November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Coffee & Conversation 10:30 Morning Meditation and Yoga 1:30 Sunday Bingo 4:00 Dexterity Games 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball Daylight Saving Time Ends	**2** 9:30 Morning Gather & Coffee 10:00 Cardio Drum with Paz 1:30 Afternoon Gather 2:00 EverFit with Chris 3:00 Banana Grams Game 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**3** 9:30 Morning Gather & Coffee 10:00 Cardio Drum with Paz 10:30 Yoga Chair with Chris 1:30 Afternoon Gather 2:00 Movie & Popcorn! 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**4** 9:30 Morning Gather & Coffee Or Bible Stories with Tim 9:45 Chair Yoga with Chris 1:45 Sing a-long with Tim 3:00 Strength Class with Chris 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**5** 9:30 Morning Gather & Coffee 10:00 Sit & Stretch with Paz 1:30 Kim's Book Nook 2:30 Thirsty Thursday Happy Hour 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**6** 9:30 Morning Gather Namaste 9:45 Morning Workout 1:30 Louis Faro Performs on Piano 3:00 Mindful Meditation Puzzles and Word Search 3:30 Quality Face to Face and Puzzle Club 6:00 Friday Night Movie with Popcorn	**7** 9:30 Coffee & Conversation 10:30 Morning Meditation and Yoga 11:00 Pampered Hands 1:30 Tim Plays Guitar 4:00 Evening Gather 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball
8 9:30 Coffee & Conversation 10:30 Morning Meditation and Yoga 1:30 Sunday Bingo 4:00 Aromatherapy Matching Games 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball Diwali (Hindi)	**9** 9:30 Morning Gather & Coffee 10:00 Cardio Drum with Paz 1:30 Name that Tune 2:00 EverFit with Chris 3:30 Yahtzee 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**10** 9:30 Morning Gather & Coffee 10:00 Cardio Drum with Paz 10:30 Yoga Chair with Chris 1:30 Fall Word Search 2:00 Gus Russell Performs 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**11** 9:30 Morning Gather & Coffee 9:45 Chair Yoga with Chris 2:00 Veterans Day Social 3:00 Strength Class with Chris 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball Veterans Day Remembrance Day (Canada)	**12** 9:30 Morning Gather & Coffee 10:00 Sit & Stretch with Paz 10:30 Kick Boxing with Chris 1:30 Kim's Book Nook 2:30 Thirsty Thursday Happy Hour 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**13** 9:30 Morning Gather Namaste 10:00 Entertainment with "The Timeless Treasures" 1:30 Friday Bingo Game 3:00 Mindful Meditation 3:30 Quality Face to Face and Banana Grams 6:00 Friday Night Movie with Popcorn	**14** 9:30 Coffee & Conversation 10:30 Morning Meditation and Yoga 11:00 Hair Affair 1:30 This Day in History 4:00 Evening Gather 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball
15 9:30 Coffee & Conversation 10:30 Morning Meditation and Yoga 1:30 Family Bingo 4:00 Name that Tune 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**16** 9:30 Morning Gather & Coffee 10:00 Cardio Drum with Paz 1:30 November Color Pages 2:00 Music Slide Show with Timothy Patrick 3:30 Table Games 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**17** 9:30 Morning Gather & Coffee 10:00 Cardio Drum with Paz 10:30 Yoga Chair with Chris 1:30 Afternoon Gather & Drinks 2:00 Tuesday Matinee In the Dorian Theater 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**18** 9:30 Morning Gather & Coffee 9:45 Chair Yoga with Chris 1:30 Puzzle Club 3:00 Strength Class with Chris 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**19** 9:30 Morning Gather & Coffee 10:00 Sit & Stretch with Paz 10:30 Kick Boxing with Chris 1:30 Afternoon Gather 2:00 Sara Scofield Performs 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**20** 9:30 Morning Gather Namaste 9:45 EverFit with Chris 1:30 Fall Wreaths Craft 3:00 Mindful Meditation 3:30 Quality Face to Face and Yahtzee 6:00 Friday Night Movie with Popcorn	**21** 9:30 Coffee & Conversation 10:30 Morning Meditation and Yoga 11:00 Pampered Hands 1:30 Making Pie Garland 4:00 Evening Gather 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball
22 9:30 Coffee & Conversation 10:30 Morning Meditation and Yoga 1:30 Sunday Bingo 4:00 Sunday Reading Aesop's Fables 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**23** 9:30 Morning Gather & Coffee 10:00 Cardio Drum with Paz 1:30 Fun Facts Trivia 2:00 EverFit with Chris 3:00 Cookie Cider Social 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**24** 9:30 Morning Gather & Coffee 10:00 Cardio Drum with Paz 1:30 Afternoon Gather & Drinks 2:00 Reader's Theater 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**25** 9:30 Morning Gather & Coffee Or Bible Stories with Tim 9:45 Chair Yoga with Chris 1:30 Guitar and Sing with Tim 3:00 Strength Class with Chris 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**26**  9:30 Danish Kringle & Coffee 10:30 Holiday Workout 1:30 Thanksgiving Ambiance And Sharing Memories 2:00 Dessert Social 6:00 Holiday Trivia Thanksgiving Day (U.S)	**27** 9:30 Morning Gather Namaste 9:45 EverFit with Chris 1:30 Friday Bingo Game 3:00 Mindful Meditation 3:30 Quality Face to Face and Puzzle Club 6:00 Friday Night Movie with Popcorn	**28** 9:30 Coffee & Conversation 10:30 Morning Meditation and Yoga 11:00 Hair Affair 1:30 Guitar and sing with Tim 4:00 Evening Gather 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball
29 9:30 Coffee & Conversation 10:30 Morning Meditation and Yoga 1:30 Sunday Bingo 4:00 Art & Crafts 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**30** 9:30 Morning Gather & Coffee 10:00 Cardio Drum with Paz 1:30 Waterford Walk 2:00 Tim & Kay Biggs Sing and Play Guitar & Harmonica 3:30 Puzzle Club 6:00 Choice of Games: Puzzles Ring Toss, Cornhole, Bowling, Balloon Ball					

Waterford Grand
Assisted Living and Memory Care

North Shore Memory Care



Please Note: Thurs-Sun, only 1 Life Enrichment Associate on Duty will Float between the Shores. All Activities are Subject to Change.