November 2026 - The Goldton at St. Petersburg- Memory Care

An Atlas Senior Living Community

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9 Morning Chat 9:30 Balloon Ball 10:30 Simple Games 1 Making Music 2 Sensory & Serenity 3 Reminiscing 6 Soft Music	**2** 9:15 Morning Chat 9:45 Exercise to Oldies 10:15 Memories & Mementoes 12:15 Riddle Me This 1 Manicures 2 Mindful Puzzles 3 Life Stations 6 Relax and Regroup	**3** 9:15 Morning Chat 9:45 Balloon Ball Exercise 10:15 Giggling Gathering 12:15 Matching Game 1 Music & Memory 1:30 Through the Decades: 3 Toss Across 6 Soothing Sensations	**4** 9:15 Morning Chat 9:45 Gospel Music 10:30 Church 12:15 Exercise 1 Finish The Phrase 2 Sweet Tea Social 3 Cornhole 6 Harmony Hour	**5** 9:15 Morning Chat 9:45 Exercise 10:15 Watercolors 12:15 Hand Massages 1 Life Story Chats 2 Lucky Draw 3 Happy Hour 6 Mindful Moments	**6** 9:15 Morning Chat 9:45 Balloon Ball Exercise 10:15 Building Blocks 12:15 Knock Em Down 1 Brain Games 2 Through the Decades: 3 Table games 6 Relax and Regroup	**7** 9 Morning Chat 9:30 Yoga 10 Colorful Moments 10:30 Making Music 1 Sing Along 2 Balloon Ball Exercise 3 Simple Games 6 Reminiscing
8 9 Morning Chat 9:30 Balloon Ball 10:30 Simple Games 1 Making Music 2 Sensory & Serenity 3 Reminiscing 6 Soft Music	**9** 9:15 Morning Chat 9:45 Exercise to Oldies 10:15 Memories & Mementoes 12:15 One to One Connections 1 Manicures 2 Mindful Puzzles 3 Life Stations 6 Relax and Regroup	**10** 9:15 Morning Chat 9:45 Balloon Ball Exercise 10:15 Magnetic Chess 12:15 Matching Game 1 Music & Memory 1:30 Through the Decades: 6 Soothing Sensations	**11** 9:15 Morning Chat 9:45 Gospel Music 10:30 Church 12:15 Exercise 1 Finish The Phrase 2 Cornhole 3 Happy Hour 6 Harmony Hour	**12** 9:15 Morning Chat 9:45 Exercise 10:15 Color By Number 12:15 Gardening 1 High-Low 2 Basketball Hoops 3 Thanksgiving Craft 5:30 Thanksgiving Dinner	**13** 9:15 Morning Chat 9:45 Balloon Ball Exercise 10:15 Building Blocks 12:15 Outdoor Music & Games 1 Brain Games 2 Through the Decades: 3 Our Planet 6 Relax and Regroup	**14** 9 Morning Chat 9:30 Yoga 10 Colorful Moments 10:30 Making Music 12:15 Gardening 1 Sing Along 2 Balloon Ball Exercise 3 Simple Games 6 Reminiscing
15 9 Morning Chat 9:30 Balloon Ball 10:30 Simple Games 1 Making Music 2 Sensory & Serenity 3 Reminiscing 6 Soft Music	**16** 9:15 Morning Chat 9:45 Exercise to Oldies 10:15 Memories & Mementoes 12 Riddle Me This 1 Manicures 2 Mindful Puzzles 3 Life Stations 6 Relax and Regroup	**17** 9:15 Morning Chat 9:45 Balloon Ball Exercise 10:15 Giggling Gathering 12:15 Matching Game 1 Music & Memory 1:30 Through the Decades: 3 Birthday Party 6 Soothing Sensations	**18** 9:15 Morning Chat 9:45 Gospel Music 10:30 Church 12:15 Gardening 12:15 Exercise 1 Finish The Phrase 2 Memory Lane Mocktails 3 Women's Club 6 Harmony Hour	**19** 9:15 Morning Chat 9:45 Exercise 10:15 Watercolors 12:15 Hand Massages 1 Life Story Chats 2 Lucky Draw 3 Happy Hour 6 Mindful Moments	**20** 9:15 Morning Chat 9:45 Balloon Ball Exercise 10:15 Building Blocks 12:15 Knock Em Down 1 Brain Games 2 Through the Decades: 3 Table games 6 Relax and Regroup	**21** 9 Morning Chat 9:30 Yoga 10 Colorful Moments 10:30 Making Music 1 Sing Along 2 Balloon Ball Exercise 3 Simple Games 6 Reminiscing
22 9 Morning Chat 9:30 Balloon Ball 10:30 Simple Games 12:15 Gardening 1 Making Music 2 Sensory & Serenity 3 Reminiscing 6 Soft Music	**23** 9:15 Morning Chat 9:45 Exercise to Oldies 10:15 Memories & Mementoes 12:15 One to One Connections 1 Manicures 2 Mindful Puzzles 3 Life Stations 6 Relax and Regroup	**24** 9:15 Morning Chat 9:45 Balloon Ball Exercise 10:15 Magnetic Chess 12:15 Matching Game 12:15 Gardening 1 Music & Memory 1:30 Through the Decades: 3 Toss Across 6 Soothing Sensations	**25** 9:15 Morning Chat 9:45 Gospel Music 10:30 Church 12:15 Exercise 1 Finish The Phrase 2 Apple Cider Social 3 Men's Club 6 Harmony Hour	**26** 9:15 Morning Chat 9:45 Exercise 10:15 Color By Number 12:15 Gardening 1 High-Low 2 Basketball Hoops 3 Happy Hour 6 Mindful Moments	**27** 9:15 Morning Chat 9:45 Balloon Ball Exercise 10:15 Building Blocks 12:15 Outdoor Music & Games 1 Brain Games 2 Through the Decades: 6 Relax and Regroup	**28** 9 Morning Chat 9:30 Yoga 10 Colorful Moments 10:30 Making Music 1 Sing Along 2 Balloon Ball Exercise 3 Simple Games 6 Reminiscing
29 9 Morning Chat 9:30 Balloon Ball 10:30 Simple Games 1 Making Music 2 Sensory & Serenity 3 Reminiscing 6 Soft Music	**30** 9:15 Morning Chat 9:45 Exercise to Oldies 10:15 Memories and Mementoes 12:15 Riddle Me This 1 Manicures 2 Mindful Puzzles 3 Life Stations 6 Relax and Regroup					



Activity Calendar
Subject to Change

Resident Birthdays

Ralph W. - 11/21

Missy S. - 11/26

THE GOLDTON
AT ST. PETERSBURG