November 2026

South Shore Memory Care

Waterford Grand
Assisted Living and Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Coffee and Conversation 10:00 Morning Meditation and Yoga 10:45 Make Cinnamon Rolls 1:30 Sunday Bingo 4:00 Dexterity Games 6:00 Sunday Night Movie With Popcorn Daylight Saving Time Ends	**2** 9:30 Monday Morning Mochas 10:00 Cardio Drum with Paz 2:00 Strength Training with Chris 3:00 Brainy Bunch: TED Talk 4:00 Evening Gather 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**3** 9:30 Morning Gather 10:00 Cardio Drum with Paz 10:30 Chair Chi with Chris 2:00 Movie and Popcorn 3:30 Arts and Crafts 6:00 Bowling	**4** 9:30 Bible Study 10:30 Yoga with Chris 1:30 Guitar with Tim 2:00 Arts and Crafts 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 and Stretch with Paz 1:30 Book Nook with Kim 2:30 Happy Hour with Treats 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**6** 9:30 Morning Gather Namaste 1:30 Louis Faro Performs On Piano 3:30 Quality Face to Face and Puzzle Club 6:00 Friday Night Movie with Popcorn	**7** 9:30 Coffee and Conversation 10:00 Morning Meditation and Yoga 10:30 Pampered Hands 1:30 Guitar with Tim 4:00 Sensory Stories 6:00 Rhythm, Music, Dance!
8 9:30 Coffee and Conversation 10:00 Morning Meditation and Yoga 1:30 Sunday Bingo 4:00 Aromatherapy Matching Game 6:00 Sunday Night Movie With Popcorn Diwali (Hindi)	**9** 9:30 Monday Morning Mochas 10:00 Cardio Drum with Paz 2:00 Strength and Mobility Class with Chris 3:00 Brainy Bunch: History of Colors 4:00 Evening Gather 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**10** 9:30 Morning Gather 10:00 Cardio Drum with Paz 10:30 Chair Chi with Chris 2:00 Gus Russel Plays Piano 3:30 Jewelry Making 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**11** 9:30 Biblical Sing-a-Long 10:30 Yoga with Chris 11:30 Lunch at the River's Edge Restaurant 2:00 Veterans 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 and Stretch with Paz 10:30 Kickboxing with Chris 1:30 Kim's Book Nook 2:30 Thirsty Thursdays 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 and Conversation 10:00 Morning Meditation and Yoga 11:00 Hair Affair 1:30 History Facts 4:00 Sensory Stories 6:00 Rhythm, Music, Dance!
15 9:30 Coffee and Conversation 10:00 Morning Meditation and Yoga 1:30 Family Bingo! 4:00 Name that Tune 6:00 Sunday Night Movie With Popcorn	**16** 9:30 Monday Morning Mochas 10:00 Cardio Drum with Paz 2:00 Timothy Patrick Performs 3:00 Brainy Bunch: TED Talk 4:00 Evening Gather 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**17** 9:30 Morning Gather 10:00 Cardio Drum with Paz 10:30 Chair Chi with Chris 2:00 Tuesday Matinee in The Dorian Theater 3:30 Bobbing for Apples 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**18** 9:30 Biblical Sing-a-Long 10:30 Yoga with Chris 11:30 Lunch at the River's Edge Restaurant 2:00 Arts and Crafts 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 and Stretch with Paz 1:30 Afternoon Gather 2:30 Sara Scofield Performs 3:00 Everfit with Chris 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 Crafts 3:00 Mindful Meditation 3:30 Quality Face to Face and Yahtzee 6:00 Friday Night Movie with Popcorn	**21** 9:30 Coffee and Conversation 10:00 Morning Meditation and Yoga 10:30 Pampered Hands 1:30 History Facts 3:00 Craft Pie Garland 6:00 Rhythm, Music, Dance!
22 9:30 Coffee and Conversation 10:00 Morning Meditation and Yoga 1:30 Sunday Bingo! 4:00 Sunday Reading: Aesops Fables 6:00 Sunday Night Movie With Popcorn	**23** 9:30 Monday Morning Mochas 10:00 Cardio Drum with Paz 2:00 Strength and Mobility Class with Chris 3:00 Brainy Bunch: History of Space Exploration 4:00 Evening Gather 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**24** 9:30 Morning Gather 10:00 Cardio Drum with Paz 10:30 Chair Chi with Chri s 2:00 Readers Theater 3:30 Make Your Own Scented Lotion 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**25** 9:30 Bible Study 10:30 Yoga with Chris 11:30 Lunch at the River's Edge Restaurant 1:30 Guitar with Tim 2:00 Painting Class 3:00 Strength Class With Chris 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball	**26**  9:30 Krispy Kringle & Coffee 10:30 Thanksgiving Workout 1:30 Sing-a-Long with Robin 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 and Conversation 10:00 Morning Meditation and Yoga 11:00 Hair Affair 1:30 Scenic Drive 4:00 Sensory Stories 6:00 Rhythm, Music, Dance!
29 9:30 Coffee and Conversation 10:00 Morning Meditation and Yoga 1:30 Sunday Bingo 3:30 Arts and Crafts 6:00 Sunday Night Movie With Popcorn	**30** 9:30 Monday Morning Mochas 10:00 Cardio Drum with Paz 2:00 Strength and Mobility Class with Chris 3:00 Brainy Bunch: TED Talk 4:00 Evening Gather 6:00 Choice of Games: Ring Toss, Cornhole, Bowling, Balloon Ball					

Please Note: Thurs-Sun only 1 Life Enrichment Associate on duty- activities will rotate between shores. All activities subject to change.