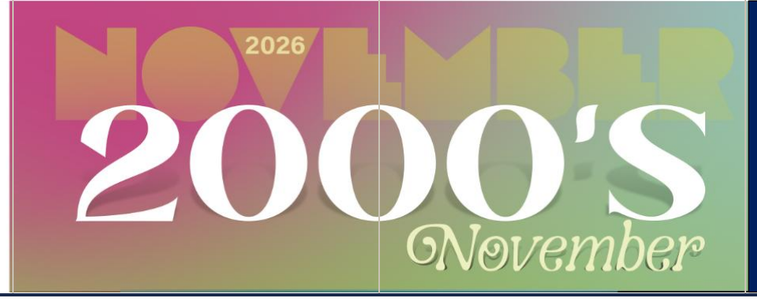
NOVEMBER 2026 – ASSISTED LIVING ACTIVITY CALENDAR @ TRIBUTE AT ONE LOUDOUN

An Atlas Senior Living Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30AM MORNING EXERCISE - AR 10:00AM CATHOLIC SERVICE - LG 11:00AM CHRISTIAN SERVICE - LG 1:00PM TABLE GAMES - B 2:00PM BINGO SOCIAL - DR 3:00PM WEEKEND ADVENTURE MOVIE: JOURNEY TO THE CENTER OFTHE EARTH - LG 5:30PM MEMORY LANE - L 6:00PM CONCERT SERIES: ANDRE RIEU - L	**2** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM GROCERY TRIP: GIANT - L 10:00AM Y2K MUSIC: MICHAEL BUBLE - LG 1:00PM RUMMIKUB AND PUZZLE GAME – B 2:00PM DECADES DOCUMENTARY: THE COLLAPSE OF LEHMAN BROTHERS - LG 3:00PM LIVE MUSIC: EMPTY ECSTASY – B 3:30PM PAINT WITH HEATHER CONNOLE - AR 5:30PM MEMORY LANE - L 6:00PM OUR PLANET - L	**3** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM RESIDENT ACTIVITY PLANNING - LG 11:00AM HAPPY GATHERS - AR 1:00PM WORDS IN A WORD - LG 2:00PM BINGO SOCIAL - DR 3:00PM MEN'S CLUB - BD 4:00PM MINI-MANICURE - AR 5:30PM MEMORY LANE – L 6:00PM MOVIE ON DEMAND - L	**4** 9:00AM MORNING CHAIR EXERCISE - AR 10:00AM SHOPPING TRIP: DOLLAR TREE - L 10:00AM RICK STEVE'S TRAVELOGUES: BEST OF ANDLALUCIA - LG 1:00PM BRIDGE GAME - B 1:30PM PINGPONG AND TABLE HOCKEY GAME - LG 3:00PM HAPPY HOUR - B 5:30PM MEMORY LANE – L 6:00PM MOVIE ON DEMAND - L	**5** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM LITERARY CLASSIC VIDEOBOOK: SENSE AND SENSIBILITY - LG 10:30AM BOOK CLUB MEETUP - BD 1:00PM LIBRARY OUTREACH SERVICES – B 1:00PM WORDS IN A WORD - LG 2:00PM BINGO SOCIAL - DR 3:00PM CHEF'S CORNER - B 5:30PM MEMORY LANE - L 6:00PM MOVIE ON DEMAND - L	**6** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM VETERAN-THEMED MOVIE: THE BEST DAYS OF OUR LIVES - LG 1:00PM ROLLING TRIVIA STORE - B 2:00PM RESIDENT LEARNING SESSION - B 3:00PM LIVE MUSIC: DIAN WILSON - B 5:30PM MEMORY LANE - L 6:00PM OUR PLANET - L	**7** 9:30AM MORNING CHAIR EXERCISE - AR 10:00AM AUTUMN MOVIE: ONE SPECIAL NIGHT - LG 1:30PM CHAIR VOLLEYBALL - LG 3:00PM FLORAL ARRANGING - AR 3:00PM PATRIOTIC CONCERT COLLECTION: JOHN PHILIP SOUSA PART I - LG 5:30PM MEMORY LANE – L 6:00PM OUR PLANET - L
8 9:30AM MORNING EXERCISE - AR 10:00AM CATHOLIC SERVICE - LG 11:00AM CHRISTIAN SERVICE - LG 1:00PM TABLE GAMES - B 2:00PM BINGO SOCIAL - DR 3:00PM WEEKEND ADVENTURE MOVIE: THE GOLDEN COMPASS - LG 5:30PM MEMORY LANE - L 6:00PM CONCERT SERIES: ANDRE RIEU - L	**9** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM GROCERTY TRIP: HARRIS TEETER - L 10:00AM Y2K MUSIC: WHITNEY HOUSTON - LG 1:00PM RUMMIKUB AND PUZZLE GAME - B 2:00PM DECADES DOCUMENTARY: DRIVE THRU HISTORY: VETERANS DAY - LG 3:00PM LIVE MUSIC: TENDER POLMAN - B 5:30PM MEMORY LANE – L 6:00PM OUR PLANET - L	**10** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM FOOD COUNCIL MEETING - LG 11:00AM HAPPY GATHERS - AR 1:00PM WORDS IN A WORD - LG 2:00PM BINGO SOCIAL - DR 3:00PM WOMEN'S CLUB - BD 4:00PM MINI-MANICURE - AR 5:30PM MEMORY LANE – L 6:00PM MOVIE ON DEMAND - L	**11** 9:00AM MORNING CHAIR EXERCISE - AR 10:00AM RICK STEVE'S TRAVELOGUE: BEST OF THE ALPS - LG 11:00AM BRUNCH TRIP: MISSION BBQ - L 11:30AM VETERANS DAY LUNCH - DR 2:00PM VETERANS DAY HONORING - LG 3:00PM VETERANS DAY SOCIAL: SALUTE TO SERVICE – BD 5:30PM MEMORY LANE – L 6:00PM MOVIE ON DEMAND - L	**12** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM LITERARY CLASSIC VIDEOBOOK: PRIDE AND PREJUDICE - LG 10:30AM BOOK CLUB MEETUP - BD 1:00PM WORDS IN A WORD - LG 2:00PM BINGO SOCIAL - DR 3:00PM BINGO STORE - DR 3:30PM CRAFT WITH HEATHER CONNOLE - AR 5:30PM MEMORY LANE – L 6:00PM MOVIE ON DEMAND - L	**13** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM DECADES MOVIE: THE TERMINAL - LG 1:00PM ROLLING TRIVIA STORE - B 2:00PM RESIDENT LEARNING SESSION - B 3:00PM PAINT WITH JULIET GILDEN - AR 5:30PM MEMORY LANE - L 6:00PM OUR PLANET - L	**14** 9:30AM MORNING CHAIR EXERCISE - AR 10:00AM AUTUMN MOVIE: A FAMILY THANKSGIVING - LG 1:30PM CHAIR VOLLEYBALL - LG 3:00PM FLORAL ARRANGING - AR 3:00PM PATRIOTIC CONCERT COLLECTION: JOHN PHILIP SOUSA PART II - LG 5:3OPM MEMORY LANE – L 6:00PM OUR PLANET - L
15 9:30AM MORNING EXERCISE - AR 10:00AM CATHOLIC SERVICE - LG 11:00AM CHRISTIAN SERVICE - LG 1:00PM TABLE GAMES - B 2:00PM BINGO SOCIAL - DR 3:00PM WEEKEND ADVENTURE MOVIE: THE LION, THE WITCH AND THE WARDROBE - LG 5:30PM MEMORY LANE – L 6:00PM CONCERT SERIES: ANDRE RIEU - L	**16** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM GROCERTY TRIP: TARGET - L 10:00AM Y2K MUSIC: CELINE DION - LG 1:00PM RUMMIKUB AND PUZZLE GAME - B 2:00PM DECADES DOCUMENTARY: Y2K INVASION OF THE MILLENNIUM BUG - LG 3:00PM LIVE MUSIC: RYAN SILL - B 5:30PM MEMORY LANE – L 6:00PM OUR PLANET - L	**17** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM TRIBUTE CARE MEETING - LG 11:00AM HAPPY GATHERS - AR 1:00PM WORDS IN A WORD - LG 2:00PM BINGO SOCIAL - DR 3:00PM LIVE MUSIC: ADAM MELIA - B 4:00PM MINI-MANICURE - AR 5:30PM MEMORY LANE – L 6:00PM MOVIE ON DEMAND - L	**18** 9:00AM MORNING CHAIR EXERCISE - AR 10:00AM CRAFTS TRIP: MANNA POTTERY - L 10:00AM RICK STEVE'S TRAVELOGUE: THE HOLY LAND TODAY - LG 1:00PM BRIDGE GAME - B 1:30PM PINGPONG AND TABLE HOCKEY GAME - LG 3:00PM JOINT BIRTHDAY CELEBRATION - B 5:30PM MEMORY LANE – L 6:00PM MOVIE ON DEMAND - L	**19** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM LITERARY CLASSIC VIDEOBOOK: CRIME AND PUNISHMENT - LG 10:30AM BOOK CLUB MEETUP - BD 1:00PM WORDS IN A WORD - LG 2:00PM BINGO SOCIAL - DR 3:00PM WELCOME TEA PARTY - DR 5:30PM MEMORY LANE - L 6:00PM MOVIE ON DEMAND - L	**20** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM DECADES MOVIE: CATCH ME IF YOU CAN – LG 11:30AM THANKSGIVING LUNCH - DR 1:00PM ROLLING TRIVIA STORE - B 2:00PM RESIDENT LEARNING SESSION - B 3:00PM LIVE MUSIC: ERIC HIGHSMITH - B 5:30PM MEMORY LANE - L 6:00PM OUR PLANET - L	**21** 9:30AM MORNING CHAIR EXERCISE - AR 10:00AM AUTUMN MOVIE: AN OLD-FASHIONED THANKSGIVING - LG 1:30PM CHAIR VOLLEYBALL - LG 3:00PM FLORAL ARRANGING - AR 3:00PM CHRISTMAS CONCERT COLLECTION: ANDRE RIEU - LG 5:30PM MEMORY LANE - L 6:00PM OUR PLANET - L
22 9:30AM MORNING EXERCISE - AR 10:00AM CATHOLIC SERVICE - LG 11:00AM CHRISTIAN SERVICE - LG 1:00PM TABLE GAMES - B 2:00PM BINGO SOCIAL - DR 3:00PM WEEKEND ADVENTURE MOVIE: PIRATES OF THE CARRIBEAN - LG 5:30PM MEMORY LANE – L 6:00PM CONCERT SERIES: ANDRE RIEU - L	**23** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM GROCERY TRIP: TRADER JOE'S - L 10:00AM Y2K MUSIC: ANDREA BOCELLI - LG 1:00PM RUMMIKUB AND PUZZLE GAME - B 2:00PM DECADES DOCUMENTARY: DATA CENTERS - POWER OF THE INTERNET - LG 3:00PM LIVE MUSIC: DOIN' TIME - B 5:30PM MEMORY LANE – L 6:00PM OUR PLANET - L	**24** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM RESIDENT COUNCIL MEETING - LG 11:00AM HAPPY GATHERS - AR 1:00PM WORDS IN A WORD - LG 2:00PM BINGO SOCIAL - DR 3:00PM NATIONAL PUZZLE WEEK CONTEST - B 4:00PM MINI-MANICURE - AR 5:30PM MEMORY LANE – L 6:00PM MOVIE ON DEMAND - L	**25** 9:00AM MORNING CHAIR EXERCISE - AR 10:00AM MOVIE TRIP: ONE LOUDOUN - L 10:00AM RICK STEVE'S TRAVELOGUE: EUROPEAN CHRISTMAS – LG 1:00PM BRIDGE GAME - B 1:30PM PINGPONG AND TABLE HOCKEY GAME - LG 3:00PM MIDWEEK SOCIAL - B 5:30PM MEMORY LANE – L 6:00PM MOVIE ON DEMAND - L	**26** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM LITERARY CLASSIC VIDEOBOOK: WAR AND PEACE - LG 10:30AM BOOK CLUB MEETUP - BD 1:00PM WORDS IN A WORD - B 2:00PM BINGO SOCIAL - DR 3:00PM FEATURE VIDEO: RESIDENTS IN ACTION 5:30PM MEMORY LANE – L 6:00PM MOVIE ON DEMAND - L	**27** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM DECADES MOVIE: DODGEBALL - LG 1:00PM ROLLING TRIVIA STORE - B 2:00PM RESIDENT LEARNING SESSION - B 3:00PM BINGO STORE - B 5:30PM MEMORY LANE - L 6:00PM OUR PLANET - L	**28** 9:30AM MORNING CHAIR EXERCISE - AR 10:00AM THE WALTONS CHRISTMAS MOVIE: THE HOMECOMING - LG 1:30PM CHAIR VOLLEYBALL - LG 3:00PM FLORAL ARRANGING - AR 3:00PM CHRISTMAS CONCERT COLLECTION: DOLLY PARTON - LG 5:30PM MEMORY LANE – L 6:00PM OUR PLANET - L
29 9:30AM MORNING EXERCISE - AR 10:00AM CATHOLIC SERVICE - LG 11:00AM CHRISTIAN SERVICE - G 1:00PM TABLE GAMES - B 2:00PM BINGO SOCIAL - DR 3:00PM WEEKEND ADVENTURE MOVIE: NIGHT AT THE MUSEUM - LG 5:30PM MEMORY LANE – L 6:00PM CONCERT SERIES: ANDRE RIEU - L	**30** 9:00AM MORNING EXERCISE WITH FOX - AR 10:00AM GROCERY TRIP: WALMART - L 10:00AM Y2K MUSIC: JAMES TAYLOR - LG 1:00PM RUMMIKUB AND PUZZLE GAME - B 2:00PM DECADES DOCUMENTARY: THE ECONOMY OF TOMORROW - LG 3:00PM LIVE MUSIC: THRACE - B 5:30PM MEMORY LANE – L 6:00PM OUR PLANET - L					

PLEASE REFER TO DAILY ACTIVITY SHEETS FOR UPDATES AND CHANGES

AR – ART ROOM | B – BISTRO | BD – BACK DINING ROOM
DR – DINING ROOM | L – LOBBY | LG – LOCUST GROVE