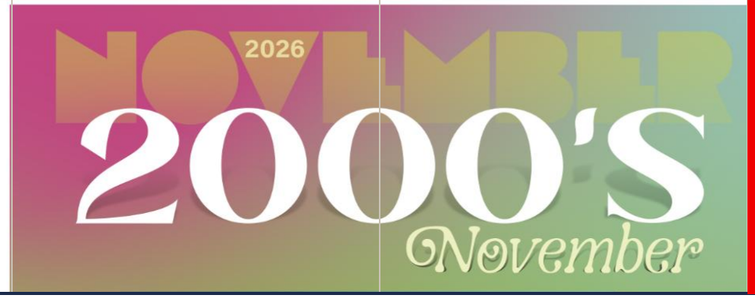
NOVEMBER 2026 – MEMORY CARE ACTIVITY CALENDAR @ TRIBUTE AT ONE LOUDOUN

An Atlas Senior Living Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM CATHOLIC SERVICE - LR 11:00AM CHRISTIAN SERVICE - LR 11:30AM BLANK SLATE - LR 1:00PM PICTURE TALKS - LR 2:00PM MOVIE: ONE SPECIAL NIGHT - LR 3:30 SNACK STATION - LR 3:30PM BINGO SOCIAL - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**2** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM RICK STEVES TRAVELOGUES: BEST OF ANDALUCIA - LR 11:00AM LIVE MUSIC: LEE JONES - LR 1:00PM GUESS THE IMAGE - LR 2:00PM PAINT WITH HEATHER - AS 3:00PM HOOPLA GAME – LR 3:30PM SNACK STATION - LR 4:00PM PARACHUTE GAME – LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**3** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM COLOR SORTING GAME - LR 11:00AM CHAIR HOCKEY GAME – LR 1:00PM MIND THE GAP - LR 2:00PM BINGO SOCIAL - LR 3:00PM BASKET BALL GAME – LR 3:30PM SNACK STATION - LR 4:00PM VOLLEYBALLOON GAME - LR 4:30PM SUNSET TRIVIA - LR 5:00PM NATURE AND NURTURE - LR	**4** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM SNAKES AND LADDERS GAME - LR 11:00AM HUNGRY HIPPO GAME - LR 1:00PM PASS THE RING GAME – LR 2:00PM RING TOSS GAME – LR 3:00PM AUTUMN CRAFTS - LR 3:30PM HAPPY HOUR – LR 4:00PM RELAY GAME - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**5** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM BOWLING GAME - LR 11:00AM CORNHOLE GAME – LR 1:00PM MIND THE GAP - LR 2:00PM BINGO SOCIAL - LR 3:00PM SCATTERGORIES – LR 3:30PM SNACK STATION - LR 4:00PM TWISTER GAME - LR 4:30PM MINI MANICURE - LR 5:00PM NATURE AND NURTURE - LR	**6** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM BOUNCING BALL GAME - LR 11:00AM MATCHMAKER - LR 1:00PM HOW IT'S MADE - LR 2:00PM LIVE MUSIC: DIAN WILSON 3:00PM MADLIBS – LR 3:30PM SNACK STATION - LR 3:30PM GROUP SINGING - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**7** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM WORD CONNECTION - LR 11:00AM CHAIR VOLLEYBALL GAME - LR 1:30PM PATRIOTIC CONCERT: JOHN PHILIP SOUSA PART I - LR 3:00PM GROUP SINGING – LR 3:30PM SNACK STATION - LR 4:00PM CHAIR SOCCER GAME - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR
8 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM CATHOLIC SERVICE - LR 11:00AM CHRISTIAN SERVICE - LR 11:30AM BLANK SLATE - LR 1:00PM PICTURE TALKS - LR 2:00PM MOVIE: FAMILY THANKSGIVING - LR 3:30 SNACK STATION - LR 3:30PM BINGO SOCIAL - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**9** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM RICK STEVES TRAVELOGUES: BEST OF THE ALPS - LR 11:00AM LIVE MUSIC: HECTOR MUNOZ - LR 1:00PM GUESS THE IMAGE - LR 2:00PM LIVE MUSIC: TENDER POLMAN 3:00PM HOOPLA GAME – LR 3:30PM SNACK STATION - LR 4:00PM PARACHUTE GAME – LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**10** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM COLOR SORTING GAME - LR 11:00AM CHAIR HOCKEY GAME – LR 1:00PM MIND THE GAP - LR 2:00PM BINGO SOCIAL - LR 3:00PM BASKET BALL GAME – LR 3:30PM SNACK STATION - LR 4:00PM VOLLEYBALLOON GAME - LR 4:30PM SUNSET TRIVIA - LR 5:00PM NATURE AND NURTURE - LR	**11** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM SNAKES AND LADDERS GAME - LR 11:00AM HUNGRY HIPPO GAME – LR 12:30PM VETERANS DAY LUNCH – DR 1:00PM PASS THE RING GAME - LR 2:00PM VETERANS DAY HONORING – LR 3:30PM JOINT BIRTHDAY PARTY - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**12** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM BOWLING GAME - LR 11:00AM CORNHOLE GAME – LR 1:00PM MIND THE GAP - LR 2:00PM BINGO SOCIAL - LR 3:00PM SCATTERGORIES – LR 3:30PM SNACK STATION - LR 4:00PM TWISTER GAME - LR 4:30PM MINI MANICURE - LR 5:00PM NATURE AND NURTURE - LR	**13** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM BOUNCING BALL GAME - LR 11:00AM MATCHMAKER - LR 1:00PM HOW IT'S MADE - LR 2:00PM PAINT WITH JULIET - AS 3:00PM MADLIBS – LR 3:30PM SNACK STATION - LR 3:30PM GROUP SINGING - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**14** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM WORD CONNECTION - LR 11:00AM LIVE MUSIC: LALO GARCIA - LR 1:30PM PATRIOTIC CONCERT: JOHN PHILIP SOUSA PART II - LR 3:00PM GROUP SINGING – LR 3:30PM SNACK STATION - LR 4:00PM CHAIR SOCCER GAME - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR
15 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM CATHOLIC SERVICE - LR 11:00AM CHRISTIAN SERVICE - LR 11:30AM BLANK SLATE - LR 1:00PM PICTURE TALKS - LR 2:00PM MOVIE: OLD-FASHIONED THANKSGIVING - LR 3:30 SNACK STATION - LR 3:30PM BINGO SOCIAL - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**16** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM RICK STEVES TRAVELOGUES: THE HOLY LAND TODAY - LR 11:00AM LIVE MUSIC: HECTOR MUNOZ -LR 1:00PM GUESS THE IMAGE - LR 2:00PM LIVE MUSIC: RYAN SILL - LR 3:00PM HOOPLA GAME - LR 3:30PM SNACK STATOION – LR 4:00PM PARACHUTE GAME - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**17** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM COLOR SORTING GAME - LR 11:00AM CHAIR HOCKEY GAME – LR 1:00PM MIND THE GAP - LR 2:00PM BINGO SOCIAL - LR 3:00PM BASKET BALL GAME – LR 3:30PM SNACK STATION - LR 4:00PM VOLLEYBALLOON GAME - LR 4:30PM SUNSET TRIVIA - LR 5:00PM NATURE AND NURTURE - LR	**18** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM SNAKES AND LADDERS GAME - LR 11:00AM HUNGRY HIPPO GAME - LR 1:00PM PASS THE RING GAME – LR 2:00PM RING TOSS GAME – LR 3:00PM AUTUMN CRAFTS - LR 3:30PM HAPPY HOUR – LR 4:00PM RELAY GAME - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**19** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM BOWLING GAME - LR 11:00AM CORNHOLE GAME – LR 1:00PM MIND THE GAP - LR 2:00PM BINGO SOCIAL - LR 3:00PM SCATTERGORIES – LR 3:30PM SNACK STATION - LR 4:00PM TWISTER GAME - LR 4:30PM MINI MANICURE - LR 5:00PM NATURE AND NURTURE - LR	**20** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM BOUNCING BALL GAME - LR 11:00AM MATCHMAKER – LR 12:30PM THANKSGIVING LUNCH - DR 1:00PM HOW IT'S MADE - LR 2:00PM LIVE MUSIC: ERIC HIGHSMITH -LR 3:00PM MADLIBS - LR 3:30PM SNACK STATION – LR 3:30PM GROUP SINGING - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**21** 10:00AM MORNING CHAIR EXERCISE - LR 10:03AM WORD CONNECTION - LR 11:00AM LIVE MUSIC: LALO GARCIA - LR 1:30PM CHRISTMAS CONCERT: ANDRE RIEU - LR 3:00PM GROUP SINGING - LR 3:30PM SNACK STATION - LR 4:00PM CHAIR SOCCER GAME - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR
22 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM CATHOLIC SERVICE - LR 11:00AM CHRISTIAN SERVICE - LR 11:30AM BLANK SLATE - LR 1:00PM PICTURE TALKS - LR 2:00PM MOVIE: THE WALTONS HOMECOMING - LR 3:30 SNACK STATION - LR 3:30PM BINGO SOCIAL - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**23** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM RICK STEVES TRAVELOGUES: EUROPEAN CHRISTMAS - LR 11:00AM LIVE MUSIC: LEE JONES - LR 1:00PM GUESS THE IMAGE - LR 2:00PM LIVE MUSIC: DOIN' TIME - LR 3:00PM HOOPLA GAME – LR 3:30PM SNACK STATION - LR 4:00PM PARACHUTE GAME – LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**24** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM COLOR SORTING GAME - LR 11:00AM CHAIR HOCKEY GAME – LR 1:00PM MIND THE GAP - LR 2:00PM BINGO SOCIAL - LR 3:00PM BASKET BALL GAME – LR 3:30PM SNACK STATION - LR 4:00PM VOLLEYBALLOON GAME - LR 4:30PM SUNSET TRIVIA - LR 5:00PM NATURE AND NURTURE - LR	**25** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM SNAKES AND LADDERS GAME - LR 11:00AM HUNGRY HIPPO GAME - LR 1:00PM PASS THE RING GAME – LR 2:00PM RING TOSS GAME – LR 3:00PM AUTUMN CRAFTS - LR 3:30PM HAPPY HOUR – LR 4:00PM RELAY GAME - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**26** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM BOWLING GAME - LR 11:00AM CORNHOLE GAME – LR 1:00PM MIND THE GAP - LR 2:00PM BINGO SOCIAL - LR 3:00PM SCATTERGORIES – LR 3:30PM WELCOME TEA PARTY - DR 4:00PM TWISTER GAME - LR 4:30PM MINI MANICURE - LR 5:00PM NATURE AND NURTURE - LR	**27** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM BOUNCING BALL GAME - LR 11:00AM MATCHMAKER - LR 1:00PM HOW IT'S MADE - LR 2:00PM LIVE MUSIC: JULIA MORRIS - LR 3:00PM MADLIBS – LR 3:30PM SNACK STATION - LR 3:30PM GROUP SINGING - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**28** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM WORD CONNECTION - LR 11:00AM CHAIR VOLLEYBALL GAME - LR 1:00PM CHRISTMAS CONCERT: DOLLY PARTON - LR 3:00PM GROUP SINGING – LR 3:30PM SNACK STATION - LR 4:00PM CHAIR SOCCER GAME - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR
29 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM CATHOLIC SERVICE - LR 11:00AM CHRISTIAN SERVICE - LR 11:30AM BLANK SLATE - LR 1:00PM PICTURE TALKS - LR 2:00PM FEATURE VIDEO: RESIDENTS IN ACTION - LR 3:30 SNACK STATION - LR 3:30PM BINGO SOCIAL - LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR	**30** 10:00AM MORNING CHAIR EXERCISE - LR 10:30AM RICK STEVES TRAVELOGUES: CRUISING THE MEDITERRANEAN - LR 11:00AM CHRISTAMS CAROLING - LR 1:00PM GUESS THE IMAGE - LR 2:00PM FLORAL ARRANGING – LR 3:00PM HOOPLA GAME - LR 3:30PM SNACK STATION - LR 4:00PM PARACHUTE GAME – LR 4:30PM SUNSET TRIVIA – LR 5:00PM NATURE AND NURTURE - LR					

PLEASE REFER TO DAILY ACTIVITY SHEETS FOR UPDATES AND CHANGES

AS – ART STUDIO | DR – DINING ROOM | LR – LIVING ROOM