# November 2026 - Memory Care

An Atlas Senior Living Community

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **1**<br>• 9:15 AM Sunday Morning Hymns — *MC Dining*<br>• 9:45 AM Puzzle Mania — *MC Dining*<br>• 11:15 AM The Worship Serivce — *MC Dining*<br>• 2:30 PM Chair Yoga — *MC Dining*<br>• 3 PM BINGO — *MC Dining* | **2**<br>• 8:30 AM Mobility Monday — *MC Dining*<br>• 9:15 AM Meaningful Monday — *MC Dining*<br>• 10:30 AM Soulshine Rhythm Drumming — *MC Dining*<br>• 1 PM Devotional — *MC Dining*<br>• 3:45 PM BINGO — *MC Dining* | **3**<br>• 9:15 AM Sit & Be Fit — *MC Dining*<br>• 10 AM Word Detective — *MC Dining*<br>• 10:45 AM Armchair Travels — *MC Dining*<br>• 1 PM Stories of Service — *Theater Room*<br>• 2 PM Ladies Tea Time — *MC Dining*<br>• 4 PM Bingo — *MC Dining* | **4**<br>• 9:15 AM Courtyard walk — *MC Dining*<br>• 10 AM TTD 2000s Music Trivia — *MC Dining*<br>• 11 AM Chair Yoga — *MC Dining*<br>• 1:30 PM Uno Tournament — *MC Dining*<br>• 2:15 PM Thankful Hand Wreath — *MC Dining*<br>• 3:45 PM Hot Coco Hour — *MC Dining* | **5**<br>• 8 AM Thankful Thursdays — *Lobby*<br>• 9:15 AM Men's Coffee Group — *MC Dining*<br>• 10 AM Balloon Volleyball — *MC Dining*<br>• 10:45 AM Memory match — *MC Dining*<br>• 1:15 PM Apple Nacho Social — *MC Dining*<br>• 2 PM Creative Coloring — *MC Dining*<br>• 3 PM Scenic Ride — *Outing* | **6**<br>• 9:15 AM Seated ROM Exercise — *MC Dining*<br>• 10:45 AM TTD Y2k Collage — *MC Dining*<br>• 12:45 PM 1:1 Visits — *Resident apartment*<br>• 4 PM TGIF Ice Cream Social — *MC Dining* | **7**<br>• 8:30 AM Exercise — *MC Dining*<br>• 10:30 AM Mindful Coloring — *MC Dining*<br>• 1:15 PM Balloon Volleyball — *MC Dining*<br>• 1:45 PM Puzzle Mania — *MC Dining*<br>• 3:30 PM BINGO — *MC Dining* |
| **8**<br>• 9:15 AM Sunday Morning Hymns — *MC Dining*<br>• 9:45 AM Puzzle Mania — *MC Dining*<br>• 11:15 AM The Worship Serivce — *MC Dining*<br>• 2:30 PM Chair Yoga — *MC Dining*<br>• 3 PM BINGO — *MC Dining* | **9**<br>• 8:30 AM Mobility Monday — *MC Dining*<br>• 9:15 AM TTD 200s Memory Monday — *MC Dining*<br>• 10 AM Chair Yoga — *Emory Theater*<br>• 1 PM Devotional — *MC Dining*<br>• 3:45 PM BINGO — *MC Dining* | **10**<br>• 9:15 AM Sit & Be Fit — *MC Dining*<br>• 10 AM Word Detective — *MC Dining*<br>• 10:45 AM Armchair Travels — *MC Dining*<br>• 2 PM Ladies Tea Time — *MC Dining*<br>• 4 PM Bingo — *MC Dining*<br>• 4 PM VIP Welcome Group — *Jon's Sports Bar* | **11**<br>• 9:15 AM Courtyard walk — *MC Dining*<br>• 10 AM TTD Music & Movement — *MC Dining*<br>• 11 AM Chair Yoga — *MC Dining*<br>• 1 PM Veterans Day Celebration — *Courtyard*<br>• 1:30 PM Uno Tournament — *MC Dining*<br>• 3:45 PM Hot Coco Hour — *MC Dining* | **12**<br>• 8 AM Thankful Thursdays — *Lobby*<br>• 9:15 AM Men's Coffee Group — *MC Dining*<br>• 10 AM Balloon Volleyball — *MC Dining*<br>• 10:45 AM Memory match — *MC Dining*<br>• 1:15 PM Baking Spiced Apples — *MC Dining*<br>• 2 PM Creative Coloring — *MC Dining*<br>• 3 PM Scenic Ride — *Outing* | **13**<br>• 9:15 AM Seated ROM Exercise — *MC Dining*<br>• 10:45 AM Foam Turkey Craft — *MC Dining*<br>• 12:45 PM 1:1 Visits — *Resident apartment*<br>• 2 PM Bean Bag Toss — *MC Dining*<br>• 4 PM TGIF Ice Cream Social — *MC Dining* | **14**<br>• 8:30 AM Exercise — *MC Dining*<br>• 10:30 AM Mindful Coloring — *MC Dining*<br>• 1:15 PM Balloon Volleyball — *MC Dining*<br>• 1:45 PM Puzzle Mania — *MC Dining*<br>• 3:30 PM BINGO — *MC Dining* |
| **15**<br>• 9:15 AM Sunday Morning Hymns — *MC Dining*<br>• 9:45 AM Puzzle Mania — *MC Dining*<br>• 11:15 AM The Worship Serivce — *MC Dining*<br>• 2:30 PM Chair Yoga — *MC Dining*<br>• 3 PM BINGO — *MC Dining* | **16**<br>• 8:30 AM Mobility Monday — *MC Dining*<br>• 9:15 AM Meaningful Monday — *MC Dining*<br>• 10:30 AM Soulshine Rhythm Drumming — *MC Dining*<br>• 1 PM Devotional — *MC Dining*<br>• 3:45 PM BINGO — *MC Dining*<br>• 6 PM Dementia Support Group — *Theater Room* | **17**<br>• 9:15 AM Sit & Be Fit — *MC Dining*<br>• 10 AM Word Detective — *MC Dining*<br>• 10:45 AM Armchair Travels — *MC Dining*<br>• 2 PM Ladies Tea Time — *MC Dining*<br>• 4 PM Bingo — *MC Dining*<br>• 4 PM Monthly Birthday Party — *Jon's Sports Bar* | **18**<br>• 9:15 AM Courtyard walk — *MC Dining*<br>• 10 AM TTD 2000s Music Trivia — *MC Dining*<br>• 11 AM Bunny Visit! — *MC Dining*<br>• 1:30 PM Uno Tournament — *MC Dining*<br>• 2 PM Chair Yoga — *MC Dining*<br>• 3:45 PM Hot Coco Hour — *MC Dining* | **19**<br>• 8 AM Thankful Thursdays — *Lobby*<br>• 9:15 AM Men's Coffee Group — *MC Dining*<br>• 10 AM Balloon Volleyball — *MC Dining*<br>• 10:45 AM Memory match — *MC Dining*<br>• 1:15 PM Baking Apple Cinnamon Rolls — *MC Dining*<br>• 2 PM Creative Coloring — *MC Dining*<br>• 3 PM Scenic Ride — *Outing* | **20**<br>• 9:15 AM Seated ROM Exercise — *MC Dining*<br>• 10:45 AM Arts & Crafts — *MC Dining*<br>• 12:45 PM 1:1 Visits — *Resident apartment*<br>• 2 PM TTD Picture Chat — *MC Dining*<br>• 4 PM TGIF Ice Cream Social — *MC Dining* | **21**<br>• 8:30 AM Exercise — *MC Dining*<br>• 10:30 AM Mindful Coloring — *MC Dining*<br>• 1:15 PM Balloon Volleyball — *MC Dining*<br>• 1:45 PM Puzzle Mania — *MC Dining*<br>• 3:30 PM BINGO — *MC Dining* |
| **22**<br>• 9:15 AM Sunday Morning Hymns — *MC Dining*<br>• 9:45 AM Puzzle Mania — *MC Dining*<br>• 11:15 AM The Worship Serivce — *MC Dining*<br>• 2:30 PM Chair Yoga — *MC Dining*<br>• 3 PM BINGO — *MC Dining* | **23**<br>• 8:30 AM Mobility Monday — *MC Dining*<br>• 9:15 AM Meaningful Monday — *MC Dining*<br>• 10 AM Chair Yoga — *Emory Theater*<br>• 1 PM Devotional — *MC Dining*<br>• 3:45 PM BINGO — *MC Dining* | **24**<br>• 9:15 AM Sit & Be Fit — *MC Dining*<br>• 10 AM Word Detective — *MC Dining*<br>• 10:45 AM Armchair Travels — *MC Dining*<br>• 1 PM Table Full of Thanks — *The Poppy*<br>• 2 PM Ladies Tea Time — *MC Dining*<br>• 4 PM Bingo — *MC Dining* | **25**<br>• 9:15 AM Courtyard walk — *MC Dining*<br>• 10 AM TTD 2000s Fashion Trends — *MC Dining*<br>• 10:45 AM GTX WowMobile Library — *Theater Room*<br>• 11 AM Chair Yoga — *MC Dining*<br>• 1:30 PM Uno Tournament — *MC Dining*<br>• 3:45 PM Hot Coco Hour — *MC Dining* | **26**<br>• 7:30 AM Macy's Thanksgiving Parade — *Theater Room*<br>• 8 AM Thankful Thursdays — *Lobby*<br>• 9:15 AM Men's Coffee Group — *MC Dining*<br>• 10 AM Balloon Volleyball — *MC Dining*<br>• 2 PM Creative Coloring — *MC Dining*<br>• 4 PM Puzzle Mania — *MC Dining* | **27**<br>• 9:15 AM Seated ROM Exercise — *MC Dining*<br>• 10:45 AM Arts & Crafts — *MC Dining*<br>• 12:45 PM 1:1 Visits — *Resident apartment*<br>• 2 PM Bean Bag Toss — *MC Dining*<br>• 4 PM TGIF Ice Cream Social — *MC Dining* | **28**<br>• 8:30 AM Exercise — *MC Dining*<br>• 10:30 AM Mindful Coloring — *MC Dining*<br>• 1:15 PM Balloon Volleyball — *MC Dining*<br>• 1:45 PM Puzzle Mania — *MC Dining*<br>• 3:30 PM BINGO — *MC Dining* |
| **29**<br>• 9:15 AM Sunday Morning Hymns — *MC Dining*<br>• 9:45 AM Puzzle Mania — *MC Dining*<br>• 11:15 AM The Worship Serivce — *MC Dining*<br>• 2:30 PM Chair Yoga — *MC Dining*<br>• 3 PM BINGO — *MC Dining* | **30**<br>• 8:30 AM Mobility Monday — *MC Dining*<br>• 9 AM Tour at ROCK Ride — *Outing*<br>• 9:15 AM Meaningful Monday — *MC Dining*<br>• 1 PM Devotional — *MC Dining*<br>• 3:45 PM BINGO — *MC Dining* |  | Nov. 1st- Daylight Savings<br>Nov. 11th- Veterans Day<br>Nov. 26th- Thanksgiving |  | * All Activities Subject to Change |