November 2026

An Atlas Senior Living Community

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10 AM Church Service 1:45 PM Music with Jim 3 PM Patio Rest Time 3:30 PM Sip & Snack 4 PM Thompson's Station Church 6 PM TV - Rewinds	**2** 10 AM Monday Movement 10:30 AM Daily Grace 11 AM Walk & Roll 1:30 PM Cooking Demonstration 3 PM Sip & Snack 3:30 PM Women's Book Club 6 PM Movie Night	**3** 10 AM Scenic Ride 11 AM Finish the Phrase 1 PM Stretch and strength 1:30 PM Teaching Tuesday 2:30 PM Station Hill Church 3:30 PM Sip & Snack 6 PM Gentle Music Time	**4** 10 AM Sit n' Fit Exercise 10:30 AM Morning Coffee Chat 1 PM Nails with Myleah 3 PM Sip & Snack 3:30 PM Men Bites Brew 6 PM Worship Songs	**5** 10 AM Scenic Ride 11:15 AM AX Throwing 1 PM Simon Says 1:30 PM Daily Devotions 2 PM Pretty & Pampered 3 PM Sip & Snack 5:30 PM Tea Time	**6** 10 AM Fun & Fitness 10:30 AM Daily Devotional 11 AM Get to Know Me 1 PM Trivia 2 PM Happy hour w/ mocktails 3:30 PM Sip & Snack 6 PM Evening Meditation	**7** 10 AM Stretch and Resistance 10:30 AM Pool noodle exercise 1:30 PM Coloring Club 2:30 PM 2000's Karaoke 3:30 PM Sip & Snack 6 PM Patio Relaxation
8 10 AM Church Service 1:45 PM Music with Jim 3 PM Patio Rest Time 3:30 PM Sip & Snack 4 PM WellSprings Church 6 PM TV - Rewinds	**9** 10 AM Monday Movement 10:30 AM Daily Grace 11 AM Name That Tune 1:30 PM Memory match 3 PM Sip & Snack 3:30 PM Women's Book Club 6 PM Movie Night	**10** 10 AM Scenic Ride 11 AM Word Association 1 PM Chair Yoga 1:30 PM Teaching Tuesday 2:30 PM Station Hill Church 3:30 PM Sip & Snack 6 PM Hot Coco Hour	**11** 10 AM Marching Band Exercise 10:30 AM Morning Coffee Chat 1 PM Nails with Myleah 2 PM Arts & Crafts 3 PM Sip & Snack 3:30 PM Men Bites Brew 6 PM Worship Songs	**12** 10 AM Scenic Ride 1 PM Chair Yoga 1:45 PM Daily Devotional 2:15 PM Soccer ball kicks 3 PM Sip & Snack 3:30 PM One on One's 6 PM Tea Time	**13** 10 AM Fit & Fierce 10:30 AM Daily Devotional 11 AM Friday Delight 1 PM Table games 2 PM Happy hour w/ mocktails 3:30 PM Sip & Snack 6 PM Evening Meditation	**14** 10 AM Stretch and Resistance 10:30 AM Simon Says 1:30 PM Coloring Club 2:30 PM Word Association 3 PM Sip & Snack 6 PM Patio Relaxation
15 10 AM Church Service 1:45 PM Music with Jim 3 PM Patio Rest Time 3:30 PM Sip & Snack 4 PM Spring Meadows Church 6 PM TV - Rewinds	**16** 10 AM Monday Movement 10:30 AM Daily Grace 1 PM Holiday Craft 2 PM Music with North 3 PM Sip & Snack 3:30 PM Women's Book Club 6 PM Movie Night	**17** 10 AM Scenic Ride 11 AM Hang Man 1 PM Sit n' Fit Exercise 1:30 PM Teaching Tuesday 2:30 PM Station Hill Church 3:30 PM Sip & Snack 6 PM Gentle Music Time	**18** 10 AM Sit n' Fit Exercise 10:30 AM Humming Hymns 1 PM Nails with Myleah 3 PM Sip & Snack 3:30 PM Men Bites Brew 6 PM Worship Songs	**19** 10 AM Scenic Ride 1 PM Daily Devotional 1:30 PM Sit n' Fit Exercise 2 PM Pumpkin Bowling 3 PM Sip & Snack 3:30 PM Creative Coloring 6 PM Tea Time	**20** 10 AM Pet Therapy 11 AM Fun & Fitness 1 PM Pictionary 2 PM Happy hour w/ mocktails 3:30 PM Sip & Snack 6 PM Evening Meditation	**21** 10 AM Stretch and Resistance 10:30 AM AX Throwing 12 PM Thanksgiving Lunch 1:30 PM Coloring Club 3:15 PM Sip & Snack 6 PM Patio Relaxation
22 10 AM Church Service 1:45 PM Music with Jim 3 PM Patio Rest Time 3:30 PM Sip & Snack 4 PM Spring Hill Church 6 PM TV - Rewinds	**23** 10 AM Monday Movement 10:30 AM Daily Grace 11 AM One on One's 1:30 PM Holiday Craft 3 PM Sip & Snack 3:30 PM Women's Book Club 6 PM Movie Night	**24** 10 AM Scenic Ride 11 AM One on One's 1 PM Moving to the Oldies 1:30 PM Teaching Tuesday 2:30 PM Station Hill Church 3:30 PM Sip & Snack 6 PM Remember when	**25** 10 AM Sit n' Fit Exercise 10:30 AM Morning Coffee Chat 1 PM Nails with Myleah 2 PM Remember when 3 PM Sip & Snack 3:30 PM Men Bites Brew 6 PM Worship Songs	**26** 10 AM Virtual Devotion 11 AM Hoop Ball 1 PM Coloring Club 3 PM Sip & Snack 3:30 PM Tea Time 6 PM Evening Meditation	**27** 10 AM Stretch and strength 10:30 AM Friday Delight 1 PM Coloring Club 2 PM Happy hour w/ mocktails 3:30 PM Sip & Snack 6 PM Evening Meditation	**28** 10 AM Stretch and Resistance 10:30 AM Pool noodle exercise 1:30 PM Coloring Club 2:30 PM Word Association 3:30 PM Sip & Snack 6 PM Patio Relaxation
29 10 AM Church Service 1:45 PM Music with Jim 3 PM Patio Rest Time 3:30 PM Sip & Snack 4 PM Prayer Group 6 PM TV - Rewinds	**30** 10 AM Monday Movement 10:30 AM Daily Grace 11 AM Walk & Roll 1:30 PM Cooking Class 3 PM Sip & Snack 3:30 PM Women's Book Club 6 PM Movie Night					