November 2026 - Memory Care SPIRIT Calendar

An Atlas Senior Living Community

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **10** Hymnal Singing with SPIRIT TEAM **11** Oak Grove Baptist Church — *Oak Grove Baptist Church on TV* **1:30** Creative Coloring — *Creative Coloring* **2** Puzzles & Brain teasers — *Puzzles and Brain Teasers* **3** Grace Church Service in AL — *Grace Church* **6** Throwback TV — *Lets go back in time and watch TV*	**2** **9:30** Exercise — Beach ball kicks **10:30** Dog Therapy — Elle Mae **11** Activities with Violet — ... **1:30** Brain Games- Finish the: — Pattern, Sentence, Song **3** Reflection's & Refresh **4** Life Stations — Desk, Nutts & Bolts, Laundry, Sensory Boxes	**3** **9:30** Table Talk **10** Entertainment — Music with Siloam Baptist Church in AL **11** Sensory Social — Touch- the 2000s technology **1:30** Crafter's Corner: Tabletop Turkey's **2:30** Games: — Would you rather? **3:30** Reflection's & Refresh	**4** **9** Table Talk: — *Enjoy light conversation with coffee* **10** Exercise — *Ribbon Dancing* **10:45** Piano with Benny **2** Tasteful Treats — *A taste of Thankful Pies* **3** Reflection's & Refresh **4** Puzzles — *with Word Searches*	**5** **9** Daily Chronicles **10** Church Service — Church Service with Gregory Murdock **10:45** Balloon Volleyball — . **1** Painting with a purpose **2** Manicure's — Manicure's and Aromatherapy **3** Reflection's & Refresh **4** Sing Along — to the oldies	**6** **9** Daily Chronicles **10** Exercise **11** Outing — Lunch out in Powdersville **2** Bingo **3** Reflection's & Refresh **4** Therapy — Hand Massages	**7** **9:30** Exercise **10** Coffee & Conversation **11** Creative Coloring **2** Bingo — *with spirit team* **3** Reflection's & Refresh **6** Saturday Night Movie:
8 **10** Hymnal Singing — *Hymnal Singing with SPIRIT TEAM* **11** Oak Grove Church — *Oak Grove Baptist Church on TV* **1:30** Creative Coloring **2** Puzzles & Brain — *Puzzles and Brain Teasers* **3** Reflection's & Refresh **3** Grace Church Service — *Grace Church*	**9** **9:30** Exercise — *Beach ball kicks* **11** Activities with Violet — ... **1:30** Tabletop Activities: — *Checkers, Dice, Cards, Dominos etc.* **3** Reflection's & Refresh **4** Life Stations — *Desk, Nutts & Bolts, Laundry, Sensory Boxes*	**10** **9:30** Table Talk: — *Enjoy light conversation with coffee* **10** Exercise — *Chair Dancing* **10:30** Sensory Social — *Sight: Pictures of 2000s fashion, cars, toys, celebrities* **1:30** Crafter's Corner — *Bubble Wrap Thanksgiving Maize* **3** Reflection's & Refresh	**11** **9** Morning Music and Memories **9** Table Talk: — *Enjoy light conversation with coffee* **10** Exercise — *Ribbon Dancing* **11** Brain Boosts — *Word Games, Trivia, Riddle* **2** Cooking Demo — *Cooking Demo with Aidan* **3** Reflection's & Refresh **6** Puzzles — *with Word Searches*	**12** **9** Daily Chronicles **10** Church Service — Church Service with Gregory Murdock **10:45** Balloon Volleyball — . **1** Painting with a purpose **2** Manicure's — Manicure's and Aromatherapy **3** Reflection's & Refresh	**13** **9** Daily Chronicles — *of our history on this day* **10** Yoga & meditation — *with Shelia* **10:30** Card Games **12:45** Outing — *Riding Tour* **2** Bingo **3** Reflection's & Refresh **4** Therapy — *Hand Massages*	**14** **9:30** Exercise **10** Coffee — *Coffee & Conversation* **11** Creative Coloring **2** Bingo — *with spirit team* **3** Reflection's & Refresh **6** Saturday Night Movie
15 **10** Hymnal Singing **11** Oak Grove Church — Oak Grove Baptist Church on TV **1:30** Creative Coloring — Creative Coloring **2** Puzzles & Brain — Puzzles and Brain Teasers **3** Reflection's & Refresh **3** Grace Church Service — Grace	**16** **9:30** Exercise — Beach ball kicks **10:30** Dog Therapy — Elle Mae **11** Activities with Violet — ... **1:30** Brain Games- Finish the: — Pattern, Sentence, Song **3** Reflection's & Refresh **4** Life Stations — Desk, Nutts & Bolts, Laundry, Sensory Boxes	**17** **9:30** Table Talk: — *Enjoy light conversation with coffee* **10** Exercise — *Chair Dancing* **10:30** Sensory Social — *Touch: 2000s Beanie Babies, fleece, denim, fuzzy socks* **1:30** Crafter's Corner — *Thankful Tree* **3** Reflection's & Refresh	**18** **9** Table Talk — *Enjoy light conversation with coffee* **10** Exercise — *Ribbon Dancing* **11** Brain Boosts **12** Social — *Family Thanksgiving Luncheon* **2** Yard Games — *Cornhole, ladder ball, ring toss* **3** Reflection's & Refresh **6** Puzzles — *with Word Searches*	**19** **9** Daily Chronicles — *Daily Chronicles* **10** Church Service — *Church Service with Gregory Murdock* **10:45** Balloon Volleyball — . **1** Painting with a purpose — *Watercolor painting* **2** Manicure's — *Manicure's and Aromatherapy* **3** Reflection's & Refresh — *Enjoy light conversation, simple reflection prompts*	**20** **9** Daily Chronicles **10** Exercise **10:30** Card Games **12:30** Outing — Ice-cream, dessert, or hot cocoa **2** Entertainment — Silent Generational Disco **3** Bingo **4** Reflection's & Refresh	**21** **9:30** Exercise **10** Coffee — *Coffee & Conversation with Trivia* **11** Creative Coloring **2** Bingo — *with spirit team* **3** Reflection's & Refresh **6** Saturday Night Movie
22 **10** Hymnal Singing — **11** Oak Grove Church — Oak Grove Baptist Church on TV **1:30** Creative Coloring **2** Puzzles & Brain — Puzzles and Brain Teasers **3** Grace Church Service — Grace Church Singing and Preaching **3** Reflection's & Refresh	**23** **9:30** Exercise — Beach ball kicks **11** Activities with Violet — ... **1:30** Tabletop Activities: — Checkers, Dice, Cards, Dominos etc. **3** Reflection's & Refresh **4** Life Stations — Desk, Nutts & Bolts, Laundry, Sensory Boxes	**24** **9:30** Table Talk: — *Enjoy light conversation with coffee* **10** Exercise — *Chair Dancing* **10:30** Sensory Social — *Smell: 2000s Coffee, vanilla, cinnamon, or familiar lotions* **1:30** Crafter's Corner — .... **3** Reflection's & Refresh	**25** **9** Table Talk: — *Enjoy light conversation with coffee* **10** Exercise — *Ribbon Dancing* **11** Brain Boosts — *Word Games, Trivia, Riddles* **2** Tasteful Treats — *Fall Parfaits* **3** Reflection's & Refresh — *Enjoy light conversation, simple reflection prompts* **6** Puzzles — *with Word Searches*	**26** **9** Daily Chronicles **10** Church Service — Church Service with Gregory Murdock **10:45** Balloon Volleyball — . **1** Painting with a purpose **2** Manicure's — Manicure's and Aromatherapy **3** Reflection's & Refresh	**27** **9** Daily Chronicles **10** Exercise **10:30** Card Game Club **12:30** Outing — *Riding Tour around the Upstate* **2** Bingo — *BINGO and Door Prizes* **3** Reflection's & Refresh **4** Therapy — *Hand Massages*	**28** **9:30** Exercise **10** Coffee — *Coffee & Conversation with Trivia* **11** Creative Coloring **2** Bingo — *with spirit team* **3** Reflection's & Refresh **6** Saturday Night Movie
29 **10** Hymnal Singing **11** Oak Grove Church — *Oak Grove Baptist Church on TV* **1:30** Creative Coloring **2** Puzzles & Brain — *Puzzles and Brain Teasers* **3** Grace Church Service — *Grace Church Singing and Preaching* **3** Reflection's & Refresh	**30** **9:30** Exercise — Beach ball kicks **11** Activities with Violet — ... **1:30** Brain Games- Finish the: — Pattern, Sentence, Song **3** Reflection's & Refresh **4** Life Stations — Desk, Nutts & Bolts, Laundry, Sensory Boxes					

