

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2025

South Shore Memory Care

						9:30 Monthly Gazette 10:30 Morning Exercise 1:30 Guitar and Sing with Tim 2:30 Welcome November Trivia 3:30 Afternoon Exercise 4:00 Quality Face to Face 6:00 Table Activities
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	9:45 Set and Stretch with Paz 10:15 Daily Chronical & 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	9:30 Morning Gather & Coffee 10:00 Cardio Drumming with Paz 1:30 Tuesday Matinee in the Theater / Popcorn & Drinks 2:30 Table Games 3:30 Cardio Kickboxing with Chris 4:00 Quality Face to Face 6:00 Documentary of Choice	9:30 Bible Study with Tim 10:30 Ever Fit with Chris 1:30 Scenic Drive 2:30 Welcome November Coloring 3:00 National Donut Day 3:30 Chair Chi with Chris 4:00 Quality Face to Face 6:00 Documentary of Choice	9:30 Coffee & Chronical 10:00 Cardio Drumming with Paz 1:30 October Word Search 2:00 Music Slide Show with Timothy Patrick 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 Relaxation/ Hydration	9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:45 Louis Faro Plays Piano 3:00 Table Games with Snacks 3:30 Mindful Meditation with Chris 4:00 Quality Face to Face 6:00 Movie Night with Popcorn	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
9:30 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	9:45 Sit and Stretch with Paz 10:30 daily Chronical & Coffee 1:30 Noodle Ball 2:30 Let's Talk Turkey 3:30 Chair Chi with Chris 4:00 Quality Face to Face 6:00 Complex Coloring Snacks	9:30 Daily Chronicle 10:00 Cardio Drumming with Paz 10:30 Red White & Blue Parfaits 1:30 Waterford Walk 2:00 Gus Russell Plays Piano 3:30 Kickboxing with Chris 4:00 Quality Face to Face 6:00 Soundscapes / Hydration Veterans Day Remembrance Day (Canada)	9:30 Bible Study with Tim 10:30 Ever Fit with Chris 1:30 Scenic Drive 2:30 Candy Bingo 3:30 Chair Chi with Chris 4:00 Quality Face to Face 6:00 Movie Night	9:30 Coffee & Conversation 10:00 Cardio Drumming with 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	9:30 Daily Chronicle 10:00 Timeless Treasures Music 1:30 Cookie Bake & Decorate 2:30 Trivia & Cookies 3:30 Mindful Meditation with Chris 4:00 Quality Face to Face 6:00 Movie Night with Popcorn	9:30 Coffee and Conversation 10:30 Morning Exercise 1:30 Read with Tim 2:30 Trash Art (Recycle Day!) 3:30 Noodle Ball 4:00 Quality Face to Face 6:00 Relaxation Hydration
9:30 Coffee & Conversation 10:30 Senior Fitness Video 1:30 T 2:30 EZ Dose It November Trivia 3:30 Noodle Ball 4:00 Quality Face to Face 6:00 Sunday Night Movie	9:45 Sit and Stretch with Paz 10:30 Daily Chronical & 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	9:30 Morning Gather & Coffee 10:00 Cardio Drumming with Paz 1:30 Tuesday Matinee in the Theater / Popcorn & Drinks 2:30 EZ Dose It Trivia 3:30 Cardio Kickboxing with Chris 4:00 Quality Face to Face 6:00 Movie Night with Popcorn	9:30 Bible Study with Tim 10:30 Ever Fit with Chris 1:30 Scenic Drive 2:00 Harvest Festival 3:30 Chair Chi with Chris 4:00 Quality Face to Face 6:00 Nature Documentary	9:30 Coffee & Conversation 10:00 Cardio Drumming with Paz 1:30 Kim's Story Corner 2:30 Thirsty Thursday (Macchiato Day!) 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 Puzzles and Snacks	9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 Julie Sings 2:30 T-Shirt Decorating 3:30 Mindful Meditation with Chris 4:00 Quality Face to Face 6:00 Movie Night with Popcorn	9:30 Coffee and Conversation 10:30 Morning Exercise 1:30 Scenic Drive (National Go For A Ride Day!) 2:30 Table Activities 3:30 Afternoon Exercise 4:00 Quality Face to Face 6:00 November Word Search with snacks
9:30 Coffee & Conversation 10:30 Senior Fitness Video 1:30 Table Games 2:30 EZ Dose It November Trivia 3:30 Noodle Ball 4:00 Quality Face to Face 6:00 Sunday Night Movie	9:45 Sit and Stretch with Paz 10:30 Daily Chronical & 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	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 Kickboxing with Chris 4:00 Quality Face to Face 6:00 Movie Night with Popcorn	9:30 Bible Study with Tim 10:30 Ever Fit with Chris 1:30 Scenic Drive 2:30 Noodle Ball 3:30 Chair Chi with Chris 4:00 Quality Face to Face 6:00 Movie Night!	Happy Thanksgiving! 9:00 Macy's Thanksgiving Day Parade with Hot Cider 10:00 Baking Cinnamon Rolls 12:00 Thanksgiving Dinner 2:30 Bingo 3:30 Senior Fitness Program 4:00 Puzzle Club Thanksgiving Day (U.S.)	9:30 Breakfast with Katie 10:30 Ever Fit with Robin 1:30 Noodle Ball 2:00 Readers Theater 3:00 Table Activities 3:30 Mindful Meditation 4:00 Quality Face to Face 6:00 Movie Night with Popcorn	9:30 Coffee and Conversation 10:30 Morning Exercise 1:30 Songs with Tim 2:30 Table Games 3:30 Afternoon Exercise 4:00 Quality Face to Face 6:00 Hydration / Relaxation
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	 <i>Birthdays of the Month</i> Nancy R. 11/19 Josephine C. 11/12 Gregory O. 11/27 Marilyn K. 11/13					