# November 2026

## The Lodge at Sierra Del Sol



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>**9:00** Gentle Stretch & Shine<br>**10:00** Morning Snack, Hydration &<br>**11:00** Virtual Sunday Church Service<br>**11:45** Namaste- Aromatherapy<br>**1:30** Sing Along w/ Linda Updike<br>**3:00** Sunday Refreshments & Snacks<br>**4:00** NFL Football<br>Daylight Saving Time Ends | **2**<br>**9:00** Music, Morning Stretch & Daily Chronicles<br>**10:00** Communion with Deacon Dennis<br>**10:30** Snack & Hydration<br>**11:00** November EZ Trivia<br>**11:45** Namaste- Aromatherapy<br>**1:30** Brain Games<br>**2:00** Yoga & Meditation w/ Loree<br>**3:00** Oven Baked Cookies & Family Classics: Meet Me in St. Louis | **3**<br>**9:00** Feet in Motion Exercise<br>**10:00** Morning Snack, Hydration & Daily Chronicles<br>**11:00** Rolling Clay: Pumpkin Candle Holders<br>**11:45** Namaste- Aromatherapy<br>**1:30** Folding & Pom Pom Organizing<br>**3:00** Hand & Arm Massages<br>**4:00** Concert: I Will Always Love You Celebration of Dolly Parton<br>**6:00** Picture Books & Magazines | **4**<br>**9:00** Music, Morning Stretch & Daily Chronicles<br>**10:00** Roll & Flip Card Game<br>**11:00** Balloon Noodle Ball<br>**11:30** Yoga w/ Myrlene from AAFC<br>**11:45** Namaste- Aromatherapy<br>**1:30** Warm Apple Cider & Flower Arranging<br>**2:30** Tommy P<br>**4:00** Color & Relax<br>**6:00** Coffee Table Book Browsing | **5**<br>**9:00** Drumstick Exercise<br>**10:00** Morning Snack, Hydration & Daily Chronicles<br>**10:30** Scenic Bus Ride<br>**11:00** Soft Toss Circle<br>**11:45** Namaste- Aromatherapy<br>**1:30** Bowling<br>**3:00** Hand & Arm Massages<br>**4:00** Puzzles in the Enclave<br>**6:00** Comedy Movie: Mr. Magoo | **6**<br>**9:00** Gentle Motions<br>**10:00** Morning Snack, Hydration & Daily Chronicles<br>**11:00** Sun Sound Reading w/ Lee<br>**11:45** Namaste- Aromatherapy<br>**1:30** Sing Along w/ Maryanne<br>**3:00** Resistance Training w/ Myrlene From AAFC<br>**3:30** Caring for Our Butterfly Garden<br>**4:00** Joggin' Your Noggin'<br>**6:00** Classical Music in the Lodge | **7**<br>**9:00** Noodle Fitness<br>**10:00** Morning Snack, Hydration & Chronicles<br>**11:00** Brush Strokes & Coloring w/ Maryanna<br>**11:45** Namaste- Aromatherapy<br>**1:30** Join Us for Family Bingo!<br>**3:00** Happy Saturday w/<br>**4:00** Favorite Sing Along<br>**6:00** Word Search in the Enclave |
| **8**<br>**9:00** Gentle Stretch & Shine<br>**10:00** Morning Snack, Hydration &<br>**11:00** Virtual Sunday Church Service<br>**11:45** Namaste- Aromatherapy<br>**1:30** The Lodge Book Club: Secrets from the Vinyl Cafe<br>**2:00** Church Service w/ Faith Community Church<br>**3:00** Sunday Refreshments & Snacks<br>**4:00** NFL Football<br>Diwali (Hindi) | **9**<br>**9:00** Music, Morning Stretch & Daily Chronicles<br>**10:00** Communion with Deacon Dennis<br>**10:30** Snack & Hydration<br>**11:00** Armchair Traveling: New England<br>**11:45** Namaste- Aromatherapy<br>**1:30** Brain Games<br>**2:30** Yoga w/ Myrlene from AAFC<br>**3:00** Oven Baked Cookies & Family Classics: Waltons Thanksgiving Reunion | **10**<br>**9:00** Feet in Motion Exercise<br>**10:00** Morning Snack, Hydration & Daily Chronicles<br>**11:00** Pictionary<br>**11:45** Namaste- Aromatherapy<br>**1:30** Craft w/ Hooting Owls<br>**3:00** Hand & Arm Massages<br>**4:00** Concert: Andre Rieu<br>**6:00** Picture Books & Magazines | **11**<br>**9:00** Music, Morning Stretch & Daily Chronicles<br>**10:00** Gin Rummy<br>**11:00** Warm Apple Cider & Flower Arranging<br>**11:30** Yoga w/ Myrlene from AAFC<br>**11:45** Namaste- Aromatherapy<br>**1:30** Honoring Our Heros: Veterans Day Tribute<br>**2:30** Sing Along w/Linda Updike<br>**4:00** Color & Relax<br>Veterans Day<br>Remembrance Day (Canada)<br>**6:00** Coffee Table Book Browsing | **12**<br>**9:00** Drumstick Exercise<br>**10:00** Morning Snack, Hydration & Daily Chronicles<br>**10:30** Scenic Bus Ride<br>**11:00** Sing Along<br>**11:45** Namaste- Aromatherapy<br>**1:30** Bean Bag Toss<br>**3:00** Hand & Arm Massages<br>**4:00** Puzzles in the Enclave<br>**6:00** Comedy Movie: Short Circuit | **13**<br>**9:00** Gentle Motions<br>**10:00** Morning Snack, Hydration & Daily Chronicles<br>**11:00** Helping Hands Laundry Folding<br>**11:45** Namaste- Aromatherapy<br>**1:30** Bunco<br>**3:00** Resistance Training w/ Myrlene From AAFC<br>**3:30** Caring for Our Butterfly Garden<br>**4:00** Joggin' Your Noggin'<br>**6:00** Classical Music in the Lodge | **14**<br>**9:00** Noodle Fitness<br>**10:00** Morning Snack, Hydration & Chronicles<br>**11:00** Brush Strokes & Coloring w/ Maryanna<br>**11:45** Namaste- Aromatherapy<br>**1:30** Join Us for Family Bingo!<br>**3:00** Happy Saturday w/<br>**4:00** Favorite Sing Along<br>**6:00**Word Search in the Enclave |
| **15**<br>**9:00** Gentle Stretch & Shine<br>**10:00** Morning Snack, Hydration &<br>**11:00** Virtual Sunday Church Service<br>**11:45** Namaste- Aromatherapy<br>**1:30** Musical Sing Along w/ J.P<br>**3:00** Sunday Refreshments & Snacks<br>**4:00** NFL Football | **16**<br>**9:00** Music, Morning Stretch & Daily Chronicles<br>**10:00** Communion with Deacon Dennis<br>**10:30** Snack & Hydration<br>**11:00** Armchair Traveling: Poland<br>**11:45** Namaste- Aromatherapy<br>**1:30** Brain Games<br>**2:30** Yoga w/ Myrlene from AAFC<br>**3:00** Oven Baked Cookies & Family Classics: By the Light of the Silvery Moon | **17**<br>**9:00** Feet in Motion Exercise<br>**10:00** Morning Snack, Hydration & Daily Chronicles<br>**11:00** Beading Festive Bracelets<br>**11:45** Namaste- Aromatherapy<br>**1:30** Fabric & Pom Pom Organizing<br>**3:00** Hand & Arm Massages<br>**3:00** Dementia Support Group<br>**4:00** Concert: Johnny Cash<br>**6:00** Picture Books & Magazines in the Activity Room | **18**<br>**9:00** Music, Morning Stretch & Daily Chronicles<br>**10:00** Roll & Flip Card Game<br>**11:00** Balloon Noodle Ball<br>**11:30** Yoga w/ Myrlene from AAFC<br>**11:45** Namaste- Aromatherapy<br>**1:30** Warm Apple Cider & Flower Arranging<br>**2:30** Tucson Travelers Band<br>**4:00** Color & Relax<br>**6:00** Coffee Table Book Browsing | **19**<br>**9:00** Drumstick Exercise<br>**10:00** Morning Snack, Hydration & Daily Chronicles<br>**10:30** Scenic Bus Ride<br>**11:00** Soft Toss Circle<br>**11:45** Namaste- Aromatherapy<br>**1:30** Bowling<br>**3:00** Hand & Arm Massages<br>**4:00** Puzzles in the Enclave<br>**6:00** Comedy Movie: Abbott & Costello in Africa Screams | **20**<br>**9:00** Gentle Motions<br>**10:00** Morning Snack, Hydration & Daily Chronicles<br>**11:00** Sun Sound Reading w/ Lee<br>**11:45** Namaste- Aromatherapy<br>**1:30** Having Fun w/ Banjo Doug<br>**3:00** Resistance Training w/ Myrlene From AAFC<br>**3:30** Caring for Our Butterfly Garden<br>**4:00** Joggin' Your Noggin'<br>**6:00** Classical Music in the Lodge | **21**<br>**9:00** Noodle Fitness<br>**10:00** Morning Snack, Hydration & Chronicles<br>**11:00** Brush Strokes & Coloring w/ Maryanna<br>**11:45** Namaste- Aromatherapy<br>**2:00** Family Christmas Craft: Crystal Beaded Christmas Trees on Canvas<br>**3:00** Happy Saturday w/ Cookies & Cocoa<br>**4:00** Favorite Sing Along<br>**6:00** Word Search in the Enclave |
| **22**<br>**9:00** Gentle Stretch & Shine<br>**10:00** Morning Snack, Hydration &<br>**11:00** Virtual Sunday Church Service<br>**11:45** Namaste- Aromatherapy<br>**1:30** The Lodge Book Club: Secrets from the Vinyl Café<br>**2:00** Church Service w/ Faith Community Church<br>**3:00** Sunday Refreshments & Snacks<br>**4:00** NFL Football | **23**<br>**9:00** Music, Morning Stretch & Daily Chronicles<br>**10:00** Communion with Deacon Dennis<br>**10:30** Snack & Hydration<br>**11:00** Armchair Traveling: Cruising the Mediterranean<br>**11:45** Namaste- Aromatherapy<br>**1:30** Brain Games<br>**2:30** Yoga w/ Myrlene from AAFC<br>**3:00** Oven Baked Cookies & Family Classics: Planes, Trains & Automobiles | **24**<br>**9:00** Feet in Motion Exercise<br>**10:00** Morning Snack, Hydration & Daily Chronicles<br>**11:00** Craft w/ Turkey Center Pieces<br>**11:45** Namaste- Aromatherapy<br>**1:30** Folding & Color Sorting<br>**3:00** Hand & Arm Massages<br>**4:00** Concert: Grand Ole Opry Music Stars of the 50's<br>**6:00** Picture Books & Magazines in the Activity Room | **25**<br>**9:00** Music, Morning Stretch & Daily Chronicles<br>**10:00** Crazy 8's<br>**11:00** Balloon Noodle Ball<br>**11:30** Yoga w/ Myrlene from AAFC<br>**11:45** Namaste- Aromatherapy<br>**1:30** Warm Apple Cider & Flower Arranging<br>**2:30** Scotties Song Book<br>**4:00** Color & Relax<br>**6:00** Coffee Table Book Browsing | **26**<br>*Happy Thanksgiving!*<br>**8:30** Macy's Thanksgiving Day Parade<br>**9:00** Warm Cocoa & Pie<br>**10:00** Christmas Card Stamping<br>**11:00** Drumstick Exercise<br>**11:45** Namaste- Aromatherapy<br>**1:30** Rick Steves European Festivals<br>**3:00** Holiday Coloring & Activity Station<br>**4:00** Puzzles in the Enclave<br>**6:00** Comedy Movie: Grumpy Old Men<br>Thanksgiving Day (U.S) | **27**<br>**9:00** Gentle Motions<br>**10:00** Morning Snack, Hydration & Chronicles<br>**11:00** Helping Hands Laundry Folding<br>**11:45** Namaste- Aromatherapy<br>**1:30** Bunco<br>**3:00** Resistance Training w/ Rosanda<br>**3:30** Caring for Our Butterfly Garden<br>**4:00** Joggin' Your Noggin'<br>**6:00** Classical Music in the Lodge | **28**<br>**9:00** Noodle Fitness<br>**10:00** Morning Snack, Hydration & Chronicles<br>**11:00** Brush Strokes & Coloring w/ Maryanna<br>**11:45** Namaste- Aromatherapy<br>**1:30** Join Us for Family Bingo!<br>**3:00** Happy Saturday w/<br>**4:00** Favorite Sing Along<br>**6:00**Word Search in the Enclave |
| **29**<br>**9:00** Gentle Stretch & Shine<br>**10:00** Morning Snack, Hydration &<br>**11:00** Virtual Sunday Church Service<br>**11:45** Namaste- Aromatherapy<br>**1:30** Christmas Tree Decorating w/ Warm Cocoa<br>**3:00** Armchair Traveling: New England & New England Clam Chowder<br>**4:00** NFL Football | **30**<br>**9:00** Music, Morning Stretch & Daily Chronicles<br>**10:00** Communion with Deacon Dennis<br>**10:30** Snack & Hydration<br>**11:00** Armchair Traveling: A European Christmas<br>**11:45** Namaste- Aromatherapy<br>**1:30** Brain Games<br>**2:30** Yoga w/ Myrlene from AAFC<br>**3:00** Oven Baked Cookies & Family Classics Miracle on 34th Street | | | | | |

**Schedule is Subject to change. For the most updated information please see Activity Daily. Sierra Del Sol Senior Living 8151 E Speedway Tucson AZ 85710**