The Lodge
November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Daily Chronicles 9:15 Morning Stretch 10:00 Sunday Services 11:00 Aromatherapy 1:00 Afternoon Walk 2:00 Music Appreciation 3:00 Hand Massages 6:00 Evening Movie Daylight Saving Time Ends	2 9:00 Daily Chronicles 9:15 Balloon Noodle 10:30 Finish the Lyric 11:00 Aromatherapy 1:30 Cardio w/ Jenn 2:30 BINGO! 3:30 Hand Massages 6:00 Card Games	3 9:00 Daily Chronicles 9:15 Kickball 10:00 B/P & Weight Clinic 11:00 Aromatherapy 1:30 Stayin Strong w/Alan 2:00 Namaste 2:30 Animal Documentary 6:00 Caregiver's Choice	4 9:15 A visit w/ Yuki 9:45 Daily Chronicles 10:00 Scenic Drive 11:00 Aromatherapy 1:00 BINGO! 2:00 Jacques & Vince Show 3:00 Afternoon TV 6:00 Evening Movie	5 9:00 Daily Chronicles 9:15 Staying Strong w/ Alan 10:30 Catholic Communion 11:00 Aromatherapy 1:00 Finish the Phrase 1:30 No Bake Club 2:30 Afternoon TV 6:00 Puzzles	6 9:00 Parachute Ball 10:00 Arts & Crafts 11:00 Aromatherapy 1:30 BINGO! 2:30 Afternoon Movie 6:00 Animal Documentary	7 9:15 Daily Chronicles 9:30 Noodle Ball 10:30 Trivia Time 11:00 Aromatherapy 1:00 Afternoon Walk 2:00 Music Appreciation 3:30 Hand Massages 6:00 Evening Movie
8 9:00 Daily Chronicles 9:15 Morning Stretch 10:00 Sunday Services 11:00 Aromatherapy 1:00 Trivia Time 2:00 Color Me Calm 3:00 Hand Massages 6:00 Evening Movie	9 9:00 Daily Chronicles 9:15 Balloon Noodle 10:30 Let's Chat 11:00 Aromatherapy 1:30 Cardio w/ Jenn 2:30 BINGO! 3:30 Hand Massages 6:00 Family Feud	10 9:00 Volleyball 10:15 Live Karaoke 11:00 Aromatherapy 1:00 Hot Cocoa & Conversations 1:30 Stayin Strong w/ Alan 2:00 October Word Search 6:00 Puzzles	11 9:15 A visit w/ Yuki 9:45 Daily Chronicles 10:00 Sit and Stretch 11:00 Aromatherapy 1:00 BINGO! 2:00 Music Appreciation 3:00 Veterans Honor Ceremony Veterans Day	12 9:00 Daily Chronicles 9:15 Staying Strong w/Alan 10:30 Catholic Communion 11:00 Aromatherapy 1:00 Trivia Time 1:30 Namaste 2:30 Animal Documentary 6:00 Family Feud	13 9:00 Parachute Ball 10:00 Finish the Line 11:00 Aromatherapy 1:30 Chair Yoga w/ Jenn 2:00 November B-day Party w/ The McCollum Duo 2:30 Afternoon Movie 6:00 Caregiver's Choice	14 9:15 Daily Chronicles 9:30 Music Appreciation 11:00 Aromatherapy 1:00 Color me Happy 2:00 Paul V. on Piano 3:30 Hand Massages 6:00 Evening Movie
15 9:00 Daily Chronicles 9:15 Morning Stretch 10:00 Sunday Services 11:00 Aromatherapy 1:30 Would you rather? 2:00 Music Appreciation 3:00 Hand Massages 6:00 Evening Movie	16 9:00 Daily Chronicles 9:15 Axe Throwing 11:00 Aromatherapy 1:30 Cardio w/Jenn 2:30 BINGO! 3:30 Creative Corner 6:00 Table Games	17 9:00 Kickball 10:15 Daily Chronicles 11:00 Aromatherapy 1:00 Finish the Phrase 1:30 Stayin Strong w/ Alan 2:00 Conversation Starters 6:00 Evening Movie	18 9:15 A visit w/ Yuki 9:45 Daily Chronicles 10:00 Balloon Volleyball 11:00 Aromatherapy 1:00 BINGO! 2:00 Music w/ John Rand 3:00 Sunshine Visits 6:00 Puzzles	19 9:00 Daily Chronicles 9:15 Staying Strong w/Alan 10:30 Catholic Communion 11:00 Aromatherapy 1:00 Reminiscing 1:30 No Bake Club 2:30 Animal Documentary 6:00 Family Feud	20 9:00 Parachute Ball 10:00 Getting Crafty 11:00 Aromatherapy 1:30 Chair Yoga w/ Jenn 2:00 Namaste 2:30 Afternoon Movie 6:00 Animal Documentary	21 9:00 Daily Chronicles 9:15 Noodle Ball 10:15 Conversation Starters 11:00 Aromatherapy 1:00 Afternoon Walk 2:00 Bluegrass Association 3:30 Finish the Phrase 6:00 Evening Movie
22 9:00 Daily Chronicles 9:15 Morning Stretch 10:00 Sunday Services 11:00 Aromatherapy 1:00 Finish the Phrase 2:00 Music Appreciation 3:00 Hand Massages 6:00 Evening Movie	23 9:00 Daily Chronicles 9:15 Balloon Noodle 10:30 Namaste 11:00 Aromatherapy 1:30 Cardio w/ Jenn 2:30 BINGO! 3:30 Hand Massages 6:00 Family Feud	24 9:00 Volleyball 10:15 Finish the Lyric 11:00 Aromatherapy 1:00 Hot Cocoa & Conversations 1:30 Stayin Strong w/ Alan 2:00 October Word Search 6:00 Puzzles	25 9:15 A visit w/ Yuki 9:45 Daily Chronicles 10:00 Balloon Noodle 11:00 Aromatherapy 1:00 BINGO! 2:00 Music w/ John Palmore 3:00 Afternoon TV 6:00 Evening Movie	26 9:00 Watching Macy's Thanksgiving Day Parade 10:00 Sharing Thanksgiving Memories 11:00 Aromatherapy 2:00 Holiday Movie 6:00 Table Games Thanksgiving Day	27 9:00 Parachute Ball 10:00 Daily Chronicles 10:15 Memory Joggers 11:00 Aromatherapy 1:30 Chair Yoga w/ Jenn 2:00 Finish the Phrase 2:30 Afternoon Movie 6:00 Caregiver's Choice	28 9:00 Daily Chronicles 9:15 Balloon Toss 10:30 Finish the Phrase 11:00 Aromatherapy 1:30 Table Games 3:30 Hand Massages 6:00 Family Feud
29 9:00 Daily Chronicles 9:15 Morning Stretch 10:00 Sunday Services 11:00 Aromatherapy 1:00 Trivia Time 2:00 Color Me Calm 3:00 Hand Massages 6:00 Evening Movie	30 9:00 Daily Chronicles 9:15 Axe Throwing 11:00 Aromatherapy 1:30 Cardio w/Jenn 2:30 BINGO! 3:30 Conversation Starters 6:00 Table Games	**Resident Birthdays** 11/24 Randall E.				

Cascades of the Sierra- 275 Neighborhood Way Sparks, NV 89441 (775) 424-5400

* Activities are subject to change based on the interests and requests of our residents.