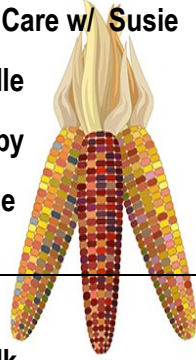


November-Calendar of Pleasant Events - The Lodge - Cascades of the Sierra - 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Lodge November 				Abbreviations Key: ARS- Aerobic Studio AS- Art Studio CC- Conference Center FC- Fireside Club GR- Great Room LN- Living Room North LS- Living Room South SC- Sundance Cinema	 	1 9:30 Let's Exercise! 10:00 Current Events 10:15 BINGO! 1:00 Short Stories 2:00 The Encore Band– FC 3:15 Artistic Corner 4:15 Aroma Therapy 6:00 Table Games and Puzzles
2 <u>9:30 Steele Feather: Chair Yoga</u> 10:00 Sunday Services 10:30 BINGO! 1:00 Jokes and Riddles 2:00 Afternoon Walk 3:00 Namaste Nail Care w/ Susie 4:15 Aroma Therapy 6:00 Puzzles and Table Games	3 9:30 Morning Walk 10:00 Morning News 10:15 Reminiscing 1:00 Memory Joggers 2:00 Namaste nail Care w/ Susie 3:00 Balloon Noodle 4:15 Aroma Therapy 6:00 Evening Movie 	4 9:30 Staying Strong w/Alan 10:00 Daily News 10:30 No Bake Club: Apple Parfait 1:00 Getting Crafty <u>2:30 Steele Feather : ZUMBA</u> 3:00 Little House on the Prairie 4:15 Aroma Therapy 6:00 Caregiver's Choice	5 9:15 A Visit w/ Yuki <u>9:45 Movie in the Theater!</u> 1:00 Finish the Phrase 2:00 Beanbag Baseball 3:00 Table games and Puzzles 4:15 Aroma Therapy 6:00 Family Feud	6 9:30 Staying Strong w/ Alan 10:00 Daily Chronicles 10:30 Catholic Communion 10:30 BINGO! 1:00 Balloon Volleyball 2:00 Memory Joggers 3:00 Afternoon Movie 4:15 Aroma Therapy	7 9:30 Morning Walk 10:00 Current News <u>10:25 Steele Feather: ZUMBA</u> 1:00 Memory Joggers 2:00 Pictionary 3:00 Puzzle Time 4:15 Aroma Therapy 6:00 Evening Movie	8 9:30 Morning Stretch 10:00 Daily News 10:15 BINGO! 1:00 Short Stories 2:00 The Elks Treble Makers –LS 3:15 Artistic Corner 4:15 Aroma Therapy 6:00 Table Games and Puzzles
9 <u>9:30 Steele Feather: Chair Yoga</u> 10:00 Sunday Services 10:30 Memory Joggers 1:00 Coloring Creations 2:30 BINGO! 3:30 Sing Along w/ Suzie Q 4:15 Aroma Therapy 6:00 Evening Movie	10 9:30 Morning Walk 10:00 Morning News 10:15 BINGO! 1:00 Memory Joggers 2:00 VETERANS CEREMONY-LS 3:00 Balloon Noodle 4:15 Aroma Therapy 6:00 Evening Movie	11 9:30 Staying Strong w/ Alan <u>10:00 B/P and Weight Clinic</u> 10:45 Finish the Phrase 1:30 Namaste Nail Care <u>2:30 Steele Feather : ZUMBA</u> 3:00 Afternoon Movie 4:15 Aroma Therapy 	12 9:15 A Visit w/ Yuki 10:00 Daily Chronicles 10:15 Beanbag Baseball 1:00 Creativity Corner 2:00 Music w/ Jacques– FC 3:30 Puzzle Time 4:15 Aroma Therapy 6:00 Animal Documentary	13 9:30 Staying Strong w/ Alan 10:00 Daily News 10:30 Catholic Communion 10:30 Arts & Crafts 1:00 Afternoon Walk 2:00 BINGO! 3:00 Trivia Time 4:15 Aroma Therapy	14 9:30 Morning Walk 10:00 Current News <u>10:25 Steele Feather: ZUMBA</u> 1:00 Memory Joggers 2:00 The Things Game 3:00 Caregiver's Choice 4:15 Aroma Therapy 6:00 Evening Movie	15 9:30 Natural Stretch 10:00 Daily Chronicles 10:30 BINGO! 1:00 Poetry Corner 2:00 Bluegrass Association–FC 3:15 Creative Expressions 4:15 Aroma Therapy 6:00 Table Games & Puzzles

Pleasant Events are subject to change based on the interest and requests of our residents!

November-Calendar of Pleasant Events - The Lodge - Cascades of the Sierra - 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 <u>9:30 Steele Feather: Chair Yoga</u> 10:00 Sunday Services 10:30 Card Games 1:15 Trivia Time 2:00 BINGO! 3:00 Puzzle Time 4:15 Aroma Therapy 6:00 Caregiver's Choice	17 9:30 Morning Walk 10:00 Morning News 10:15 BINGO! 1:00 Memory Joggers 2:00 Balloon Volleyball 3:00 Animal Documentary 4:15 Aroma Therapy 6:00 Table Games and Puzzles	18 9:30 Staying Strong w/Alan 10:00 Daily News 10:30 Beanbag Baseball 1:00 Getting Crafty <u>2:30 Steele Feather : ZUMBA</u> 3:00 Little House on the Prairie 4:15 Aroma Therapy 6:00 Caregiver's Choice	19 9:15 A Visit w/ Yuki 10:00 Daily News 10:30 Balloon Volleyball 1:00 Short Stories <u>2:00 Music w/ John Rand– FC</u> 3:00 Color Creations 4:15 Aroma Therapy 6:00 Animal Documentary	20 9:30 Staying Strong w/ Alan 10:00 Daily News 10:30 Catholic Communion 10:30 The Things Game <u>1:00 Scenic Drive!</u> 2:00 Namaste Nail Care 3:00 Puzzles and Table Games 4:15 Aroma Therapy	21 9:30 Morning Walk 10:00 Daily News <u>10:25 Steele Feather: ZUMBA</u> 1:00 Jokes and Riddles <u>2:00 Music w/ The McCollum Duo</u> 3:00 Animal Documentary 4:15 Aromatherapy 6:00 Caregiver's Choice	22 9:30 Strength and Stretch 10:00 Daily News 11:30 –1:30 Thanksgiving Family Lunch <u>2:00 Music w/ Sandee– FC</u> 3:15 Trivia Time 4:15 Aroma Therapy 6:00 Table Games and Puzzles
23 9:30 Morning Exercise 10:00 Sunday Services 10:30 Sippin' on Apple Cider 1:00 Jokes and Riddles 2:00 Afternoon Walk 3:00 Noodle Ball 4:15 Aroma Therapy 6:00 Table Games and Puzzles	24 9:30 Morning Walk 10:00 Morning News 10:15 BINGO! 1:00 Memory Joggers 2:00 Namaste nail Care w/ Susie 3:00 Balloon Noodle 4:15 Aroma Therapy 6:00 Evening Movie	25 9:30 Staying Strong w/Alan 10:00 Daily News 10:30 No Bake Club: Pumpkin Pie 1:00 Getting Crafty 2:00 Reminiscing Thanksgiving 3:00 Little House on the Prairie 4:15 Aroma Therapy 6:00 Caregiver's Choice	26 9:15 A Visit w/ Yuki 10:00 The Daily News 10:15 Beanbag Baseball 1:00 Finish the Phrase <u>2:00 Music w/ John Palmore– FC</u> 3:00 Anima Documentary 4:15 Aroma Therapy 6:00 Evening Movie	27 9:30 Morning Stretch 10:00 Macy's Parade on NBC 10:30 Cocoa and Treats 1:00 Turkey Toss 2:00 GOBBLE BINGO! 	28 9:30 Daily News 10:00 Coffee Talk <u>10:25 Steele Feather: ZUMBA</u> 1:00 Reminiscing 2:00 Faces Game 3:00 Puzzle Time 4:15 Aroma Therapy 6:00 Little House on the Prairie	29 9:30 Let's Exercise! 10:00 Current Events 10:15 BINGO! 1:00 Short Stories <u>2:00 Paul V. on Piano-LS</u> 3:15 Artistic Corner 4:15 Aroma Therapy 6:00 Table Games and Puzzles
30 9:30 Morning Stretch 10:00 Sunday Services 10:30 Crafty Corner 1:00 Finish the Phrase 2:00 BINGO! 3:00 Sing Along w/ Suzie Q 4:15 Aroma Therapy 6:00 Caregiver's Choice			<u>Abbreviations Key:</u> ARS- Aerobic Studio AS- Art Studio CC- Conference Center FC- Fireside Club GR- Great Room LN- Living Room North LS- Living Room South SC- Sundance Cinema			

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