November 2026

Waterford Grand

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Online Church -thr 10:00 Phase 10 Game-atr **1:30 Sunday Matinee** 2:00 Resident led Bingo! -dlta 6:30 Movie: See Daily Daylight Saving Time Ends	**2** 10:00 Phase 10 Game -atr 11:00 Everfit: Mindful Mobility & Flow -gym 11:45 Everfit: Kickboxing -gym 1:15 Movement in play-gym ***3:00 TV Show: Grace & Frankie -thr*** 3:00 Everfit: Chair Chi -gym 4:00 Everfit: Parkinson's -gym 6:30 Movie: See Daily	**3** 9:30/11:15 Pool Fit -pool 10:00 Phase 10 Game -atr 1:15 Everfit: Standing Tolerance -gym **1:00 WOW: Women of Waterford -bty** 2:00 Resident Led Bingo -dta 2:45 Everfit: Fall Prevention/Cardio -pool **3:00 Autumn Wreath DIY -dlta** 4:00 Everfit: Gentle Stretch & Balance -gym 6:30 Movie: See Daily	**4** 10:00 Phase 10 Game -atr 1:15 Everfit: Upper Body -gym **2:00 Activities Meeting w/Sierra & Andrea -thr** 3:30 Current Events -dlta 4:00 Everfit: Parkinson's -gym 6:30 Movie: See Daily	**5** **National Donut Day!** 9:30/11:15/2:45 Pool Fit -pool Phase 10 Game -atr **10:00 Decorating Donuts! -bst** 1:15 Everfit: Standing Tolerance **1:00 OMG: Old Men's Group -bty** 2:00 Resident Led Bingo -dta **3:00 Crosswords & Wordsearch-a** 4:00 Everfit: Gentle Stretch & Balance -gym 6:30 Movie: See Daily	**6** 10:00 Phase 10 Game -atr 10:30 Bible Study w/Tim -bty **1:00 Shopping Outing: Wal-Mart** 1:15 Everfit: Upper Body -gym 3:00 Agatha Christie -dta 4:00 Everfit: Parkinson's -gym **4:00 Happy Hour -bst** 6:30 Movie: See Daily	**7** **10:00 Saturday Market -bus** 10:00 Phase 10 Game -atr **1:30 Tech Support -atr** 2:00 Resident Led Bingo -dta **3:00 Beaded Corn Art -dlta** 3:30 History Discussion -thr 6:30 Movie: See Daily
8 9:30 Online Church -thr 10:00 Phase 10 Game-atr 11:00 Resident 1:1 Hour-Activity Office **1:30 Sunday Matinee** 2:00 Resident led Bingo! -dlta 6:30 Movie: See Daily Diwali (Hindi)	**9** 10:00 Phase 10 Game -atr 11:00 Everfit: Mindful Mobility & Flow -gym 11:45 Everfit: Kickboxing -gym 1:15 Movement in play-gym **3:00 TV Show: Grace & Frankie -thr** 3:00 Everfit: Chair Chi -gym 4:00 Everfit: Parkinson's -gym 6:30 Movie: See Daily	**10** **Marine Corps Birthday!** 9:30/11:15 Pool Fit -pool 10:00 Phase 10 Game -atr 1:15 Everfit: Standing Tolerance -gym **1:00 WOW: Women of Waterford -bty** 2:00 Resident Led Bingo -dta **2:00 Gus Russell on Piano -dr** 2:45 Everfit: Fall Prevention/Cardio -pool **3:00 Marine Corps Trivia -dlta** 4:00 Everfit: Gentle Stretch/Balance 6:30 Movie: See Daily	**11** **Veterans Day!** 10:00 Phase 10 Game -atr 1:15 Everfit: Upper Body -gym **2:00 Veterans Day Social -bst** 4:00 Everfit: Parkinson's -gym 6:30 Movie: See Daily Veterans Day Remembrance Day (Canada)	**12** 9:30/11:15/2:45 Pool Fit -pool Phase 10 Game -atr 1:15 Everfit: Standing Tolerance -gym **1:00 OMG: Old Men's Group -bty** **2:00 Resident Council -dlta** **3:00 Crosswords & Wordsearch w/ friends! -atr** 4:00 Everfit: Gentle Stretch & Balance -gym 6:30 Movie: See Daily	**13** 10:00 Phase 10 Game -atr 1:15 Everfit: Upper Body -gym **2:00 DIY Holiday Pie Garland -dlta** 4:00 Everfit: Parkinson's -gym **4:00 Happy Hour -bst** 6:30 Movie: See Daily	**14** **National Pickle Day!** 10:00 Phase 10 Game -atr 2:00 Resident Led Bingo -dlta **3:00 Pickles and Poker -dlta** 6:30 Movie: See Daily
15 9:30 Online Church -thr 10:00 Phase 10 Game-atr 11:00 Resident 1:1 Hour-Activity Office **1:30 Sunday Matinee** 2:00 Resident led Bingo! -dlta 6:30 Movie: See Daily	**16** 10:00 Phase 10 Game -atr 11:00 Everfit: Mindful Mobility & Flow -gym 11:45 Everfit: Kickboxing -gym 1:15 Movement in play-gym **3:00 TV Show: Grace & Frankie -thr** 3:00 Everfit: Chair Chi -gym 4:00 Everfit: Parkinson's -gym 6:30 Movie: See Daily	**17** 9:30/11:45 Pool Fit -pool 9:30/11:15 Pool Fit -pool 10:00 Phase 10 Game -atr 1:15 Everfit: Standing Tolerance -gym **1:00 WOW: Women of Waterford -bty** 2:00 Resident Led Bingo -dta 2:45 Everfit: Fall Prevention/Cardio -pool 4:00 Everfit: Gentle Stretch & Balance -gym 6:30 Movie: See Daily	**18** 10:00 Phase 10 Game -atr 1:15 Everfit: Upper Body -gym **2:00 Chef's Corner -dta** **3:00 Mini Pie Event! -dlta** 4:00 Everfit: Parkinson's -gym 6:30 Movie: See Daily	**19** 9:30/11:15/2:45 Pool Fit -pool Phase 10 Game -atr 1:15 Everfit: Standing Tolerance -gym **1:00 OMG: Old Men's Group -bty** 2:00 Resident Led Bingo -dta **2:00 Sara Scofield Sings! -dr** **3:00 November Birthday Celebration -bst** 4:00 Everfit: Gentle Stretch & Balance -gym 6:30 Movie: See Daily	**20** 10:00 Phase 10 Game -atr 1:15 Everfit: Upper Body -gym **2:00 Turkey Button Art -dlta** 4:00 Everfit: Parkinson's -gym **4:00 Happy Hour -bst** 6:30 Movie: See Daily	**21** 10:00 Phase 10 Game -atr 2:00 Resident Led Bingo -dlta **3:00 Family Day Social -dlta** 6:30 Movie: See Daily
22 s9:30 Online Church -thr 10:00 Phase 10 Game-atr 11:00 Resident 1:1 Hour-Activity Office **1:30 Sunday Matinee** 2:00 Resident led Bingo! -dlta 6:30 Movie: See Daily	**23** 10:00 Phase 10 Game -atr 11:00 Everfit: Mindful Mobility-gy **11:30 Lunch Outing: Abilities Diner-lby** 11:45 Everfit: Kickboxing -gym 1:15 Movement in play-gym **3:00 TV Show: Grace & Frankie -thr** 3:00 Everfit: Chair Chi -gym 4:00 Everfit: Parkinson's -gym 6:30 Movie: See Daily	**24** 9:30/11:15 Pool Fit -pool 10:00 Phase 10 Game -atr 1:15 Everfit: Standing Tolerance -gym **1:00 WOW: Women of Waterford -bty** 2:00 Resident Led Bingo -dta 2:45 Everfit: Fall Prevention/Cardio -pool 4:00 Everfit: Gentle Stretch & Balance -gym 6:30 Movie: See Daily	**25** 10:00 Phase 10 Game -atr 1:15 Everfit: Upper Body -gym **3:00 Thanksgiving Social -bst** 3:30 Current Events -thr 4:00 Everfit: Parkinson's -gym 6:30 Movie: See Daily	**26** **Happy Thanksgiving!** 9:30/11:15/2:45 Pool Fit -pool Phase 10 Game -atr 1:15 Everfit: Standing Tolerance -gym **1:00 OMG: Old Men's Group -bty** 2:00 Resident Led Bingo -dta **3:00 Crosswords & Wordsearch w/ friends! -atr** 4:00 Everfit: Gentle Stretch & Balance -gym 6:30 Movie: See Daily Thanksgiving Day (U.S)	**27** 10:00 Phase 10 Game -atr 10:30 Bible Study w/Tim -bty **1:00 Shopping Outing: Bi-Mart** 1:15 Everfit: Upper Body -gym 3:00 Agatha Christie -dta 4:00 Everfit: Parkinson's -gym **4:00 Happy Hour -bst** 6:30 Movie: See Daily	**28** **10:00 Eugene Festival of Trees ($5 Entry Fee) -bus** 10:00 Phase 10 Game -atr **1:00 Jewelry Dish Decoupage -dlta** 2:00 Resident Led Bingo -dlta 3:30 History Discussion -dlta 6:30 Movie: See Daily
29 9:30 Online Church -thr 10:00 Phase 10 Game-atr 11:00 Resident 1:1 Hour-Activity Office **1:30 Sunday Matinee** 2:00 Resident led Bingo! -dlta 6:30 Movie: See Daily	**30** 10:00 Phase 10 Game -atr 11:00 Everfit: Mindful Mobility & Flow -gym 11:45 Everfit: Kickboxing -gym 1:15 Movement in play-gym **2:00 Tim Sings! -dr** **3:00 TV Show: Grace & Frankie -thr** 3:00 Everfit: Chair Chi -gym 4:00 Everfit: Parkinson's -gym 6:30 Movie: See Daily					

ALL ACTIVITIES ARE SUBJECT TO CHANGE (For questions please see Director)