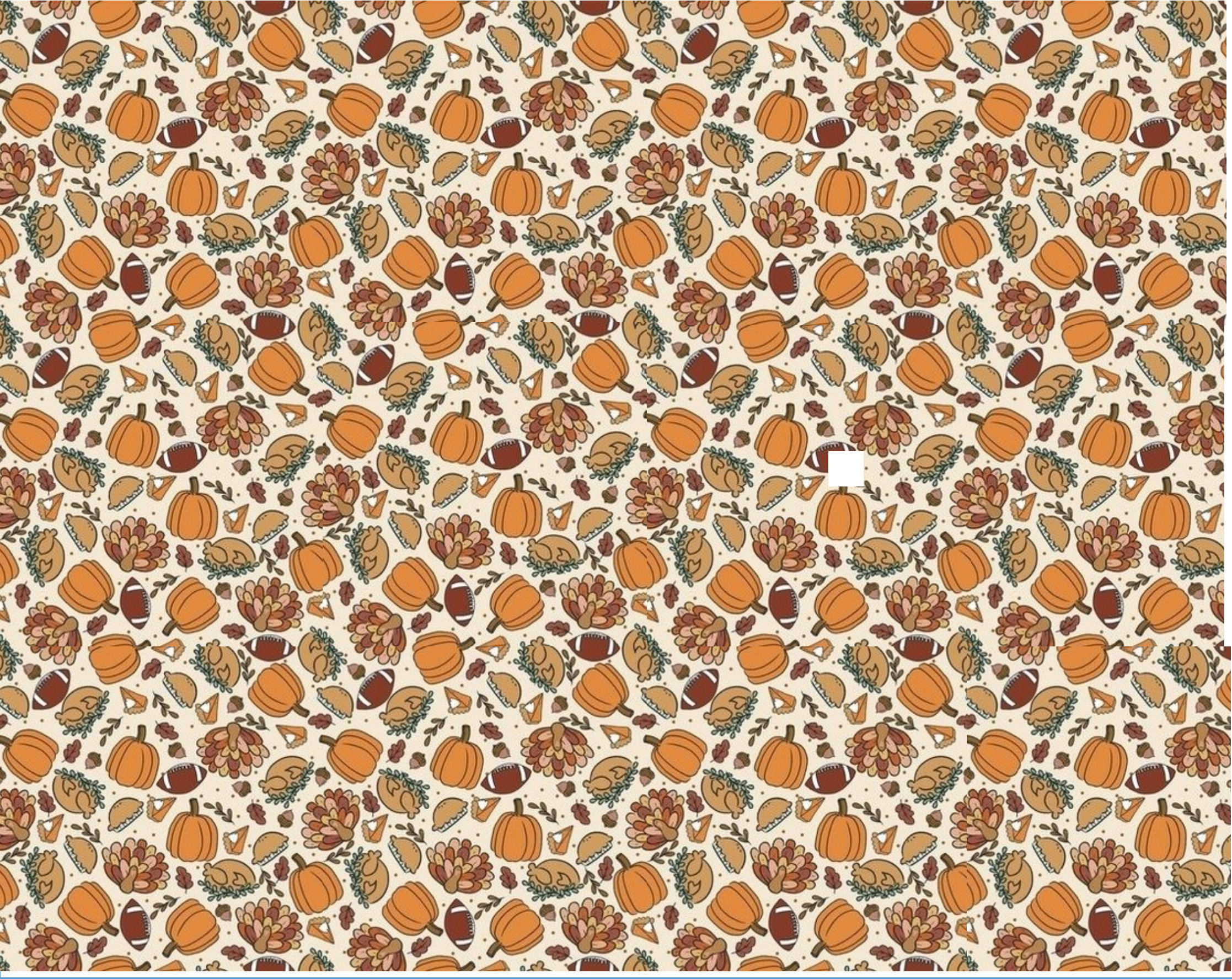




November Activities & Events 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<div>1</div> <div>Associate Christmas Gift Fund Collection Begins</div> <div>National Authors Day</div> <div>9:30 Chair Fitness (Ch. 1-2)</div> <div>10:00 Morning Exercise (Ch. 1-2)</div> <div>10:30 Play Nine Card Game (CR)</div> <div>1:00 Free Paint (CR)</div> <div>2:00 Movie Matinee: The Trouble with Angels (Ch.1-1)</div> <div>3:00 Left, Right, Center (CR)</div> <div>7:15 Movie: Little Shop of Horrors (Ch. 1-2)</div>


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Daylight Savings Time 9:30 Chair Yoga (Ch. 1-1) 10:00 St. Francis of Assisi Catholic Live Video Mass with Communion (CR) 10:00 Hymns (Ch. 1-1) 10:30 Non-denominational Church Services with Ethel Ragland (MP) 1:00 Open Art Corner (CR) 3:00 Famous Songs (CR) 6:30 Resident-led Board & Card Games (CR) 7:15 Movie: All the President's Men (Ch. 1-2)	3 10:00 Chair Dancing with Frankie (MP) 11:00 Pet Visits with Sandy (1st L.) 11:15 Resident Ambassador Meeting (Conf) 1:00 Bridge (AHall) 1:15 Afternoon Exercise (MP) 2:00 Text to Twist (MP) 3:00 Scrapbooking (CR) 3:30 Documentary: Three Towns and Three Rivers (Ch.1-1) 4:00 Meditation Moments (MP) 6:00 Evening Walk (Meet in 1st Lobby) 8:00 Evening Meditation (CH. 1-1)	4 9:00 Walking Club (Meet in 1st Lobby) 10:00 Balance Class with Legacy (MP) 10:15 Blood Pressure Check (1st L) 10:30 Trivia Time (MP) 11:00 Pet Visits with Laura & Finn (1st L) 1:15 Cornhole (MP) 1:30 Grocery Shopping at Food Lion (BUS, SU) 2:00 Craft: Light-Up Scarecrows (CR) 3:30 Balloon Jollyball (MP) 6:30 Bingo with Deby (MP) (Must Bring \$1.00 to Play)	5 National Donut Day 10:00-2:30 General Transportation Wednesday (BUS, SU) 10:00 Seated Cardio Exercise with Walt (MP) 10:30 Donuts & Coffee Social (CR) 1:15 Sing Fit: Cooking through the Decades (MP) 1:30 Alzheimer's Support group (Conf.) 2:00 Knit Witts (AHall) 2:00 Share Your Best & Worst Memories (CR) 3:00 Rummikub (LIB) 3:00 Music w/ Dennis (1st L) 3:30 Wine Down Wednesday (CR) 6:00 Holiday Choir Practice (MP) 8:00 Evening Meditation (CH. 1-1)	6 9:00 Walking Club (Meet in 1st Lobby) 10:00 Muscle of the Month Exercise with Legacy (MP) 11:00 Brain Exercise with Lesley (MP) 1:00 Bridge (A Hall Lounge) 1:15 SingFit: Soft Rock of the 60s,70s, & 80s (MP) 2:00 Scrabble (C Hall Lounge) 2:00 Bridge (A Hall Lounge) 2:30 Wii Bowling (MP) 3:00 Bubbles & Bingo with Sales (CR) 6:30 Bible Discussion with Katie & Jim: Practical Faith 4 (CR)	7 National Jersey Day 9:30 Chair Yoga (MP) 10:15 Hymn Sing and Message with Garland and Myra (1st L) 11:15 Lunch Outing to Cowfish (BUS,SU) 1:00 Seated Cardio Exercise with Walt (MP) 2:00 Sing Along (CR) 3:00 Shabbat at MG (BUS,SU) 6:30 Poker Group (CR) 7:15 Fraud Fridays (Ch. 1-1) 8:00 Evening Meditation (CH. 1-1)	8 9:30 Chair Fitness (Ch. 1-1) 10:00 Morning Exercise (MP) 10:30 Play Nine Card Game (CR) 1:15 Balloon Jolly Ball (MP) 2:00 Entertainment with Big T (Travis Russell) (1st L) 3:00 Left, Right and Center Dice Game (CR) 4:00 Calm Coloring (CR) 7:15 Movie: Black Hawk Down (Ch. 1-2)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 9:30 Chair Yoga (Ch. 1-1) 10:00 St. Francis of Assisi Catholic Live Video Mass with Communion (CR) 10:00 Hymns (Ch. 1-1) 10:30 Non-denominational Church Services with Jim Galloway (MP) 1:00 Open Art Corner (CR) 3:00 Famous Songs (CR) 6:30 Resident-led Board & Card Games (CR) 7:15 Movie: 1776 (Ch. 1-2)	10 10:00 Chair Dancing with Frankie (MP) 10:30 Who, What, Where? (MP) 11:00 Pet Visits with Sandy (1st L.) 1:00 Bridge (AHall) 1:15 Afternoon Exercise (MP) 2:00 Text to Twist (MP) 3:00 Dining Food Forum (MP) 4:00 Meditation Moments (MP) 6:00 Evening Walk (Meet in 1st Lobby) 8:00 Evening Meditation (CH. 1-1)	11 Veterans Day 9:00 Walking Club (Meet in 1st Lobby) 10:00 Balance Class with Legacy (MP) 10:30 Veterans Day Ceremony (1st L) 11:00 Pet Visits with Laura and Finn (1st L) 1:15 Axe Throwing (MP) 1:30 Grocery Shopping at Harris Teeter (BUS, SU) 2:30 Craft: Pumpkin Door Décor (CR) 3:30 Balloon Jollyball (MP) 6:30 Bingo with Dave (MP) (Must Bring \$1.00 to Play) 	12 10:00-2:30 General Transportation Wednesday (BUS, SU) 10:00 Seated Cardio Exercise with Walt (MP) 10:30 Roll and Tell (CR) 1:15 SingFit: A Mysterious & Magical Tour of the World (MP) 1:30 Alzheimer's Support Group (Conf) 2:00 Knit Witts (AHall) 2:00 Share Your Best & Worst Memories (CR) 3:00 Rummikub (LIB) 3:30 Wine Down Wednesday (CR) 6:00 Gardening Club (Meet in CR) 8:00 Evening Meditation (CH. 1-1)	13 10:00 Muscle of the Month Exercise with Legacy (MP) 11:00 Show and Tell with Lesley (MP) 11:15 Lunch Outing to Relish (BUS,SU) 1:00 Bridge (A Hall Lounge) 1:15 Craft: Toilet Paper Pumpkins (CR) 2:00 Scrabble (C Hall Lounge) 2:30 Meeting with Dave from The Key (MP) 3:00 Wii Bowling (MP) 6:30 Sing Along with Songs we all Know (MP)	14 9:30 Chair Yoga (MP) 10:15 Hymn Sing and Message with Garland & Mira (1st L) 10:45 Outing to NC Symphony (1st, Previous Ticket Purchase Required) 1:30 Family Feud (MP) (CR) 3:00 Piano Music with Zeke (1st L) 6:30 Poker Group (CR) 7:15 Fraud Fridays (Ch.1 -1) 8:00 Evening Meditation (Ch. 1-1) 	15 9:30 Chair Fitness (Ch. 1-1) 10:00 Morning Exercise (MP) 10:30 Play Nine Card Game (CR) 12:00 Pizza Party (CR) 1:00 Balloon Jolly Ball (MP) 2:00 Music with Amy Work (1st L) 3:00 Left, Right and Center Dice Game (CR) 4:00 Calm Coloring (CR) 7:15 Movie: Freedom Writers (Ch. 1-1)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 9:30 Chair Yoga (Ch. 1-1) 10:00 St. Francis of Assisi Catholic Live Video Mass with Communion (CR) 10:00 Hymns (Ch. 1-1) 10:30 Non-denominational Church Services with James Bernstein (MP) 1:00 Open Art Corner (CR) 3:00 Famous Songs (CR) 4:00 Music with Joyful Orchestra (1st L) 6:30 Resident-led Board & Card Games (CR) 7:15 Movie: Beetlejuice (Ch. 1-1)	17 10:00 Chair Dancing with Frankie (MP) 10:30 Learn How to Use Gym Equipment (WC on B Hall) 11:15 Resident Ambassador Meeting (Conf) 1:00 Bridge (AHall) 1:15 Toss n Talk (MP) 2:00 Chat with Executive Director: Abby Bevins (MP) 3:00 Documentary Hour: Salem Witch Trials (MP) 4:00 Meditation Moments (MP) 6:00 Evening Walk (Meet in 1st Lobby) 8:00 Evening Meditation (CH. 1-1)	18 9:00 Walking Club (Meet in 1st Lobby) 10:00 Balance Class with Legacy (MP) 10:15 Blood Pressure Check (1st L) 10:30 Jeopardy (MP) 11:00 Pet Visits with Laura & Finn (1st L) 11:00 Wake Forest Baptist Church Choir (1st L) 1:15 Cornhole (MP) 1:30 Grocery Shopping at Publix (BUS, SU) 2:00 Wii Bowling (MP) 3:00 New Resident Social with Matt from Boston (1st L) 6:30 Bingo with Val (MP) (Must Bring \$1.00 to Play)	19 National Play Monopoly Day 10:00-2:30 General Transportation Wednesday (BUS, SU) 10:00 Seated Cardio Exercise with Walt (MP) 10:30 You Be the Judge (MP) 1:15 SingFit: A Train Ride Across America (MP) 2:00 Knit Witts (AHall) 2:00 Share Your Best & Worst Memories (MP) 4:00 to 6:00 Thankful Dinner (1st L) 8:00 Evening Meditation (CH. 1-1)	20 9:00 Walking Club (Meet in 1st Lobby) 10:00 Muscle of the Month Exercise with Legacy (MP) 11:00 Brain Exercise with Lesley (MP) 1:00 Bridge (A Hall Lounge) 1:15 Wii Bowling (MP) 1:15 Book Club (C Hall Lounge) 2:00 Scrabble (C Hall Lounge) 2:00 Bridge (A Hall Lounge) 2:30 Health Chat with Legacy (MP) 3:00 Paint Along (CR) 6:30 Bible Discussion with Katie & Jim : Practical Faith 5 (CR)	21 9:30 Chair Yoga (MP) 10:15 Hymn Sing and Message with Garland and Myra (1st L) 11:15 Dog Visits with Rachel (1st L) 1:00 Seated Cardio Exercise with Walt (MP) 11:15 Lunch Outing to Ruth Chris Steakhouse (BUS,SU) 2:00 Watercolor Paint by Numbers (CR) 3:00 Music with North Raleigh UMC Choir (1st L) 6:30 Poker Group (CR) 7:15 Fraud Fridays (Ch. 1-1) 8:00 Evening Meditation (CH. 1-1)	22 9:30 Chair Fitness (Ch. 1-2) 10:00 Morning Exercise (MP) 10:30 Play Nine Card Game (CR) 1:00 Balloon Jolly Ball (MP) 2:00 Documentary: Long Island’s Biggest Lost Mansions (CR) 3:00 Science Corner– Let’s Make Slime (CR) 3:00 Left, Right, Center (CR) 7:15 Movie: Thelma (Ch. 1-2)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 9:30 Chair Yoga (Ch. 1-1) 10:00 St. Francis of Assisi Catholic Live Video Mass with Communion (CR) 10:00 Hymns (Ch. 1-1) 10:30 Non-denominational Church Services with Hal Lindhart (MP) 1:00 Open Art Corner (CR) 3:00 Melissa Rowland Piano Concert (1st L) 6:30 Resident-led Board & Card Games (CR) 7:15 Movie: Little Woman (Ch.1-1)	24 10:00 Chair Dancing with Frankie (MP) 10:30 Trivial Pursuits (MP) 11:00 Pet Visits with Sandy (1st L.) 11:00 December Calendar Review (MP) 1:00 Bridge (AHall) 1:15 Afternoon Exercise (MP) 2:00 Health Chat with Falls River Pharmacy (MP) 3:00 Holiday Paint Along (CR) 4:00 Meditation Moments (MP) 6:00 Evening Walk (Meet in 1st Lobby) 8:00 Evening Meditation (CH. 1-1)	25 National Parfait Day 9:00 Walking Club (Meet in 1st Lobby) 10:00 Balance Class with Legacy (MP) 10:15 Blood Pressure Check (1st L) 10:30 Trivia (MP) 11:00 Pet Visits with Laura & Finn (1st L) 1:15 November Birthday & Anniversary Celebration (CR) 1:30 Grocery Shopping at Target (BUS, SU) 2:00 Jeopardy (MP) 2:30 Craft: Sand Art (CR) 3:30 Balloon Jollyball (MP) 6:30 Bingo with Anne (MP) (Must Bring \$1.00 to Play)	26 10:00-2:30 General Transportation Wednesday (BUS, SU) 10:00 Seated Cardio Exercise with Walt (MP) 10:30 You Be the Judge (MP) 11:15 Lunch Outing to Ton Noodles (BUS,SU) 1:15 SingFit: Moving to Hollywood Hits (MP) 2:00 Knit Witts (AHall) 2:00 Share Your Best & Worst Memories (CR) 3:00 Wine Down Wednesday (CR) 3:30 Music with Christian Green (1st L) 8:00 Evening Meditation (CH. 1-1)	27 <i>Happy Thanksgiving</i> 8:30 Macy's Thanksgiving Day Parade Streaming (CR) 10:00 Chair Fitness (Ch. 1-1) 10:30 Turkey Toss (MP) 11:30-1:00 Thanksgiving Meal (DR) 1:30 Thanksgiving Bingo (MP) 3:00 Movie: Planes, Trains, and Automobiles (Ch.1-2) 6:00 Armchair Travel: Stonehenge (Ch.1-1) 	28 Black Friday 10:00 Chair Fitness (MP) 10:15 Hymn Sing and Message with Garland & Mira (1st L) 10:30 Logo Party Game (CR) 1:15 Exercise Bingo (MP) 2:00 Music w/ John Franklin (1st L) 3:00 Ice Cream Social (CR) 6:30 Poker (CR) 7:15 Movie Night: A Christmas Story Ch.1-2)	29 9:30 Chair Fitness (Ch. 1-1) 10:00 Morning Exercise (MP) 10:30 Play Nine Card Game (CR) 1:15 Balloon Jolly Ball (MP) 2:00 Armchair Travel: South Carolina's Revolutionary War Trail (CR) 3:00 Left, Right and Center Dice Game (CR) 4:00 Calm Coloring (CR) 7:15 Movie: West Side Story (Ch. 1-2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 9:30 Chair Yoga (Ch. 1-1) 10:00 St. Francis of Assisi Catholic Live Video Mass with Communion (CR) 10:00 Hymns (Ch. 1-1) 10:30 Non-denominational Church Services with James Bernstein MP) 1:00 Open Art Corner (CR) 3:00 Famous Songs (CR) 6:30 Resident-led Board & Card Games (CR) 7:15 Movie: It's A Wonderful Life CH. 1-1)		<u>ROOM KEY</u> (A Hall Lounge)= 1st Floor A Hall Lounge (CR)= Club Room (WC)= Wellness Center (C Hall Lounge)= 1st Floor C Hall Lounge (Conf.)= Conference Room (2nd L)= 2nd Floor Lobby (LIB)= Library (ATRIUM)= Atrium Restaurant (MP)= Multipurpose Room (BUS)=BUS (CH. 1-2)= Resident Room Channel 1-2 on TV (CH. 1-1)= Resident Room Channel 1-1 on TV (SU)= Sign Up Required		Happy Birthday to You! Edna W....3th Diana S....4th Mae Ellen A....8th Rachel G....8th Charlotte Y....11th Mary M....11th Edith L....13th Val C....13th Horace J....14th Peggy H....15th Dexter V....26th 