November 2026

An Atlas Senior Living Community

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 • **9:30 AM** Morning Music Circle — *Let's get moving & listen to some good music!* • **10 AM** Quiet Time/ Wind Down Time — *Sit back, relax & let's get ready for lunch!* • **10:30 AM** St. Anne Live Stream/ Communion — *in Hamilton Library* • **12 PM** Lunch! — *Grab a seat at the table & let's eat!*	**2** • **9:30 AM** Morning Music Circle — *Let's get moving & listen to some good music!* • **10 AM** Coffee/ Hot Tea on the porch! — *Grab a cup of Joe or a cup of tea & get some fresh air!* • **12 PM** Lunch! — *Grab a seat at the table & let's eat!* • **1 PM** Beach Ball Golf! — *Grab a needle & let's play!*	**3** • **9:30 AM** Morning Music Circle — *Let's get moving & listen to some good music!* • **10:30 AM** Sensory Laundry Folding — *Warm scented laundry folding activity* • **11 AM** Silversneakers — *Aerobics with Kristi Grant Faison* • **12 PM** Lunch! — *Grab a seat at the table & let's eat!*	**4** • **9:30 AM** Morning Music Circle — *Let's get moving & listen to some good music!* • **12 PM** Lunch! — *Grab a seat at the table & let's eat!* • **1 PM** Fall Craft! — *Painting, Coloring & Crafts!* • **2 PM** Snack & Chat — *Let's snack & chat!*	**5** • **9:30 AM** Morning Music Circle — *Let's get moving & listen to some good music!* • **10:30 AM** Through The Decades Activity — *DIY Snacks, Crafts, Music!* • **12 PM** Lunch! — *Grab a seat at the table & let's eat!* • **1 PM** Seated Cardio! — *Let's get moving!*	**6** • **9:30 AM** Morning Music Circle — *Let's get moving & listen to some good music!* • **9:30 AM** MC Nail Painting! — *A chance to socialize with your neighbors & get pampered!* • **12 PM** Lunch! — *Grab a seat at the table & let's eat!* • **1 PM** Outdoor social/ games! — *Let's get some fresh air*	**7** • **9:30 AM** Morning Music Circle — *Let's get moving & listen to some good music!* • **12 PM** Lunch! — *Grab a seat at the table & let's eat!* • **1 PM** Puzzles/ Coloring — *Grab a seat & let's get to work!* • **2:30 PM** Movie Matinee — *Have a seat on the couch & let's watch a movie!!*
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