Assisted Living Activity Calendar

NOVEMBER 2026

THE GOLDTON AT LAKE NONA

(321)850-2790
9682 Lake Nona Village PL
Orlando, FL 32827

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00 Low Impact Cardio 10:30 Trivia 1:30 Family Feud 2:30 Uno Card Game 7:00 Resident lead Games	**2** 9:30 Senior Expo USA 10:00 Yoga 10:30 Trivia 1:30 Bingo 3:00 Arts appreciation 4:00 Jewish Pavillion 7:00 Resident lead	**3** 10:00 Cardio Strength Workout 10:30 Trivia 1:30 Bible Study 3:00 Dollar Tree 4:00 Phase 10 Game	**4** 9:30 Yoga 10:00 Catholic Service 11:00 Trivia 1:30 Bingo 3:00 Happy Hour Social 7:00 Resident Lead Games	**5** 10:00 Pilates Strength 10:30 Trivia 10:00 Disney Springs $30 3:00 Walking Club 4:00 Shabbat 7:00 Resident Lead	**6** 10:00 Low Impact Cardio 10:30 Praying the Rosary 10:30 Trivia 1:30 Bingo 3:00 Happy Hour Social 4:00 Board Games	**7** 10:00 Painting 11:00 Ax Throwing 1:30 Trivia 2:00 Bingo 3:30 Movie 7:00 Resident lead Games
8 9:45 Walking Club 10:00 Morning Workout 10:30 Trivia 1:30 Bingo 2:30 Menchie's Frozen Yogurt $10 4:00 Spelling Bee	**9** 10:00 Yoga 10:30 Trivia 1:30 Bingo 3:00 Arts appreciation 4:00 Family Feud	**10** 10:00 Pilates Strength Workout 10:00 Exercise With SB 11:00 Trivia 1:30 Bible Study 3:00 Walmart 4:00 The G General Store	**11** 9:30 Yoga 10:00 Catholic Service 11:00 Trivia 12:15 Veterans Day Presentation 1:30 Baking 3:00 Happy Hour ENT David Scott 7:00 Resident Lead	**12** 10:00 Morning Workout 11:00 High Tide Harrys $35 10:30 Trivia 2:00 Bingo 4:00 Hangman 7:00Resident Lead Games	**13** 10:00 Low Impact Cardio 10:30 Praying the Rosary 10:30 Trivia 1:30 Jenga Giant Blocks 3:00 Happy Hour Social/ Nov Birthday Party 7:00 Resident lead Games	**14** 10:00 Painting 11:00 Ax Throwing 1:30 Trivia 2:00 Bingo 3:30 Movie 7:00 Resident lead Games
15 9:45 Walking Club 10:00 Morning Workout 10:30 Trivia 1:30 Bingo 2:30 Name that Tune 4:00 Uno Card Game 7:00 Resident Lead Chat	**16** 10:00 Yoga 10:30 Trivia 1:30 Fancy Goldton Nails 3:00 Arts appreciation 4:00 Family Feud 7:00 Resident lead games	**17** 10:00 Cardio Strength Workout 10:30 Trivia 1:30 Bible Study 3:00 Target 4:00 Phase 10 Game	**18** 9:30 Yoga 10:00 Catholic Service 11:00 Trivia 1:30 Bingo 3:00 Happy Hour ENT Andy Constantini 7:00 Resident Lead Games	**19** 10:00 Morning Workout 10:30 Trivia 11:00 Panda Express $20 2:00 Bingo 3:00 Walking Club 4:00 Air Tennis 7:00Resident Lead Games	**20** 10:00 Low Impact Cardio 10:30 Praying the Rosary 10:30 Trivia 12:00 Thanksgiving Special Charlie Jourdan 2:00 Jenga Giant Blocks 3:00 Movie 7:00 Resident lead Games	**21** 10:00 Painting 11:00 Ax Throwing 1:30 Trivia 2:00 Bingo 3:30 Movie 7:00 Resident lead Games
22 9:45 Walking Club 10:00 Morning Workout 10:30 Trivia 1:30 Bingo 2:30 Movie 4:00 Puzzle Time 7:00Resident Lead Chat	**23** 10:00 Yoga 10:30 Trivia 1:00 Charlie Brown 1:30 Bingo 3:00 Arts appreciation 4:00 Word in Word 7:00 Resident lead	**24** 10:00 Pilates Strength Workout 10:00 Exercise With SB 11:00 Trivia 1:30 Bible Study 3:00 Publix 4:00 The G General Store	**25** 9:30 Yoga 10:00 Catholic Service 11:00 Trivia 1:30 Bingo 3:00 Happy Hour Jen Ren 7:00 Resident Lead Games	**26** 10:00 Yoga 10:30 Trivia 2:00 Bingo 3:00 Arts & Crafts 4:00 Hangman Happy Thanksgiving to you and your family	**27** 10:00 Black Friday Shopping 10:00 Low Impact Cardio 10:30 Praying the Rosary 10:30 Trivia 1:30 Family Feud 3:00 Happy Hour Social 7:00 Resident lead Games	**28** 10:00 Painting 11:00 Ax Throwing 1:30 Trivia 2:00 Bingo 3:30 Movie 7:00 Resident lead Games
29 9:45 Walking Club 10:00 Morning Workout 10:30 Trivia 1:30 Bingo 2:30 Menchie's Frozen Yogurt $10 4:00 Uno Card Game 7:00Resident Lead Chat	**30** 10:00 Yoga 10:30 Trivia 1:30 Bingo 3:00 Arts appreciation 4:00 Brain Games 7:00 Resident lead games					**Location Key** Activity Room-AR Red writing -Bus Trips Dining Hall - DH Entertainment *Special*