Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **9:30am** EverFit **10:00am** Daily Loop **10:30am** Simple Truth Church Service **1:30pm** Bingo! **3:00pm** Card Corner	**2** **9:30am** Daily Loop **10:00am** Chi Gong w/ Ann AAFC **11:00am** Booked for the Week! The Calamity Club **1:30pm** Nails w/ Kristen **3:00pm** Monday Matinee- Little Women	**3** **9:30am** EverFit **10:00am** Daily Loop **10:30am** Walk to Briar Patch **1:30pm** Bingo! **3:00pm** Virtual Museum- The Guggenheim	**4** **9:30am** EverFit **10:00am** Daily Loop **10:30am** Grocery Getaway- Savemart Outing **1:30pm** Tower Card Room & Casino Outing **3:00pm** Chair Yoga w/ Sarah AAFC	**5** **9:30am** EverFit **10:00am** Daily Loop **10:30am** Fall Baking **1:15pm** Karaoke **2:00pm** Bible Study **3:00pm** Tai Chi w/ Homer AAFC	**6** **9:30am** EverFit **10:00am** National Donut Day Social **10:30am** Madelyn Helling Library Outing **1:30pm** Bingo! **3:00pm** Happy Hour w/ Cowboy Curt	**7** **9:30am** EverFit **10:00am** Daily Loop **10:30am** Railbus Rides- Railroad Museum Outing **1:30pm** Black Jack w/ Ryan **3:00pm** Saturday Cinema & Popcorn
8 **9:30am** EverFit **10:00am** Daily Loop **10:30am** Simple Truth Church Service **1:30pm** Bingo! **3:00pm** Card Corner	**9** **9:30am** Daily Loop **10:00am** Chi Gong w/ Ann AAFC **11:00am** Booked for the Week! The Calamity Club **1:30pm** Arm Chair Travel to China **3:00pm** Monday Matinee- The Family Stone	**10** **9:30am** EverFit **10:00am** Daily Loop **10:30am** Turkey Sliders & Trivia **1:30pm** Bingo! **1:30pm** Learn How- Fortune Cookies w/ Annekin **3:00pm** Virtual Museum- The Met	**11** **9:30am** EverFit **10:00am** Daily Loop **11:30am** Royal Dragon Lunch Outing **1:30pm** Uno! **3:00pm** Chair Yoga w/ Sarah AAFC	**12** **9:30am** EverFit **10:00am** Daily Loop **10:15am** Thanksgiving Family Feud **11:00am** Resident Council **1:30pm** China Cup Tea Social **3:00pm** Tai Chi w/ Homer AAFC	**13** **9:30am** EverFit **10:00am** Daily Loop **10:30am** Flour Garden Bakery- Outing **1:30pm** Bingo! **5:00pm** Fall Harvest Family Dinner	**14** **9:30am** EverFit **10:00am** Daily Loop **1:30pm** Black Jack w/ Ryan **3:00pm** Saturday Cinema & Popcorn
15 **9:30am** EverFit **10:00am** Daily Loop **10:30am** Simple Truth Church Service **1:30pm** Bingo! **3:00pm** Happy Hour w/ Island Vibes	**16** **9:30am** Daily Loop **10:00am** Chi Gong w/ Ann AAFC **11:00am** Booked for the Week! The Calamity Club **1:30pm** Nails w/ Kristen **3:00pm** Monday Matinee- Planes, Trains & Automobiles	**17** **9:30am** EverFit **10:00am** Daily Loop **10:15am** Scrabble w/ Haley **10:30am** Walk to Briar Patch **1:30pm** Bingo! **3:00pm** Hello Neighbor Mixer!	**18** **9:30am** EverFit **10:00am** Daily Loop **10:30am** Dementia Support Group **10:30am** Grocery Getaway- Savemart Outing **1:00pm** Del Oro Theatre Outing- Ebenezer **3:00pm** Chair Yoga w/ Sarah AAFC	**19** **9:30am** EverFit **10:00am** Daily Loop **11:00am** My Thanksgiving ... **2:00pm** Bible Study **3:00pm** Tai Chi w/ Homer AAFC **6:30pm** Fall For Dance Showcase- Outing	**20** **9:30am** EverFit **10:00am** Daily Loop **10:30am** Madelyn Helling Library Outing **1:30pm** Bingo! **3:00pm** Happy Hour w/ Stepside	**21** **9:30am** EverFit **10:00am** Daily Loop **1:30pm** Black Jack w/ Ryan **3:00pm** Saturday Cinema & Popcorn **5:45pm** Downtown Christmas Tree Lighting
22 **9:30am** EverFit **10:00am** Daily Loop **10:30am** Simple Truth Church Service **1:30pm** Bingo! **3:00pm** Card Corner	**23** **9:30am** Daily Loop **10:00am** Chi Gong w/ Ann AAFC **10:30am** First Responders Pie Baking **11:00am** Booked for the Week! The Calamity Club **1:30pm** Nails w/ Kristen **3:00pm** Monday Matinee- You've got Mail	**24** **9:30am** EverFit **10:00am** Daily Loop **11:00am** Pie's for Heroes **1:30pm** The Great Thanksgiving Blackout Bingo! **3:00pm** Corks & Conversation Wine Social	**25** **9:30am** EverFit **10:00am** Daily Loop **10:30am** Holiday Wreath Craft **1:30pm** PBS- The Pilgrams **3:00pm** Chair Yoga w/ Sarah AAFC	**26** **9:30am** EverFit **9:30am** Macy's Thanksgiving Day Parade **10:00am** Daily Loop **1:15pm** Del Oro Theatre Outing- Hershey **3:00pm** Tai Chi w/ Homer AAFC	**27** **9:15am** Black Friday Outing- Target and JCP **9:30am** EverFit **10:00am** Daily Loop **11:00am** Fall Scenic Walk **1:30pm** Bingo! **3:00pm** A Walton's Thanksgiving Movie	**28** **9:30am** EverFit **10:00am** Daily Loop **1:15pm** Nevada County Christmas Craft Fair Outing **3:00pm** Saturday Cinema & Popcorn
29 **9:30am** Daily Loop **9:30am** EverFit **10:30am** Simple Truth Church Service **1:30pm** Bingo! **3:00pm** Card Corner	**30** **9:30am** Daily Loop **10:00am** Chi Gong w/ Ann AAFC **11:00am** Booked for the Week! The Calamity Club **1:30pm** Nails w/ Kristen **3:00pm** Monday Matinee- Grumpy Old Men					

November 2026

Cascades of Grass Valley Assisted Living

- Creative
- Intellectual
- Physical
- Social
- Spiritual
- Vocational

Happy Birthday!

Nancy M. - 8th
Virginia D. - 8th
Bob B. - 14th
Claude G. - 21st
Gary J. - 23rd
Linda C. - 24th
Helen P. - 25th
Dolores H. - 26th
Hazel P. 30th