SPIRIT 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 Painting 11:00 Parachute games 1:30 Trivia 2:00 Bingo 3:30 Movie 7:00 Resident lead Games	**2** 9:30 Walking on Sunshine 10:00 Daily Digest 10:30 Timeless Tales 1:00 Air Tennis 2:00 Bingo 3:00 Sing Along 4:00 Jewish Pavillion	**3** 10:30 Daily Delight 1:30 Bus Outing Cruise 2:30 Devotion with Mark 3:00 Bingo 4:00 Noodle Ball	**4** 9:30 Gentle Chair Yoga 10:00 Catholic Service 10:00 Daily Digest 1:00 Baking - Cookies 2:00 Bingo 3:00 Happy Hour Social 7:00 Movie	**5** 10:00 Walking on Sunshine 10:30 Daily Digest 11:00 Disney Springs $30 1:30 Cozy Crafters- Bracelet Making 3:00 Bingo 4:00 Shabbat 6:00 sing along	**6** 9:30Walking on Sunshine 10:00 Daily Digest 10:30 Chair Workout 1:30 Artistry Hour – Watercolor Painting 3:00 Happy Hour Social	**7** 9:30Walking on Sunshine 10:30 – Daily Delight 1:30 Trivia 2:00 Bingo 3:30 Movie night
8 9:30 Sunday Service 9:45 Tunes & Trail Stroll 10:30 Trivia 1:30 Bingo 2:30 Menchie's Ice Cream $10 7:00Resident Lead Chat	**9** 9:30 Walking on Sunshine 10:00 Daily Digest 10:30 Timeless Tales 1:00 Air Tennis 2:00 Bingo 3:00 Sing Along	**10** 9:30 Daily Digest 10:00 Exercise with SB 10:30 Waggin with Maggie (Pet Therapy) 1:30 Bus Outing Cruise 2;30 Devotion with Mark 3:00 Silver Lining Manicure 4:00 The G General Store	**11** 9:30 Walking on Sunshine 10:00 Catholic Service 10:30 Chair Yoga 12:15 Veterans Day Presentation 1:30 Bingo 3:00 Happy Hour Social Nathan Scott 7:00 Movie	**12** 9:30 Walking on Sunshine 10:30 Daily Delight 11:00 High Tide Harrys $35 1:00 Parachute game 2:00 Bingo 3:00 STEM with Mark 7:00 Gun Smoke Classic	**13** 9:30 Walking on Sunshine 10:00 Daily Digest 10:30 Get Fit Yoga 1:00 Artistry Hour – Clay Craft 2:00 Bingo 3:00 Happy Hour with Entertainment 7:00 Resident lead Games	**14** 10:00 Painting 11:00 Ax Throwing 2:00 Bingo 1:30 Trivia 3:30 Movie 7:00 Resident lead Games
15 9:30 Sunday Service 9:45 Tunes & Trail Stroll 10:30 Trivia bible verses 1:30 Bingo 2:30 Sing-a-Long 7:00Resident Lead Chat	**16** 9:30 Walking on Sunshine 10:30 Trivia 1:15 Fancy Goldton Nails 3:00 Air Tennis 7:00 Resident lead games	**17** 10:30 Daily Delight 1:30 Bus Outing Cruise 2:30 Devotion with Mark 3:00 Bingo 4:00 Noodle Ball	**18** 9:30 Walking on Sunshine 10:00 Catholic Service 10:30 Chair Yoga 1:00 Show & Tell 2:00 Bingo 3:00 Happy Hour ENT Andy Costantini 7:00 Movie	**19** 10:00 Walking on Sunshine 10:30 Daily Delight 11:00 Panda Express $20 1:30 Puzzles 3:00 Bingo 6:00 sing along 7:00Resident Lead Games	**20** 10:00 Daily Digest 10:30 Chair Cardio *12:00 Thanksgiving Special Charlie Jourdan 1:30 Air Tennis 2:30 Bingo 7:00 Resident lead Games	**21** 10:00 Painting 11:00 Air Tennis 1:30 Trivia 2:00 Bingo 3:30 Movie 7:00 Musical memories
22 9:30 Sunday Service 9:45 Tunes & Trail Stroll 10:30 Trivia bible verses 1:30 Bingo 2:30 Sing-a-Long 7:00Resident Lead Chat	**23** 9:30 Walking on Sunshine 10:00 Daily Digest 10:30 Timeless Tails 1:00 Arts and Craft 1:00 Charlie Brown 2:00 Bingo 3:00 Sing along 7:00 Resident lead games	**24** 9:30 Daily Digest 10:00 Exercise with SB 10:30 Waggin with Maggie (Pet Therapy) 1:30 Dairy Queen Bus Outing 2;30 Devotion with Mark 3:00 Silver Lining Manicure 4:00 The G General	**25** 9:30 Gentle Chair Yoga 10:00 Catholic Service 10:00 Daily Digest 1:00 Baking - Cookies 2:00 Bingo 3:00 Happy Hour ENT Jen Ren 7:00 Movie	**26** 10:00 Chair Yoga 10:30 Daily Delight 1:30 Jenga Blocks 3:00 Parachute game 4:00 Hangman Happy Thanksgiving to you and your family	**27** 10:00 Low Impact Cardio 10:30 Daily Digest 1:30 Bingo 3:00 Happy Hour/ Coffee Talk 7:00 Resident lead Games	**28** 10:00 Painting 11:00 Parachute games 1:30 Trivia 2:00 Bingo 3:30 Movie 7:00 Resident lead Games
29 9:30 Sunday Service 9:45 Tunes & Trail Stroll 10:30 Trivia bible verses 1:30 Bingo 2:30 Menchie's Ice Cream $10 7:00Resident Lead Chat	**30** 9:30 Walking on Sunshine 10:00 Daily Digest 10:30 Timeless Tails 1980's 1:00 Arts and Craft 2:00 Bingo 3:00 Choir 7:00 Resident lead games					**Location Key** Activity Room-AR Red writing -Bus Trips Dining Hall - DH Entertainment *Special*