

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025 North Shore Memory Care						1 9:30 Monthly Gazette 10:30 Morning Exercise 1:30 Guitar and Sing with Tim 2:30 Trivia 3:30 Afternoon Exercise 4:00 Quality Face to Face 6:00 Table Activities
2 9:30 Coffee & Conversation 10:30 Senior Fitness Video 1:30 Candy Bingo 2:30 EZ Dose It November Trivia 3:30 Noodle Ball 4:00 Quality Face to Face 6:00 Sunday Night Movie Daylight Saving Time Ends	3 9:45 Sit and Stretch with Paz 10:30 Daily Chronicle & Coffee 1:30 November Craft with Sierra 2:30 Cranium Crunches 3:30 Chair Chi with Chris 4:00 Quality Face to Face 6:00 Table Activities and Snack	4 9:30 Daily Chronicle 10:00 Cardio Drumming w/ Paz 1:30 Tuesday Matinee in the Dorian Theater (3rd Floor) 2:30 November Puzzle Maze 3:30 Cardio Kick Boxing w / Chris 4:00 Quality Face to Face 6:00 Table Activities	5 9:30 Bible Study with Tim 10:30 Ever Fit with Chris 1:30 Scenic Drive 2:30 Ez Does It Trivia 3:00 National Donut Day 3:30 Chair Chi with Chris 4:00 Quality Face to Face 6:00 Puzzle Maze and Snacks	6 9:30 Monthly Gazette 10:00 Cardio Drumming w/ Paz 1:30 November Word Search 2:00 Music Slide Show with Timothy Patrick and Serving National Nacho Day 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 Relaxation/ Hydration	7 9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:45 Louis Faro Performs 3:00 Social Visits, 3:30 Mindful Meditation 4:00 Puzzle Club before Dinner 6:00 Movie Night with Popcorn	8 9:30 Coffee and Conversation 10:30 Morning Exercise 1:30 Scenic Drive 2:30 Fall Color Blending 3:30 Parachute Workout 4:00 Quality Face to Face 6:00 Soundscapes / Snacks
9 9:30 Coffee & Conversation 10:30 Senior Fitness Video 1:30 Table Games 2:30 Puzzle Club / Snacks 3:30 Noodle Ball 4:00 Quality Face to Face 6:00 Sunday Night Movie	10 9:45 Sit and Stretch with Paz 10:30 Daily Chronicle & Coffee 1:30 Noodle Balloon Ball 2:30 Let's Talk Turkey 3:30 Chair Chi with Chris 4:00 Quality Face to Face 6:00 Complex Coloring Snacks	11 9:30 Daily Chronicle 10:00 Cardio Drumming w/ Paz 1:30 Where Am I 2:00 Piano with Gus Russell 3:30 Cardio Kick Boxing w / Chris 4:00 Puzzle Club before Dinner 6:00 Soundscapes /Hydration Veterans Day Remembrance Day (Canada)	12 9:30 Bible Study with Tim 10:30 Ever Fit with Chris 1:30 Scenic Drive 2:30 Table Games / Snacks 3:30 Chair Chi with Chris 4:00 Quality Face to Face 6:00 Table Activities and Refreshments	13 9:30 Coffee & Conversation 10:00 Cardio Drumming w/ Paz 1:30 Kim's Story Corner 2:30 Cookie and Punch Social 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 November Word Search	14 9:30 Daily Chronicle 10:00 Timeless Treasures Music 1:30 Cookie Baking & Decorate 2:30 Finish the Phrase & Cookies 3:00 Social Visits with Barnabas: Toy Poodle 3:30 Mindful Meditation 4:00 Quality Face to Face 6:00 Movie Night with Popcorn	15 9:30 Coffee and Conversation 10:30 Morning Exercise 1:30 Read with Tim 2:30 Table Activities with Music 3:30 Noodle Ball 4:00 Quality Face to Face 6:00 Relaxation Hydration
16 9:30 Coffee & Conversation 10:30 Senior Fitness Video 1:30 Candy Bingo 2:30 EZ Dose It November Trivia 3:30 Noodle Ball 4:00 Quality Face to Face 6:00 Sunday Night Movie	17 9:45 Sit and Stretch with Paz 10:30 Daily Chronicle & Coffee 1:30 Indoor Waterford Walk 2:00 Sara Scofield Performs 3:30 Chair Chi with Chris 4:00 Quality Face to Face 6:00 Table Activities & Snacks	18 9:30 Daily Chronicle 10:00 Cardio Drumming w/ Paz 1:30 Tuesday Matinee in the Dorian Theater (3rd Floor) 2:30 November Word Search 3:30 Cardio Kick Boxing w / Chris 4:00 Quality Face to Face 6:00 Puzzle Club / Snacks	19 9:30 Bible Study with Tim 10:30 Ever Fit with Chris 1:30 Puzzle Club 2:00 Harvest Festival 3:30 Chair Chi with Chris 4:00 Quality Face to Face 6:00 November Cross Word	20 9:30 Coffee & Conversation 10:00 Cardio Drumming with Paz 1:30 Kim's Story Corner 2:30 Thirsty Thursday Social 3:30 Cardio Stretch with Chris 4:00 Puzzle Club before Dinner 6:00 Puzzles and Snacks	21 9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 Julie Sings 2:30 Cranium Crunches / Snacks 3:30 Mindful Meditation 4:00 Quality Face to Face 6:00 Movie Night with Popcorn	22 9:30 Coffee and Conversation 10:30 Morning Exercise 1:30 Guitar and Sing with Tim 2:30 Table Activities 3:30 Afternoon Exercise 4:00 Quality Face to Face 6:00 November Word Search with snacks
23 9:30 Coffee & Conversation 10:30 Senior Fitness Video 1:30 Table Games 2:30 November Fun Facts 3:30 Noodle Ball 4:00 Quality Face to Face 6:00 Sunday Night Movie	24 9:45 Sit and Stretch with Paz 10:30 Daily Chronicle & Coffee 1:30 What's Cook 'in Travelogue "Turkish Cuisine" 2:00 Tim Sings 3:30 Chair Chi with Chris 4:00 Puzzle Club before Dinner 6:00 Table Activities & Snacks	25 9:30 Morning Gather & Coffee 10:00 Cardio Drumming with Paz 1:30 Scavenger Hunt! (Turkey Edition) 2:30 EZ Dose It Trivia 3:30 Cardio Kick Boxing w / Chris 4:00 Quality Face to Face 6:00 Movie Night with Popcorn	26 9:30 Bible Study with Tim 10:30 Ever Fit with Chris 1:30 Scenic Drive 2:30 November Crossword 3:30 Chair Chi with Chris 4:00 Quality Face to Face 6:00 Table Games	Happy Thanksgiving 27 9:00 Macy's Thanksgiving Day Parade with Hot Cider 10:00 Cardio Drumming w/ Paz 11:30 Thanksgiving Dinner 2:30 Bingo 3:30 Senior Fitness Program 4:00 Puzzle Club Thanksgiving Day (U.S.)	28 9:30 Daily Chronicle 10:30 Ever Fit with Robin 1:30 Table Activities 2:00 Reader's Theater 3:00 Visits with Poodle Barnabas 3:30 Mindful Meditation 4:00 Quality Face to Face 6:00 Movie Night with Popcorn	29 9:30 Coffee and Conversation 10:30 Morning Exercise 1:30 Scenic Drive 2:30 Table Games 3:30 Afternoon Exercise 4:00 Quality Face to Face 6:00 Hydration / Relaxation
30 9:30 Coffee & Conversation 10:30 Senior Fitness Video 1:30 Candy Bingo 2:30 Finish the Phrase 3:30 Noodle Ball 4:00 Quality Face to Face 6:00 Sunday Night Movie	 Happy Birthday Josephine C. 11/12 Marilyn K. 11/19 Nancy R. 11/19 Gregory Q. 11/27 					