

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025 Assisted Living Neighborhood Life Enrichment Activities Calendar  						
9:00 Live Mass w. Fr. Bain 9:30 Morning Walking Club 10:30 Chair Yoga w. David 11:15 Cards w. Luis 1:15 Hot Cocoa Sunday! 2:00 Bingo for Chocolate 3:00 Chair Volleyball 4:00 Rummikub w. Luis 5:30 Movie 2	9:00 Mass Online 9:45 Seated Stability Exercises 10:30 Knit & Chat 10:45 Games w. Luis 1:30 Shopping Trip: Trader Joe's 3:00 Poker 3:00 Meditation w. Sandy 3:30 Conscious Living 3:30 Walking Club: Marin Lagoon 6:30 Movie 3	9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 11:00 Worship w. Paster Gulbranson 1:15 Rummikub 2:00 Activity Planning Mtg. 3:00 Autumn Art 3:30 Resident Led Golf 6:30 Movie 4	9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 10:45 Scenic Drive 11:00 Brain Teasers 1:15 Poetry Read w. Amber 2:00 Outing: Marin MOCA 3:00 Trivia Tournament 6:30 Movie 5	9:00 Mass Online 9:15 Garden Club w. Luis 9:45 Strength & Stretch w. David 10:30 Music Appreciation w. Ruth 1:15 Rummikub 2:00 Movie Committee 3:00 Jeopardy 6:30 Movie 6	9:00 Mass Online 9:15 Nature Documentary 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 1:15 Rummikub 1:15 Travelogue: Egypt 2:00 Name That Tune 3:00 Happy Hour: Silly Shades! 6:30 Movie 7	9:00 Mass Online 10:00 Kickboxing w. Cathy 10:30 Card Games w. Cathy 1:15 Gratitude Meditation 1:15 Biography: Greta Thunberg 2:00 Trivia Tournament 3:00 Rummikub 3:30 Golf 4:00 Scrabble w. Dick 6:30 Movie 8
9:00 Live Mass w. Fr. Bain 9:30 Morning Walking Club 10:30 Chair Yoga w. David 11:15 Card Games 1:15 Hot Apple Cider Sunday! 2:00 Bingo for Bucks 3:00 Chair Volleyball 4:00 Rummikub w. Luis 5:30 Movie 9	9:00 Mass Online 9:45 Seated Stability Exercises 10:30 Knit & Chat 10:45 Games w. Luis 1:30 Shopping Trip: Target 3:00 Poker 3:00 Meditation w. Sandy 3:30 Conscious Living 3:30 Walking Club: Marin Lagoon 6:30 Movie 10	9:00 Mass Online 9:45 Mark Day School Visit 10:30 Chair Exercise 11:30 Learn to Meditate 1:15 Veterans Day: Cub Scout Visit 2:00 Food Forum w. Chef 3:00 Art Admiration w. Luis 3:00 Hearing Life 6:30 Movie 6:30 Blackjack w. Judy 11	9:00 Mass Online 9:45 Chair Cardio Class 10:00 Outing: Korbel Champagne 10:30 Coffee & Donuts 11:00 Brain Teasers 1:15 Nurse Talk W. Stephanie 2:00 Poetry Read w. Amber 2:45 Scenic Drive 3:00 Trivia Tournament 6:30 Movie 12	9:00 Mass Online 9:15 Garden Club w. Luis 9:45 Strength & Stretch w. David 10:30 Music Appreciation w. Ruth 1:15 Rummikub 2:00 Bread & Roses Concert 3:00 Jeopardy 6:30 Movie 13	9:00 Mass Online 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 1:15 Rummikub 1:15 Travelogue: Estonia 2:00 Name That Artist 3:00 Happy Hour: Wear A Crazy Print! 6:30 Movie 14	9:00 Mass Online 10:00 Fall Prevention Class w. David 10:30 Card Games 1:15 Gratitude Meditation 2:00 Movie Matinee w. Popcorn! 3:00 Rummikub 3:30 Resident Led Golf 4:00 Scrabble w. Dick 6:30 Movie 15
9:00 Live Mass w. Fr. Bain 9:30 Morning Walking Club 10:30 Chair Yoga w. David 11:15 Card Games 1:15 Carmel Apple Sunday! 2:00 Bingo for Chocolate 3:00 Chair Volleyball 4:00 Rummikub w. Luis 5:30 Movie 16	9:00 Mass Online 9:45 Seated Stability Exercises 10:30 Knit & Chat 10:45 Games w. Luis 11:00 Torah Study 1:30 Shopping Trips: Safeway 3:00 Poker 3:00 Meditation w. Sandy 3:30 Conscious Living 6:30 Movie 17	9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 11:30 Learn to Meditate 1:15 Tea w. Carla 1:15 Poetry Read w. Amber 3:00 Autumn Art w. Luis 3:30 Golf 6:30 Movie 18	9:00 Mass Online 9:30 Outing: Angel Island 9:45 Chair Cardio Class 10:30 Coffee & Donuts 11:00 Brain Teasers 1:15 Chat w. Brian 2:00 Scenic Drive 3:00 Trivia Tournament 4:00 Honoring You Dinner 6:30 Movie 19	9:00 Mass Online 9:15 Garden Club w. Luis 9:45 Strength & Stretch w. David 10:30 Music Appreciation w. Ruth 1:15 Rummikub 2:00 Resident Community Mtg. 3:00 Jeopardy 6:30 Movie 20	9:00 Mass Online 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 11:00 Shabbat Service 1:15 Rummikub 1:15 Travelogue: UAE 2:00 Name That Decade 3:00 Happy Hour: Friendsgiving! 6:30 Movie 21	9:00 Mass Online 10:00 Kickboxing w. Cathy 10:30 Card Games w. Cathy 1:15 Gratitude Meditation 1:15 Biography: Dian Fossey 2:00 Trivia Tournament 3:00 Rummikub 3:30 Golf 4:00 Scrabble w. Dick 6:30 Movie 22
9:00 Live Mass w. Fr. Bain 9:30 Morning Walking Club 10:30 Chair Yoga w. David 11:15 Card Games 1:15 Pumpkin Pie Sunday! 2:00 Bingo for Bucks 3:00 Chair Volleyball 4:00 Rummikub w. Luis 5:30 Movie 23	9:00 Mass Online 9:45 Seated Stability Exercises 10:30 Knit & Chat 10:45 Games w. Luis 1:30 Shopping Trips: CVS 3:00 Poker 3:00 Meditation w. Sandy 3:30 Conscious Living 3:30 Walking Club: Marin Lagoon 6:30 Movie 24	9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 11:30 Learn to Meditate` 1:15 Poetry Read w. Amber 2:00 This Day In History 3:00 Art Admiration w. Luis 3:30 Golf 6:30 Movie 6:30 Blackjack w. Judy 25	9:00 Mass Online 9:45 Chair Cardio Class 10:00 Outing: Brown Bag Program 10:30 Coffee & Donuts 11:00 Brain Teasers 1:15 Trivia Tournament 2:00 Scenic Drive 3:00 Birthday Celebration w. Live Music! 6:30 Movie 26	9:00 Mass Online 9:15 Garden Club w. Luis 9:45 Strength & Stretch 10:30 Music Appreciation w. Ruth 1:15 Stories of Gratitude 2:00 Jeopardy 3:00 History of Thanksgiving 6:30 Movie 27	9:00 Mass Online 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 1:15 Rummikub 1:15 Travelogue: Ireland 2:00 Nature Documentary 3:00 Happy Hour: Sweater Weather! 6:30 Movie 28	9:00 Mass Online 10:00 Fall Prevention Class w. David 10:30 Card Games 2:00 Movie Matinee w. Popcorn! 3:00 Rummikub 3:30 Resident Led Golf 4:00 Scrabble w. Dick 6:30 Movie 29
9:00 Live Mass w. Fr. Bain 9:30 Morning Walking Club 10:30 Chair Yoga w. David 11:15 Card Games 1:15 Pecan Pie Sunday! 2:00 Bingo for Chocolate 3:00 Chair Volleyball 4:00 Rummikub w. Luis 5:30 Movie 30						

● Intellectual ● Purposeful ● Emotional ● Environmental ● Social ● Physical ● Spiritual ● Creative

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025 Bridgehaven Memory Care Neighborhood Life Enrichment Activities Calendar  						
● 9:00 Sunday Service ● 10:00 Nourish & Nurture ● 10:30 Seated Big Band Grooves ● 11:00 Daily Chronicle ● 11:30 Indoor Garden ● 1:00 Pampered Nails ● 1:30 Sunday Paper ● 2:00 Drum Circle ● 2:30 Spiritual Den w. Claudette ● 3:30 Bingo Spectacular 2	● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 50s Chair Exercise ● 10:30 Scenic Drive ● 11:00 Spirit & Life w. Fr. Bain ● 11:30 Chicken Soup w. Claudette ● 1:30 Poetry: "I Am" ● 2:00 Art: Silhouettes ● 3:00 Afternoon Delights ● 3:30 Guess the Title 3	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Disco Groovin' ● 11:00 Worship in RR ● 1:30 Indoor Garden ● 2:00 Tuesday Tournament ● 3:00 Afternoon Delights ● 3:30 Table Games ● 4:00 Gratitude Circle 4	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Chair Zumba ● 11:00 Travelogue: Egypt ● 1:30 Bird Feed & Chill ● 2:00 Music Appreciation w. Ruth ● 3:00 Mocktail Wednesday ● 3:30 Bridgehaven Committee ● 4:00 Daily Reflection 5	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Chair Yoga w. David ● 11:00 How It's Made: Chips ● 11:30 Indoor Garden ● 1:30 Meditation ● 2:00 Good News Stories ● 3:00 Afternoon Delights ● 3:30 Trivia Tournament 6	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Sit & Be Fit ● 11:00 Dog Therapy w. Roam ● 11:30 Good News Stories ● 1:00 Trivia Tournament ● 2:00 Happy Hour: Silly Shades ● 3:00 Personal Music Choices ● 4:00 Gratitude Circle 7	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Strength & Stretch ● 11:00 Travelogue w. Ruth ● 1:00 Garden Meditation ● 2:00 VISTA Group ● 2:30 Afternoon Delights ● 3:00 Music Therapy w. Ruth ● 4:00 Favorite Shows & News 8
● 9:00 Sunday Service ● 10:00 Nourish & Nurture ● 10:30 Seated Big Band Grooves ● 11:00 Daily Chronicle ● 11:30 Indoor Garden ● 1:00 Pampered Nails ● 1:30 Sunday Paper ● 2:00 Drum Circle ● 2:30 Spiritual Den w. Claudette ● 3:30 Bingo Spectacular 9	● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 50s Chair Exercise ● 10:30 Scenic Drive ● 11:00 Spirit & Life w. Fr. Bain ● 11:30 Chicken Soup w. Claudette ● 1:30 Poetry: Military ● 2:00 Art: Flag Craft ● 3:00 Afternoon Delights ● 3:30 Balloon Volleyball 10	● 9:00 Morning Gathering ● 9:45 Mark Day School Visit ● 10:00 Music w. Lauren ● 10:00 Nourish & Nurture ● 11:00 Biography: Beethoven ● 1:30 Indoor Garden ● 2:00 Lawn Game Tournament ● 3:00 Afternoon Delights ● 3:30 Table Games ● 4:00 Gratitude Circle 11	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Chair Zumba ● 11:00 Travelogue: Estonia ● 1:30 Bird Feed & Chill ● 2:00 Music Appreciation w. Ruth ● 3:00 Mocktail Wednesday ● 3:30 Sing, Sing a Song! ● 4:00 Daily Reflection 12	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Chair Yoga w. David ● 11:00 How It's Made: Bread ● 11:30 Indoor Garden ● 1:30 Meditation ● 2:00 Bread & Roses Concert GR ● 3:00 Afternoon Delights ● 4:00 Gratitude Circle 13	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Sit & Be Fit ● 11:00 Good News Stories ● 1:00 Trivia Tournament ● 2:00 Happy Hour: Crazy Print ● 3:00 Personal Music Choices ● 4:00 Gratitude Circle ● 6:00 Movie 14	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Strength & Stretch ● 11:00 Travelogue w. Ruth ● 1:00 Garden Meditation ● 2:00 VISTA Group ● 2:30 Afternoon Delights ● 3:00 Music Therapy w. Ruth ● 4:00 Favorite Shows & News 15
● 9:00 Sunday Service ● 10:00 Nourish & Nurture ● 10:30 Seated Big Band Grooves ● 11:00 Daily Chronicle ● 11:30 Indoor Garden ● 1:00 Pampered Nails ● 1:30 Sunday Paper ● 2:00 Drum Circle ● 2:30 Spiritual Den w. Claudette ● 3:30 Bingo Spectacular 16	● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 50s Chair Exercise ● 10:30 Scenic Drive ● 11:00 Spirit & Life w. Fr. Bain ● 11:30 Chicken Soup w. Claudette ● 1:30 Poetry: Pumpkins ● 2:00 Art: Pumpkin Art ● 3:00 Afternoon Delights ● 3:30 Name Game 17	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Disco Groovin' ● 11:00 Biography: Greta Thunberg ● 1:30 Indoor Garden ● 2:00 Lawn Game Tournament ● 3:00 Afternoon Delights ● 3:30 Table Games ● 4:00 Gratitude Circle 18	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Chair Zumba ● 11:00 Travelogue: UAE ● 1:30 Bird Feed & Chill ● 2:00 Music Appreciation w. Ruth ● 3:00 Mocktail Wednesday ● 3:30 Sing, Sing a Song! ● 4:00 Daily Reflection 19	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Chair Yoga w. David ● 11:00 How It's Made: Snack Cake ● 11:30 Indoor Garden ● 1:30 Meditation ● 2:00 Good News Stories ● 3:00 Family Day w. Live Music! ● 3:30 Trivia Tournament 20	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Sit & Be Fit ● 11:00 Good News Stories ● 1:00 Trivia Tournament ● 2:00 Happy Hour: Crazy Print ● 3:00 Personal Music Choices ● 4:00 Gratitude Circle ● 6:00 Movie 21	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Strength & Stretch ● 11:00 Travelogue w. Ruth ● 1:00 Garden Meditation ● 2:00 VISTA Group ● 2:30 Afternoon Delights ● 3:00 Music Therapy w. Ruth ● 4:00 Favorite Shows & News 22
● 9:00 Sunday Service ● 10:00 Nourish & Nurture ● 10:30 Seated Big Band Grooves ● 11:00 Daily Chronicle ● 11:30 Indoor Garden ● 1:00 Pampered Nails ● 1:30 Sunday Paper ● 2:00 Drum Circle ● 2:30 Spiritual Den w. Claudette ● 3:30 Bingo Spectacular 23	● 9:15 Guitar w. Kendall ● 10:00 Nourish & Nurture ● 10:30 50s Chair Exercise ● 10:30 Scenic Drive ● 11:00 Spirit & Life w. Fr. Bain ● 11:30 Chicken Soup w. Claudette ● 1:30 Poetry: Family ● 2:00 Art: Family Tree ● 3:00 Afternoon Delights ● 3:30 Balloon Volleyball 24	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Disco Groovin' ● 11:00 Biography: Dian Fossey ● 1:00 Indoor Garden ● 2:00 Lawn Game Tournament ● 3:00 Afternoon Delights ● 3:30 Table Games ● 4:00 Gratitude Circle 25	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Chair Zumba ● 11:00 Travelogue: France ● 1:30 Bird Feed & Chill ● 2:30 Ukulele w. Richard ● 3:00 Snack Shack ● 4:00 Daily Reflection 26	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Chair Yoga w. Cat ● 11:00 Macy's Thanksgiving Parade ● 1:00 National Dog Show ● 2:00 Holiday Bingo! ● 3:30 Holiday Trivia ● 4:00 Gratitude Circle Happy Thanksgiving! 27	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Sit & Be Fit ● 11:00 Good News Stories ● 1:00 Trivia Tournament ● 2:00 Happy Hour: Sweaters ● 3:00 Personal Music Choices ● 4:00 Gratitude Circle ● 6:00 Movie 28	● 9:00 Morning Gathering ● 9:30 Daily Chronicle ● 10:00 Nourish & Nurture ● 10:30 Strength & Stretch ● 11:00 Travelogue w. Ruth ● 1:00 Garden Meditation ● 2:00 VISTA Group ● 2:30 Afternoon Delights ● 3:00 Music Therapy w. Ruth ● 4:00 Favorite Shows & News 29
● 9:00 Sunday Service ● 10:00 Nourish & Nurture ● 10:30 Seated Big Band Grooves ● 11:00 Daily Chronicle ● 11:30 Indoor Garden ● 1:00 Pampered Nails ● 1:30 Sunday Paper ● 2:00 Drum Circle ● 2:30 Spiritual Den w. Claudette ● 3:30 Bingo Spectacular 30						

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