November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings 10 AM Walk about 10:30 AM Snack and Share 2 PM Helping Hands Station 3 PM Music and Coloring 5:30 PM Evening Music 	**2** 10 AM Chair Exercise 10 AM Coffee & Donuts w/ VHV in AL 10:30 AM Snack and Share 1 PM Montessori Games 2 PM Lets Craft! 5:30 PM Evening Music	**3** 10 AM Tambourine Aerobics 10:30 AM Snack and Share 11:15 AM Lunch Outing 2 PM Game Time 5:30 PM Evening Music	**4** 10 AM Chair Yoga 10:30 AM Snack and Share 3:30 PM Pretty and Pampered 5 PM Supper Stories 5:30 PM Evening Music 	**5** 10 AM Tambourine Aerobics 10:30 AM Snack and Share 2 PM Sensory Station 4 PM Coloring and Music 5:30 PM Evening Music	**6** 10 AM Chair Exercise 10:30 AM Snack and Share 1 PM Lets Craft! 2 PM Birthday Bash w/ Dana Bergman 4 PM Noodle Ball 5:30 PM Evening Music	**7** 10 AM Walk about 10 AM Crafts with Arifah 10:30 AM Snack and Share 2 PM Game Time 3 PM Painting and Writing 5:30 PM Evening Music
8 10 AM Walk about 10:30 AM Snack and Share 2 PM Helping Hands Station 3 PM Music and Coloring 5:30 PM Evening Music	**9** 10 AM Chair Exercise 10:30 AM Snack and Share 1 PM Montessori Games 2 PM Lets Craft! 5:30 PM Evening Music	**10** 10 AM Tambourine Aerobics 10:30 AM Snack and Share 11:15 AM Lunch Outing 2 PM Game Time 5:30 PM Evening Music	**11** 10 AM Chair Yoga 10:30 AM Snack and Share 3:30 PM Pretty and Pampered 5 PM Supper Stories 5:30 PM Evening Music	**12** 10 AM Tambourine Aerobics 10:30 AM Snack and Share 2 PM Sensory Station 4:30 PM Piano music with Alex 5:30 PM Evening Music	**13** 10 AM Chair Exercise 10:30 AM Snack and Share 1 PM Lets Craft! 4 PM Noodle Ball 5:30 PM Evening Music	**14**  10 AM Walk about 10 AM Crafts with Arifah 10:30 AM Snack and Share 2 PM Game Time 3 PM Painting and Writing 5:30 PM Evening Music
15 10 AM Walk about 10:30 AM Snack and Share 2 PM Helping Hands Station 3 PM Music and Coloring 5:30 PM Evening Music	**16** 10 AM Chair Exercise 10:30 AM Snack and Share 1 PM Montessori Games 2 PM Lets Craft! 5:30 PM Evening Music	**17** 10 AM Tambourine Aerobics 10:30 AM Snack and Share 11:15 AM Lunch Outing 2 PM Game Time 5:30 PM Evening Music	**18**  10 AM Chair Yoga 10:30 AM Snack and Share 3:30 PM Pretty and Pampered 5 PM Thanksgiving Dinner 5:30 PM Evening Music	**19** 10 AM Tambourine Aerobics 10:30 AM Snack and Share 2 PM Sensory Station 4 PM Coloring and Music 5:30 PM Evening Music	**20** 10 AM Chair Exercise 10:30 AM Snack and Share 1 PM Lets Craft! 4 PM Noodle Ball 5:30 PM Evening Music	**21** 10 AM Walk about 10:30 AM Snack and Share 2 PM Game Time 3 PM Painting and Writing 5:30 PM Evening Music
22 10 AM Walk about 10:30 AM Snack and Share 2 PM Helping Hands Station 3 PM Music and Coloring 5:30 PM Evening Music	**23** 10 AM Chair Exercise 10:30 AM Snack and Share 1 PM Montessori Games 2 PM Lets Craft! 5:30 PM Evening Music	**24** 10 AM Tambourine Aerobics 10:30 AM Snack and Share 11:15 AM Lunch Outing 2 PM Game Time 5:30 PM Evening Music	**25** 10 AM Chair Yoga 10:30 AM Snack and Share 3:30 PM Pretty and Pampered 5 PM Supper Stories 5:30 PM Evening Music	**26 Thanksgiving** 10 AM Tambourine Aerobics 10:30 AM Snack and Share 2 PM Sensory Station 4 PM Coloring and Music  5:30 PM Evening Music	**27** 10 AM Chair Exercise 10:30 AM Snack and Share 1 PM Lets Craft! 4 PM Noodle Ball 5:30 PM Evening Music	**28** 10 AM Walk about 10:30 AM Snack and Share 2 PM Game Time 3 PM Painting and Writing 5:30 PM Evening Music
29 10 AM Walk about 10:30 AM Snack and Share 2 PM Helping Hands Station 3 PM Music and Coloring 5:30 PM Evening Music	**30** 10 AM Chair Exercise 10:30 AM Snack and Share 1 PM Montessori Games 2 PM Lets Craft! 5:30 PM Evening Music					

ALL ACTIVITES ARE SUBJECT TO CHANGE!

Questions/Concerns:

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