November 2026

An Atlas Senior Living Community

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 • **8 AM** This Day in History • **8:30 AM** Trivia • **9 AM** Hallway Bowling • **10 AM** Chair Yoga • **3 PM** Song of Praise • **6 PM** 1990 Back in time Documentary	**2** • **8 AM** This Day in History • **9 AM** Chair Volleyball • **9:30 AM** Chair Cardio • **10 AM** Coffee and Chat • **1 PM** Heart to Heart Visit • **3 PM** Name That Tune	**3** • **8 AM** This Day in History • **9:30 AM** Mini Golf • **1 PM** Bingo • **3 PM** Heart to Heart Visit • **6 PM** Clasic Board Games	**4** • **7:30 AM** Beauty Salon Open • **8 AM** This Day in History • **9 AM** `Zumba • **10 AM** Mementos And Memories • **1 PM** Happy Hour • **2 PM** Atlas through the years • **5 PM** Reflection Circle	**5** • **8 AM** This Day in History • **9 AM** Brain Boost VR • **9:30 AM** Mini Golf • **10 AM** Therapy Dog • **1 PM** Bingo • **2 PM** Crafts w/ Dawn ED • **3 PM** Cup Pong	**6** • **8 AM** This Day in History • **9 AM** Bus to Walmart ($) • **9:30 AM** Chair Cardio • **1 PM** BINGO • **6 PM** Gentlemen's Poker	**7** • **8 AM** This Day in History • **9:30 AM** Walking Club • **10 AM** Activity w/ MOD • **1 PM** Bingo • **6 PM** Movie Time
8 • **8 AM** This Day in History • **8:30 AM** Trivia • **9 AM** Hallway Bowling • **10 AM** Chair Yoga • **3 PM** Song of Praise • **6 PM** 1990 Back in time Documentary	**9** • **8 AM** This Day in History • **9 AM** Trivia • **9 AM** Dominoes • **9:30 AM** Chair Cardio • **1 PM** Heart to Heart Visit • **3 PM** Finish the Saying • **6 PM** Dominoe	**10** • **8 AM** This Day in History • **9:30 AM** Mini Golf • **1 PM** Bingo • **3 PM** Heart to Heart Visit • **6 PM** Hand and Foot	**11** • **7:30 AM** Beauty Salon Open • **8 AM** This Day in History • **9 AM** `Zumba • **10 AM** Mementos And Memories • **1 PM** Happy Hour • **2 PM** Balloon Volleyball • **5 PM** Book Club	**12** • **8 AM** This Day in History • **9 AM** Brain Boost VR • **9:30 AM** Mini Golf • **10 AM** Therapy Dog • **1 PM** Bingo • **3 PM** Remember when • **5 PM** Deal or No Deal	**13** • **8 AM** This Day in History • **9 AM** Bus to Target($) • **9:30 AM** Chair Cardio • **1 PM** BINGO • **6 PM** Gentlemen's Poker	**14** • **8 AM** This Day in History • **9:30 AM** Walking Club • **10 AM** Activity w/ MOD • **1 PM** Bingo • **6 PM** Movie Time
15 • **8 AM** This Day in History • **8:30 AM** Trivia • **9 AM** Hallway Bowling • **10 AM** Chair Yoga • **3 PM** Song of Praise • **6 PM** 1990 Back in time Documentary	**16** • **8 AM** This Day in History • **9 AM** Dominoes • **9 AM** Trivia • **9:30 AM** Chair Cardio • **1 PM** Heart to Heart Visit • **3 PM** Pian by Numbers • **6 PM** Dominoes	**17** • **8 AM** This Day in History • **9:30 AM** Mini Golf • **1 PM** Bingo • **3 PM** Heart to Heart Visit • **6 PM** Board Games	**18** • **7:30 AM** Beauty Salon Open • **8 AM** This Day in History • **9 AM** `Zumba • **10 AM** Mementos And Memories • **1 PM** Happy Hour • **2 PM** Atlas through the years • **5 PM** Reflection Circle	**19** • **8 AM** This Day in History • **9 AM** Brain Boost VR • **9:30 AM** Mini Golf • **10 AM** Therapy Dog • **1 PM** Bingo • **3 PM** Alexa & Electronic Class • **5 PM** Movie Night	**20** • **8 AM** This Day in History • **9 AM** Bus to Dollar Tree ($) • **9:30 AM** Chair Cardio • **1 PM** BINGO • **6 PM** Gentlemen's Poker	**21** • **8 AM** This Day in History • **9:30 AM** Walking Club • **10 AM** Activity w/ MOD • **1 PM** Bingo • **6 PM** Movie Time
22 • **8 AM** This Day in History • **8:30 AM** Trivia • **9 AM** Hallway Bowling • **10 AM** Chair Yoga • **3 PM** Song of Praise • **6 PM** 1990 Back in time Documentary	**23** • **8 AM** This Day in History • **9 AM** Trivia • **9 AM** Dominoes • **9:30 AM** Chair Cardio • **1 PM** Heart to Heart Visit • **3 PM** Coffee Social • **6 PM** Dominoes	**24** • **8 AM** This Day in History • **9:30 AM** Mini Golf • **1 PM** Resident Council • **3 PM** Heart to Heart Visit • **6 PM** Hand & Foot	**25** • **7:30 AM** Beauty Salon Open • **8 AM** This Day in History • **9 AM** `Zumba • **10 AM** Mementos And Memories • **1 PM** Happy Hour • **2 PM** Balloon Volleyball • **5 PM** Book Club	**26** • **8 AM** This Day in History • **9 AM** Brain Boost VR • **9:30 AM** Mini Golf • **10 AM** Therapy Dog • **1 PM** Bingo • **3 PM** Remember when • **5 PM** Deal or No Deal	**27** • **8 AM** This Day in History • **9 AM** Bus to Walmart ($) • **9:30 AM** Chair Cardio • **1 PM** BINGO • **6 PM** Gentlemen's Poker	**28** • **8 AM** This Day in History • **9:30 AM** Walking Club • **10 AM** Activity w/ MOD • **1 PM** Bingo • **6 PM** Movie Time
29 • **8 AM** This Day in History • **8:30 AM** Trivia • **9 AM** Hallway Bowling • **10 AM** Chair Yoga • **3 PM** Song of Praise • **6 PM** 1990 Back in time Documentary	**30** • **8 AM** This Day in History • **9 AM** Trivia • **9 AM** Dominoes • **9:30 AM** Chair Cardio • **1 PM** Heart to Heart Visit					

