Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **11:00am** Seated Exercise **2:00pm** Noodle Ball **3:00pm** Movie	2 **10:00am** Balloon Volleyball **10:00am** Therapy Dog Visit **11:00am** Arm Chair Travel **3:00pm** Daily Chronicle **3:30pm** Brain game	3 **9:00am** Tea & Talk **10:00am** Seated Yoga (Namaste) **2:45pm** Tuesday Trivia **4:00pm** Reading & Reminiscing	4 **9:00am** Tea & Talk **10:00am** Seated Exercise **10:45am** Baking Cookies **1:30pm** Create Your Own... **3:00pm** Scenic Drive	5 **9:00am** Tea & Talk **10:00am** Noodle Ball **1:30pm** Prize Bingo **3:00pm** Happy Hour	6 **9:00am** Tea & Talk **10:00am** Seated Exercise **10:45am** Baking Cookies **1:00pm** Manicures (Namaste) **2:30pm** Movie & Popcorn	7 **9:00am** Tea & Talk **10:00am** Seated Yoga (Namaste) **10:30am** One on ones **1:30pm** Movie
8 **11:00am** Seated Exercise **2:00pm** Noodle Ball **3:00pm** Movie	9 **9:00am** Sprit Week- Jersey Day (wear) **10:00am** Balloon Volleyball **10:00am** Therapy Dog Visit **11:00am** Arm Chair Travel **3:00pm** Daily Chronicle **3:30pm** Brain game	10 **9:00am** Spirit Week- Crazy Hat Day **9:00am** Tea & Talk **10:00am** Seated Yoga (Namaste) **2:45pm** Tuesday Trivia **4:00pm** Reading & Reminiscing	11 Veterans Day **9:00am** Spirit Week- Red, White & Blue (wear) **9:00am** Tea & Talk **10:00am** Seated Exercise **10:45am** Baking Cookies **1:30pm** Create Your Own... **3:00pm** Scenic Drive	12 **9:00am** Spirit Week- Retro Day- wear decade themed clothes **9:00am** Tea & Talk **10:00am** Noodle Ball **1:30pm** Prize Bingo **3:00pm** Happy Hour	13 **9:00am** Spirit Week- Western Day Theme **9:00am** Tea & Talk **10:00am** Seated Exercise **10:45am** Baking Cookies **11:30am** Chille Cook-Off Contest **1:00pm** Manicures (Namaste) **2:30pm** Movie & Popcorn	14 **9:00am** Tea & Talk **10:00am** Seated Yoga (Namaste) **10:30am** One on ones **1:30pm** Movie
15 **11:00am** Seated Exercise **2:00pm** Noodle Ball **3:00pm** Movie	16 **10:00am** Balloon Volleyball **10:00am** Therapy Dog Visit **11:00am** Arm Chair Travel **3:00pm** Daily Chronicle **3:30pm** Brain game	17 **9:00am** Tea & Talk **10:00am** Seated Yoga (Namaste) **2:45pm** Tuesday Trivia **4:00pm** Reading & Reminiscing	18 **9:00am** Tea & Talk **10:00am** Seated Exercise **10:45am** Baking Cookies **1:30pm** Create Your Own... **3:00pm** Scenic Drive	19 **9:00am** Tea & Talk **10:00am** Noodle Ball **1:30pm** Prize Bingo **3:00pm** Happy Hour	20 **9:00am** Tea & Talk **10:00am** Seated Exercise **10:45am** Baking Cookies **1:00pm** Manicures (Namaste) **2:30pm** Movie & Popcorn	21 **9:00am** Tea & Talk **10:00am** Seated Yoga (Namaste) **10:30am** One on ones **1:30pm** Movie
22 **11:00am** Seated Exercise **11:30am** Thanksgiving Feast with Families **2:00pm** Noodle Ball **3:00pm** Movie	23 **10:00am** Balloon Volleyball **10:00am** Therapy Dog Visit **11:00am** Arm Chair Travel **3:00pm** Daily Chronicle **3:30pm** Brain game	24 **9:00am** Tea & Talk **10:00am** Seated Yoga (Namaste) **2:45pm** Tuesday Trivia **4:00pm** Reading & Reminiscing	25 **9:00am** Tea & Talk **10:00am** Seated Exercise **10:45am** Baking Cookies **1:30pm** Create Your Own... **3:00pm** Scenic Drive	26 Thanksgiving Day **9:00am** Tea & Talk **10:00am** Noodle Ball **1:30pm** Prize Bingo	27 **9:00am** Tea & Talk **10:00am** Seated Exercise **10:45am** Baking Cookies **1:00pm** Manicures (Namaste) **2:30pm** Movie & Popcorn	28 **9:00am** Tea & Talk **10:00am** Seated Yoga (Namaste) **10:30am** One on ones **1:30pm** Movie
29 **11:00am** Seated Exercise **2:00pm** Noodle Ball **3:00pm** Movie	30 **10:00am** Balloon Volleyball **10:00am** Therapy Dog Visit **11:00am** Arm Chair Travel **3:00pm** Daily Chronicle **3:30pm** Brain game					

November 2026

Meadows Memory Care

Happy Birthday!

Margaret F. - 9th
Pixie T. - 10th
Sharon K. - 11th
Marion L. - 17th
William R. - 19th
Linda C. - 24th