 After Hour/Coloring and Worksheets/Resident Choice
29 10:00 Daily Chronicle 10:30 Snacktivity 11:00 Trivia Challenge 11:30 Hymns Sing Along 1:30 Family Zoom Calls 1:30 **Religious Service** 2:00 **Bible Study with Pastor Benji** 2:30 BINGO 2:30 The Thankful Goodies 4:00 Monarch Habitat Watch 5:00 **Performance by The ArlingTones Choir** 6:00 After Hour /Coloring and Worksheets /Residents Choice	**30** 10:00 Daily Chronicle 10:30 Snacktivity 10:45 Chair One Fitness 11:00 Bubble Bliss 11:15 Singing Bowl Meditation with Donna 2:00 BINGO 2:00 Sensory Connections 2:30 Gather & Graze 4:00 Afternoon Stretching 6:00 After Hour Activities/Coloring and Puzzles/Resident Choice					

Emotional
Environmental
Health Services
Intellectual
Physical
Social
Spiritual
Vocational

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