November 2026

The Cottages

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Coffee & Chat **2:00pm** UNO **5:00pm** NFL Football **6:00pm** Hymnspirations	**2** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Blackout Bingo **2:00pm** 52 Card Bingo **3:30pm** Zumba w/ Lena **6:00pm** Self Led Puzzles	**3** **10:00am** **Gentle Stretch** **10:30am** Daily Grind **11:00am** The Gratitude Tree **2:00pm** UNO **3:30pm** Zumba w/ Carol **6:00pm** Movie of Choice	**4** **10:30am** Gentle Stretch **11:00am** Daily Grind **1:00pm** Chef Talk **1:00pm** Therapy Dogs **2:00pm** Painting on Canvas **3:30pm** Zumba w/ Lena **6:00pm** Self Led Puzzles	**5** **9:00am** Bible Study **10:00am** Gentle Stretch **10:30am** Daily Grind **2:00pm** Music w/ Joey & Wine **3:30pm** Zumba w/ Junko **6:00pm** Music of Choice	**6** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Blackout Bingo **2:00pm** Painting on Canvas **6:00pm** Self Led Puzzles	**7** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Dominoes **2:00pm** Movie & Popcorn **6:00pm** Self Led Puzzles
8 **2:00pm** UNO **5:00pm** NFL Football **6:00pm** Hymnspirations	**9** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Blackout Bingo **2:00pm** Fall Wreath Craft **5:00pm** Monday Night Football	**10** **10:00am** Gentle Stretch **10:30am** Daily Grind **2:00pm** Music w/ Michael & Wine **3:30pm** Balls w/ Carol **6:00pm** Movie of Choice	**11** **10:00am** Therapy Dogs **10:30am** Gentle Stretch **11:00am** Daily Grind **2:00pm** Celebrating our Veteran's **3:30pm** Zumba w/ Lena **6:00pm** Self Led Puzzles	**12** **9:00am** Bible Study **9:30am** Gentle Stretch **10:00am** Daily Grind **2:00pm** 52 Card Bingo **3:30pm** Zumba w/ Junko **6:00pm** Music of Choice	**13** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Blackout Bingo **2:00pm** Apple Cider Social **3:00pm** Thoughtful Notes of Kindness **6:00pm** Music of Choice	**14** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** UNO **2:00pm** Movie & Popcorn **6:00pm** Self Led Puzzles
15 **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Coffee & Chat **2:00pm** UNO **5:00pm** NFL Football **6:00pm** Hymnspirations	**16** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Blackout Bingo **2:00pm** Hangman **5:00pm** Monday Night Football	**17** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Parchment Paper Pumpkin Craft **2:00pm** Finish That Proverb Game w/Snack **3:30pm** Zumba w/ Carol **6:00pm** Movie of Choice	**18** **10:00am** Gentle Stretch **10:30am** Daily Grind **1:00pm** Therapy Dogs **2:00pm** 52 Card Bingo **3:30pm** Zumba w/ Lena **6:00pm** Self Led Puzzles	**19** **9:00am** Bible Study **10:00am** Gentle Stretch **10:30am** Daily Grind **2:00pm** Music w/ Stacie and Wine **3:30pm** Zumba w/ Junko **6:00pm** Music of Choice	**20** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Blackout Bingo **2:00pm** Root Beer Float Social **2:15pm** Resident Council **2:45pm** Painting on Canvas **6:00pm** Music of Choice	**21** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Dominoes **2:00pm** Movie & Popcorn **6:00pm** Self Led Puzzles
22 **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Coffee & Chat **2:00pm** UNO **5:00pm** NFL Football **6:00pm** Hymnspirations	**23** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Blackout Bingo **2:00pm** Cornhole **5:00pm** Monday Night Football	**24** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Name That Tune **2:00pm** Thanksgiving Bingo **3:30pm** Balls w/ Carol **6:00pm** Movie of Choice	**25** **10:00am** Therapy Dogs **10:30am** Gentle Stretch **11:00am** Daily Grind **2:00pm** 52 Card Bingo **6:00pm** Self Led Puzzles	**26** **7:00am** Macy's Day Thanksgiving Day Parade **10:00am** Gentle Stretch **10:30am** Daily Grind **2:00pm** Reminiscing Thanksgiving Traditions w/Snack **6:00pm** Music of Choice	**27** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Blackout Bingo **2:00pm** November Birthday Party **6:00pm** Music of Choice	**28** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** UNO **2:00pm** Movie & Popcorn **6:00pm** Self Led Puzzles
29 **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Coffee & Chat **2:00pm** UNO **5:00pm** NFL Football **6:00pm** Hymnspirations	**30** **10:00am** Gentle Stretch **10:30am** Daily Grind **11:00am** Blackout Bingo **2:00pm** Balloons and Noodles **3:30pm** Zumba w/ Junko **5:00pm** Monday Night Football					

Happy Birthday!

Caroline P. - 10th