November 2026

An Atlas Senior Living Community

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11:30 AM In- Fitness - Stretch Bands 2 PM Heritage Baptist Church 3 PM Afternoon Movie 6:30 PM Evening Movie	**2** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM In-Tune Fitness with Laura 2 PM Aria Arts 3:30 PM Afternoon Social 6:30 PM Adventure Movie	**3** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM In-Tune Fitness Chair Exercise 2 PM Bingo 3:30 PM Afternoon Social 5 PM Resident Birthday Dinner Party 7 PM Game Show	**4** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM Tai Chi 11:30 AM Shopping at DollarTree 1:30 PM Trivia 2:30 PM Kathy Davis Performs 7 PM Game Show	**5** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM Fitness- Zumba w/ Lesley 2 PM Floral Arranging 3:30 PM Afternoon Social 7 PM Game Show	**6** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM Yoga w/Claudia 11:30 AM Potomac Mills Mall 2 PM Bingo 3:30 PM Afternoon Social 6:30 PM Evening Movie	**7** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM In-tune Fitness IN2L 2 PM Darryl Nicholas Performs 3 PM Group Word Puzzle 6:30 PM Movie: Comedy
8 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM In Tune Fitness IN2L 2 PM Heritage Baptist Church 3 PM Afternoon Movie 6:30 PM Evening Movie	**9** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 2 PM Aria Arts 3:30 PM Afternoon Social 6:30 PM Adventure Movie	**10** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM In-Tune Fitness Chair Exercise 2 PM Joe MacFarlane Performs 3 PM Bingo 7 PM Game Show	**11** 10:30 AM Veteran Day Ceremony 1:30 PM Trivia 3:30 PM Afternoon Social 7 PM Game Show	**12** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM First Baptist of Woodbridge 2 PM Floral Arranging 3:30 PM Afternoon Social 7 PM Game Show	**13** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM Yoga w/Claudia 2 PM Randy Vidallion Performs 3:30 PM Bingo 6:30 PM Evening Movie	**14** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM In-tune Fitness IN2L 1:30 PM Baking Club 3 PM Group Word Puzzle 6:30 PM Movie: Comedy
15 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 2 PM Heritage Baptist Church 3 PM Afternoon Movie 6:30 PM Evening Movie	**16** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM In-Tune Fitness with Laura 2 PM Aria Arts 3:30 PM Afternoon Social 6:30 PM Adventure Movie	**17** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM In-Tune Fitness Chair Exercise 2 PM Bingo 3:30 PM Afternoon Social 4 PM Ron Howard Performs 7 PM Game Show	**18** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM Tai Chi 11:30 AM Lunch at Ny Pizza Grill Kabob 1:30 PM Trivia 2:30 PM Catholic Mass 3:30 PM Afternoon Social 7 PM Game Show	**19** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM Fitness- Zumba w/ Lesley 12 PM Thanksgiving Luncheon 1:30 PM Bendy Goodfriend Performs 3:30 PM Resident Council Meeting 7 PM Game Show	**20** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM Yoga w/Claudia 2 PM Bingo 3:30 PM Afternoon Social 6:30 PM Evening Movie	**21** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM In-tune Fitness IN2L 1:30 PM Board Games 3:30 PM Real Life Church 6:30 PM Movie: Comedy
22 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM Intune Fitness IN2L 2 PM Heritage Baptist Church 3 PM Afternoon Movie 6:30 PM Evening Movie	**23** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM In Tune Fitness IN2L 2 PM Aria Arts 3:30 PM Afternoon Social 6:30 PM Adventure Movie	**24** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM In-Tune Fitness Chair Exercise 2 PM Bingo 3:30 PM Afternoon Social 7 PM Game Show	**25** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM Tai Chi 11:30 AM Shopping at Harris Teeter 1:30 PM Trivia 3:30 PM Afternoon Social 7 PM Game Show	**26** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM Fitness- Zumba w/ Lesley 2 PM Floral Arranging 3:30 PM Thanksgiving Afternoon Social 7 PM Game Show	**27** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM Yoga w/Claudia 2 PM Men's Social Hour 2 PM Bingo 3:30 PM Afternoon Social 6:30 PM Evening Movie	**28** 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 11 AM In-tune Fitness IN2L 1:30 PM Baking Club 3 PM Christ Embassy Church 6:30 PM Movie: Comedy
29 10:30 AM Chronicles & Discussions 10:45 AM Brain Fitness:Wordle Word 2 PM Heritage Baptist Church 3 PM Afternoon Movie 6:30 PM Evening Movie	**30** 10 AM Lectures with Zach 11 AM In-Tune Fitness on IN2L 2 PM Aria Arts 3:30 PM Afternoon Social 6:30 PM Adventure Movie					