November 2026

Independent + Assisted Living Life Engagement Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00-Morning Movement w/ Baxie-CR 11:00-Westminster Presbyterian Livestream-MCR 1:00- Fall Risk Prevention- 2nd Fl. balcony 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:00-Mahjong Game-GR 3:00 – Tech Help w/ Alp & Conor - MCR 3:45 – Music with David Zhang - P 7:00-Sunday Evening Movie-MCR 7:00 Sunday Night Football 4th floor Daylight Saving Time Ends	**2** 9:45-Exercise-CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Meditation + Reflection w/ Heidi - MCR 2:00-BINGO-M 3:00 Tech Help with Gracie – M **7:00- Monday Night Football 4th floor**	**3** 9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-**Cardio Drumming** - CR 2:00- Mahjong Game- GR 2:30-Travel Club: Jerusalem, Israel - MCR 3:00 -Speaker Series: Japanese Music & Storytelling - CR 5:30- **Story Circle with Sandra Plant - P**	**4** 9:45-Exercise -CR 10:30-Good Morning Nashville – 2nd Fl Balcony 1:00- Hope Chorus Practice - P 2:00-Mahjong Game-GR 2:00- Lets Make Some Beer with Chef Silvio! – M 2:30-**Holiday Wreath Making! - M** 3:15-Israeli Dance - CR 4:00-Happy Hour – ILC	**5** 7:30- Walking Club- Meet in Lobby 9:30-2:30 – Store Outings 9:45- Exercise with Judy-CR 10:00-Exercise -2nd Floor 10:30- **Good Morning Nashville** – 2nd Floor Balcony 1:00-Tai Chi w/ Dr. Cindy- 2nd Floor 1:30- Flower Arranging Committee- M 2:00-Mahjong Game – GR 2:00- Gratitude Circle - 2nd floor 4:00- Wine + Cheese – P ? 7:00-Thursday Night Football 4th floor	**6** 9:45-Exercise – CR 10:30-Good Morning Nashville-MCR Church – 2nd Floor Balcony 1:00- **November Calendar Review w/ Gracie** – MCR 1:00-Exercise with the CEO – CR 2:00-BINGO – DR 3:00-**Oboe Spotlight! w/ Gracie** - P 4:30 Fine Dining Music w/ Fox Foster - DR 6:30- Movie & Popcorn-MCR **7:00-8:30 – Vanderbilt Outing: Ballet Panel**	**7** 9:00-Morning Movement – FR 9:30-Bridge Game-M 10:00-**Share Your Stories** – 2nd Floor Balcony **1:00-PLARN Project- Club** 2:00- Fitness w/ Volunteer Nate - CR 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR Saturday Football games 4th floor Starts at 11am
8 10:00-Morning Movement Video - FR 10:00-Sunday Coffee Social - M 11:00-Westminster Presbyterian Livestream-MCR 11:00-1:00- Abe's Garden Brunch! DR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M **3:30 – Music w/ Vandy Harmonies - P** 3:30- **Spiced Apple Rum** - M 7:00-Sunday Night Football – 4th floor 6:30 Sunday Evening Movie-MCR Diwali (Hindi)	**9** 9:45-Exercise- CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00- Brain Games– MCR 2:00-BINGO-DR **2:00- Gracie + Scott's Entertainment Hour - P** 3:00– Music & Watercolor w/ Gracie- M 4:00 – Monday Night Concert: Cody Campbell - P 6:00- Story & Poetry Corner-P 7pm Monday Night Football 4th Floor	**10** 9:45 -Exercise– CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Cardio Drumming -CR 1:30-**Health Talk with SunCrest** – FR 2:00- Team Trivia - M 2:00- Mahjong Game- GR 3:00- Travel Club: Tel Aviv, Israel – MCR 6:00- **Story & Poetry Corner w/ Sandra Plant- P** 5:30- After Dinner Drinks with our COO	**11** 9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00 – Hope Chorus Practice - P 2:00- **Veteran's Day Showcase** - M 2:00- Mahjong Game- M 3:15- Israeli Dance- CR 4:00 – Happy Hour- ILC 6:30- Team Trivia Challenge (Resident Led) - 2nd Floor Veterans Day Remembrance Day (Canada)	**12** 7:30- Walking Club – Meet in Lobby 9:30-2:30 – Store Outings 9:45- Exercise w/ Gracie - CR 10:30- Good Morning Nashville – 2nd Floor Balcony 1:00-Tai Chi w/ Dr. Cindy- 2nd Floor 1:30- Flower Arranging Committee- M 2:00-Mahjong Game – GR 2:00-2nd Floor BLOCK PARTY 4:00- Wine + Cheese – P 7:00-Thursday Night Football-4th floor	**13** 9:45-Exercise – CR 10:30-Good Morning Nashville-2nd Floor 10:30-Communion w/ Episcopal Church – MCR 1:30-3:30-**Abe's Autumn Fest!** – MS Courtyard **6:00-Shabbat Service – Club** 7:00- Movie & Popcorn-MCR	**14** 9:00-Morning Movement – FR 9:30-Bridge Game-M 10:00-**Share Your Stories**–2nd Fl Balcony 1:00-**PLARN Project** – Club 1:30 – Music w/ Fox Foster -P 2:00- Puzzle Table Time! 3:00-Drop in Rummikub – M 3:00 **Spiced Apple Cider** – M 3:00 – Creative Writing w/ Sandra – 3rd Fl CR 6:00-Movie & Popcorn- MCR Saturday Football games 4th floor Starts at 11am
15 10:00-Morning Movement w/ – 2nd Fl 11:00-Westminster Presbyterian Livestream-MCR 11:00-1:00-**Abe's Garden Brunch!** - DR 1:00-Read + Discuss - M 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- **Music with Cody Campbell** - P 7:00-Sunday Night Football – 4th floor 7:30- Sunday evening movie-MCR	**16** 9:45 – Exercise – CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00- Meditation & Reflection with Heidi – MCR 1:30-Writing Group w/ Amy Lyles-3rd FL CR 2:00-BINGO- M 3:15-**Trader Joe's Tasting** – M 7:00- Monday Night Football 4th Floor	**17** 9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony **1:00-Music Out Back w/ Gracie!** 2:00 – Cardio Drumming - CR 2:00- Mahjong Game- GR 3:00- Travel Club: Nazareth, Israel – MCR 3:30- **Volunteer Committee w/ Jai** – M 4:00- Music & Water Coloring w/ Gracie- M 6:00- Story & Poetry Corner w/ Sandra- P	**18** 9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Fl Balcony **10:30 – Art w/ Volunteer Lizzy – 2nd Fl Dining Room** 1:00- **Wreath Making!** - M 2:00-Culinary Committee-MCR 2:00-Knitting Club! - M (resident led) 2:30- Music Games w/ Gracie - MCR 3:15-Fitness w/ Ella Rose- CR 4:00-Happy Hour – P 4:30 Dinner Outing with our COO	**19** 7:30 Walking Club – Meet in Lobby 9:30-2:30 – Store Outings 9:45- Exercise with Judy-CR 10:30- Good Morning Nashville – 2nd Floor Balcony 1:00-Tai Chi w/ Dr. Cindy- 2nd Floor 1:30- Flower Arranging Committee- M 2:00-Mahjong Game – GR 2:00-**Abe's Book Club** -MCR 3:15-Town Hall – P 4:00- Wine + Cheese – P 7:00- Thursday Night Football-4th floor	**20** 9:45-Exercise – CR 10:30-Good Morning Nashville-MCR Church – 2nd Floor Balcony 1:00-**Antique Store Outing!** 1:00-Exercise w/ CEO – CR 2:00-BINGO – DR **3:30- Why Should We Recycle? w/ Annette – MCR** 6:30- Movie & Popcorn-MCR	**21** 9:00-Morning Movement – FR 9:30-Bridge Game-M 10:00-**Share Your Stories** – 2nd Floor Balcony 1:00-PLARN Project- Club 2:00- **Painting Class w/ Philo** – 3rd FL CR 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR Saturday Football games 4th floor Starts at 11am
22 10:00- **Chair Yoga w/ Volunteer Courtney** - FR 10:00-Sunday Coffee Social - M 11:00-Westminster Presbyterian 11:00-1:00- Abe's Garden Brunch! - DR Livestream-MCR 1:00-Pumpkin Pie Social-M 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 7:00-Sunday Night Football – 4th floor 7:30 Sunday Evening Movie-MCR	**23** 9:45 – Exercise – CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00- Brain Games- MCR 2:00-BINGO-DR 3:15-**Appetizer & Wine Pairing**-M 4:00 – Monday Concert Series w/ Brett Bryant - P 5:00- November Birthday Dinner- 2nd Fl CR 7:00- Monday Night Football 4th Floor	**24** 9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00 Friendsgiving Pie Social - M 1:00-Cardio Drumming -CR 1:30-**Health Talk with SunCrest** - FR 2:00- Team Trivia - M 2:00- Mahjong Game- GR 2:00 **Model Train Club With Bill – Admin Office** 3:00- Travel Club: Eilat, Israel – MCR 4:00- Comedy Club – MCR	**25** 9:45-Exercise- CR 10:30-Good Morning Nashville – 2nd Fl Balcony 1:00- Hope Chorus Practice - P 2:00-Knitting Club! - M (resident led) 2:30-Music Games w/ Gracie- MCR 3:15-Israeli Dance- CR 4:00-**Wine + Cheese** – P 6:30- Team Trivia Challenge (Resident-Led) 2nd floor	**26** 9:30-Flower Arranging Committee-M 10:30- Good Morning Nashville – 2nd Floor Balcony **11:00-1:00-Thanksgiving Lunch!** 11:00 Thanksgiving NFL Football Game – 4th Floor 1:30-Read + Discuss w/ Gracie: Pardoning The Thanksgiving Turkey - MCR 2:00-Mahjong Game – GR **Happy Thanksgiving!** Thanksgiving Day (U.S.)	**27** 9:45-Exercise – 2nd Floor 10:30-Good Morning Nashville- 2nd Floor 10:30-Communion w/ Episcopal Church – MCR 1:00-**Music Spotlight with Gracie**-MCR 2:00-BINGO – DR **3:30- - Block Party 4th floor** 6:30- Movie & Popcorn-MCR	**28** 9:00-Morning Movement – FR 9:30-Bridge Game-M 10:00-**Share Your Stories** – 2nd Floor Balcony 1:00-Read + Discuss: History of the Macy's Day Parade - MCR 2:00- Puzzle Table Time! 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR Saturday Football games 4th floor Starts at 11am
29 10:00- **Chair Yoga w/ Volunteer Courtney** - FR 10:00-Sunday Coffee Social - M 11:00-Westminster Presbyterian Livestream-MCR 1:00-Pumpkin Pie Social-M 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:30- **Music with** Zigi Haun- P 7:00-Sunday Night Football – 4th floor 7:30 Sunday Evening Movie-MCR	**30** 9:45 – Exercise – CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00- Meditation & Reflection with Heidi – MCR 1:30-Writing Workshop w/ Amy Lyles – 2nd Floor Dining 2:00-BINGO-M 3:15-Brain Games w/ Gracie – MCR **7:00 Monday Night Football 4th Floor**					

Type the name, address, and other information about your community/company here.