November 2026

Assisted Living Neighborhood
Life Enrichment Activities Calendar

AlmaVia OF SAN RAFAEL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 **All Saints Day Mass w. Fr. Bain** 10:00 Coffee & Danish w. Teresa 10:30 Sunday Stretches 11:15 Garden Club **1:15 Day of the Dead Celebration w. Claudette & Luis** 2:00 Chair Volleyball 3:00 Bingo for Chocolate w. Teresa 5:00 Día De Los Muertos Movie: Coco All Saints Day	**2** 9:00 Mass Online 9:45 Monday Movement **10:30 Día de los Muertos Mexican Hot Chocolate** **11:00 Torah Study** **1:00 Shopping Trip: Trader Joe's** 1:15 Flower Arranging 2:00 Learn Spanish 3:00 Resident Led Poker 3:30 Wise Aging w. Claudette **3:30 Walking Club: Marin Lagoon** 6:30 Dia de los Muertos Movie: The Book of Life	**3** 9:00 Mass Online 9:30 Garden Club 9:45 Chair Exercise w. Dennis 10:00 Holiday Baking 10:30 Playlist for Life w. Ruth 11:30 Gratitude Group w. Claudette **1:00 Country Store Open** **1:30 Meet Your Neighbors Social** 2:00 Chair Volleyball 2:30 Biography: Eva Peron w. Ruth **3:00 Thanksgiving Door Hangers Craft** 3:30 Golf w. Ruth 6:30 Evening Movie: Evita	**4** 9:00 Mass Online 9:45 Chair Cardio w. Ruth 10:30 Tech Help 11:00 Brain Teasers w. Ruth **11:00 Lunch Outing: Rancho Nicasio** 1:00 Rosary & Communion w. Cat **1:00 Wellness Series Pt. 2** **2:00 Scenic Drive** 2:30 Train Dominoes 3:30 Trivia Time 6:30 Evening Movie: Ticket to Paradise	**5** 9:00 Mass Online 9:45 Strength & Stretch w. Dennis 10:15 Coffee & Donuts w. Ruth 10:30 Uno 11:00 Music Appreciation w. Ruth **1:00 Country Store Open** 1:30 Book Club w. Ruth 2:00 Garden Club **2:30 Activity Planning Mtg.** 3:30 Social Discussion Circle 6:30 Native American Movie Night: Smoke Signals	**6** 9:00 Mass Online 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 11:00 Wordle 1:30 Let's Explore: Buenos Aires 2:00 Resident Led Rummikub 2:15 Name That Tune **3:00 Happy Hour: W. Live Music from Deb** 6:30 Evening Movie: Fabulous Four	**7** 9:00 Mass Online 9:45 Workout 10:30 Coffee Talk **1:15 Pampering Party** 2:00 Learn About Diwali 3:15 Resident Led Golf 3:30 Chicken Soup for the Soul w. Claudette 6:30 Diwali Movie Night: Lagaan: Once Upon a Time in India
8 9:00 Live Mass w. Fr. Bain 10:00 Coffee & Danish w. Cat 10:30 Sunday Stretches 11:15 Garden Club **1:00 Dulce de Leche Ice Cream Social** 1:15 Mindful Meditation w. Claudette 2:30 Chair Volleyball 3:00 Bingo for Bucks w. Cat 5:00 Evening Movie: The Motorcycle Diaries	**9** 9:00 Mass Online 9:45 Monday Movement 10:30 Game Tournament **1:00 Shopping Trip: Target** 1:15 Flower Arranging 2:00 Learn Spanish 3:00 Poker w. Cat 3:30 Wise Aging w. Claudette **3:30 Walking Club: Marin Lagoon** 6:30 Evening Movie: Champagne Problems	**10** 9:00 Mass Online 9:30 Garden Club 9:45 Chair Exercise w. Dennis 10:00 Holiday Baking 10:30 Playlist for Life w. Ruth 11:30 Gratitude Group w. Claudette **1:00 Country Store Open** **2:00 Food Forum w. Chef** 2:45 Biography: Lionel Messi w. Ruth 3:00 Thanksgiving Craft 3:30 Resident Led Ring Toss 6:30 Evening Movie: Ronaldo/Messi Faceoff **6:30 Blackjack w. Judy**	**11** 9:00 Mass Online 9:45 Chair Cardio w. Ruth 10:30 Tech Help **10:45 Scenic Drive** 11:00 Brain Teasers w. Ruth **1:00 Veterans' Day Obs w/Trumpet** **1:15 Outing: Bay Model Sausalito** 1:30 Poetry Reading w. Ruth 2:30 Train Dominoes 3:30 Trivia Time 6:30 Evening Movie: The Last Rifleman Veteran's Day	**12** 9:00 Mass Online 9:45 Strength & Stretch w. Dennis 10:15 Coffee & Donuts w. Ruth 10:30 Uno 11:00 Music Appreciation w. Ruth **1:00 Country Store Open** 1:30 Book Club w. Ruth **2:00 Bread & Roses Concert** 3:30 Social Discussion Circle 6:30 Native American Movie Night: Dream Keeper Pt. 1	**13** 9:00 Mass Online 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 11:00 Wordle 1:30 Let's Explore: Rosario 2:00 Resident Led Rummikub 2:15 Name That Tune **3:00 Happy Hour: Argentina Flag: Wear Pale Blue & White** 6:30 Evening Movie: Eat, Pray, Bark	**14** 9:00 Mass Online 9:45 Workout 10:30 Coffee Talk **1:15 Pampering Party** 2:00 Native American Heritage Month Trivia 3:15 Resident Led Golf 3:30 Chicken Soup for the Soul 6:30 Evening Movie: Mrs. Harris Goes to Paris
15 9:00 Live Mass w. Fr. Bain 10:00 Coffee & Danish w. Cat 10:30 Sunday Stretches 11:15 Garden Club **1:00 Dulce de Leche Banana Bread** 1:15 Mindful Meditation w. Claudette 2:30 Chair Volleyball 3:00 Bingo for Chocolate w. Cat 5:00 Evening Movie: Little Big Man	**16** 9:00 Mass Online **9:30 Mark Day School** 9:45 Monday Movement 10:30 Game Tournament **11:00 Torah Study** **1:00 Shopping Trip: Safeway** 1:15 Flower Arranging 2:00 Learn Spanish 3:00 Poker w. Cat 3:30 Wise Aging w. Claudette **3:30 Walking Club: Marin Lagoon** 6:30 Evening Movie: The Bank of Dave	**17** 9:00 Mass Online 9:30 Garden Club 9:45 Chair Exercise w. Dennis 10:00 Holiday Baking 10:30 Playlist for Life w. Ruth 11:30 Gratitude Group w. Claudette **1:00 Country Store Open** **2:00 Ask Lance about Operations** 3:00 Biography: Pope Francis w. Ruth 2:30 Meet Your Neighbors Social **3:30 Resident Led Ring Toss** **4:00 AVSR Soirée: Argentine** 6:30 Evening Movie: The Two Popes	**18** 9:00 Mass Online 9:45 Chair Cardio w. Ruth 10:30 Tech Help **10:45 Scenic Drive** 11:00 Brain Teasers w. Ruth 1:00 Rosary & Communion w. Cat **1:15 Outing: Amer. Indian Museum** 1:30 Poetry Reading w. Ruth 2:15 Thanksgiving Centerpiece Craft 3:15 Train Dominoes 6:30 Evening Movie: And So it Goes	**19** 9:00 Mass Online 9:45 Strength & Stretch w. Dennis 10:15 Coffee & Donuts w. Ruth 10:30 Uno 11:00 Music Appreciation w. Ruth **1:00 Country Store Open** 1:30 Book Club w. Ruth 2:00 Garden Club **3:00 Resident Community Mtg.** 6:30 Native American Movie Night: Dream Keeper Pt. 2	**20** 9:00 Mass Online 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 11:00 Wordle 1:30 Let's Explore: Cordoba 2:00 Resident Led Rummikub 2:15 Name That Tune **3:00 Happy Hour: w. Live Music** 6:30 Evening Movie: Bread Winner	**21** 9:00 Mass Online 9:45 Workout 10:30 Coffee Talk **1:15 Pampering Party** 2:00 Native American Heritage Drum Circle 3:15 Resident Led Golf 3:30 Chicken Soup for the Soul 6:30 Evening Movie: The Long Game
22 9:00 Live Mass w. Fr. Bain 10:00 Coffee & Danish w. Cat 10:30 Sunday Stretches 11:15 Garden Club 1:00 Clean Out the Cupboard Baking 1:15 Mindful Meditation w. Claudette 2:15 Chair Volleyball 3:00 Bingo for Bucks w. Cat 5:00 Evening Movie: Planes, Trains, & Automobiles	**23** 9:00 Mass Online 9:45 Monday Movement 10:30 Game Tournament **1:00 Shopping Trips: CVS** 1:15 Flower Arranging 2:00 Learn Spanish 3:00 Poker w. Cat 3:30 Wise Aging w. Claudette **3:30 Walking Club: Marin Lagoon** 6:30 Evening Movie: Victoria & Abdul	**24** 9:00 Mass Online 9:30 Garden Club 9:45 Chair Exercise w. Dennis 10:00 Holiday Baking 10:30 Playlist for Life w. Ruth 11:30 Gratitude Group w. Claudette **1:00 Country Store Open** **2:00 Tea w. Tracy** 3:00 **TOWN HALL - NOTE ALT TIME** 3:30 Biography: Gabriela Sabatini 6:30 Evening Movie: The Campions of Women's Tennis **6:30 Blackjack w. Judy**	**25** 9:00 Mass Online 9:45 Chair Cardio w. Ruth **10:30 Hearing Loss Association of America** 11:00 Brain Teasers w. Ruth **11:15 Outing: Piatti Lunch** 1:00 Rosary & Communion w. Cat 1:00 Tech Help 1:30 Poetry Reading w. Ruth **2:00 Scenic Drive** 2:15 Turkey Thumbprint Place Cards **3:00 Birthday Celebration w. Live Music** 6:30 Evening Movie: Harriet	**26** 9:00 Mass Online 9:45 Turkey Toning Exercises 10:15 Thanksgiving Parade & Treats **11:00 Thanksgiving Luncheon** 1:15 **Gratitude Tree & Dessert w. Claudette** **2:30 A Charlie Brown Thanksgiving for AlmaVia Families** **4:00 Bingo for Chocolate w. Cat** 6:30 Evening Movie: Home for the Holidays Thanksgiving	**27** 9:00 Mass Online 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 11:00 Wordle 1:30 Let's Explore: Salta 2:00 Resident Led Rummikub 2:15 Vintage Thanksgiving Playlist **3:00 Happy Hour** 6:30 Evening Movie: Nyad	**28** 9:00 Mass Online 9:45 Workout 10:30 Coffee Talk **1:15 Pampering Party** 2:00 Trivia Time 3:15 Resident Led Golf 3:30 Chicken Soup for the Soul 6:30 Evening Movie: Guarding Tess
29 9:00 Live Mass w. Fr. Bain 10:00 Coffee & Danish w. Cat 10:30 Sunday Stretches 11:15 Garden Club 1:00 **49er Tailgate** 1:15 Mindful Meditation w. Claudette 2:25 Chair Volleyball 3:00 Bingo for Chocolate w. Cat 5:00 Evening Movie: The Myth of Fingerprints	**30** 9:00 Mass Online 9:45 Monday Movement 10:15 Checkers Tournament **11:00 Torah Study** **1:00 Shopping Trips: Safeway** 1:15 Flower Arranging 2:00 Learn Spanish 3:00 Poker w. Cat 3:30 Wise Aging w. Claudette **3:30 Walking Club: Marin Lagoon** 6:30 Evening Movie: Falls Around Her					

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

RCFE Lic #: 216801868

Activities are subject to change. Please refer to your Daily Schedule for the most up-to-date information regarding activities and times.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Gentle Exercise 10:00 Nourish & Nurture 10:30 Mass Online 11:15 Sports Stats **11:30 Day of the Dead w. Claudette** 1:30 Baking Bunch 2:00 Sunhats, Sunshine & Spanish 2:30 Singalong 2:45 Snacky Snack 3:15 Game Day w. Luis 5:00 Dinner & Evening Movie	**2** 9:30 Yoga Dance 10:00 Nourish & Nurture **10:30 Scenic Outings** 11:30 Meditation & Stretch 1:30 How it's Made 2:00 Good News Stories 2:30 Flower Arranging 2:45 Snacky Snack 3:15 Monday Funday w. Luis 5:00 Dinner & Evening Movie	**3** 9:30 Chair Tai Chi 10:00 Nourish & Nurture 10:30 **Rosary w. Fr. Bain** 11:00 LED Class: Biography 11:30 Dice Discussion 1:30 Shopping & Library Trips 2:00 Aromatherapy 2:15 Art n Sip 2:45 Snacky Snack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	**4** 9:30 Chair Zumba Exercise 10:00 Nourish & Nurture 10:30 Birdfeed & Chill 11:00 Daily Chronicle 11:30 Singing for Our Supper 1:30 Pampering Party 2:00 Music Appreciation w. Ruth 2:45 Snacky Snack 3:30 Chicken Soup for the Soul w. Claudette 5:00 Dinner & Evening Movie	**5** 9:30 Gentle Range 10:00 Nourish & Nurture 10:30 Song & Schedule Committee 11:00 LED Travelogue 11:30 Gratitude Circle 1:30 Sports Wrap 2:00 Beautiful Questions 2:30 Decor Crew 2:45 Snacky Snack 3:15 Garden Club w. Luis 5:00 Dinner & Evening Movie	**6** 9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Sit & Be Fit 11:00 Good News Stories 11:30 Bird Watching 1:15 Trivia Tournament **2:00 Happy Hour** 3:00 Personal Music Choices 4:00 Gratitude Circle 5:00 Dinner & Evening Movie	**7** 9:30 Strength & Stretch 10:00 Nourish & Nurture 10:30 Travelogue w. Ruth 11:00 Good News Stories 11:30 Daily Chronicle 1:15 Garden Meditation 2:00 VISTA w. Claudette 2:30 Afternoon Delights 3:00 Music Therapy w. Ruth 5:00 Dinner & Evening Movie
8 9:30 Gentle Exercise 10:00 Nourish & Nurture 10:30 Mass Online 11:15 Sports Stats 11:30 Spiritual Den w. Claudette 1:30 Baking Bunch 2:00 Sunhats, Sunshine & Spanish 2:30 Singalong 2:45 Snacky Snack 3:15 Game Day w. Luis 5:00 Dinner & Evening Movie	**9** 9:30 Yoga Dance 10:00 Nourish & Nurture **10:30 Scenic Outings** 11:30 Meditation & Stretch 1:30 How it's Made 2:00 Good News Stories 2:30 Flower Arranging 2:45 Snacky Snack 3:15 Monday Funday w. Luis 5:00 Dinner & Evening Movie	**10** 9:30 Chair Tai Chi 10:00 Nourish & Nurture 10:30 **Rosary w. Fr. Bain** 11:00 LED Class: Biography 11:30 Dice Discussion 1:30 Shopping & Library Trips 2:00 Aromatherapy 2:15 Art n Sip 2:45 Snacky Snack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	**11** 9:30 Chair Zumba Exercise 10:00 Nourish & Nurture 10:30 Birdfeed & Chill 11:00 Daily Chronicle 11:30 Singing for Our Supper 1:30 Pampering Party 2:00 Music Appreciation w. Ruth 2:45 Snacky Snack 3:30 Chicken Soup for the Soul w. Claudette 5:00 Dinner & Evening Movie Veteran's Day	**12** 9:30 Gentle Range 10:00 Nourish & Nurture 10:30 Song & Schedule Committee 11:00 LED Travelogue 11:30 Gratitude Circle 1:30 Sports Wrap 2:00 Beautiful Questions **2:00 Bread & Roses Concert- GR** 2:30 Decor Crew 2:45 Snacky Snack 3:15 Garden Club w. Luis 5:00 Dinner & Evening Movie	**13** 9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Sit & Be Fit 11:00 Good News Stories 11:30 Bird Watching 1:30 Trivia Tournament **2:30 Happy Hour** 3:00 Personal Music Choices 4:00 Gratitude Circle 5:00 Dinner & Evening Movie	**14** 9:30 Strength & Stretch 10:00 Nourish & Nurture 10:30 Travelogue w. Ruth 11:00 Good News Stories 11:30 Daily Chronicle 1:15 Garden Meditation 2:00 VISTA w. Claudette 2:30 Afternoon Delights 3:00 Music Therapy w. Ruth 5:00 Dinner & Evening Movie
15 9:30 Gentle Exercise 10:00 Nourish & Nurture 10:30 Mass Online 11:15 Sports Stats 11:30 Spiritual Den w. Claudette 1:30 Baking Bunch 2:00 Sunhats, Sunshine & Spanish 2:30 Singalong 2:45 Snacky Snack 3:15 Game Day w. Luis 5:00 Dinner & Evening Movie	**16** 9:30 Yoga Dance **9:30 Mark Day School- GR** 10:00 Nourish & Nurture **10:30 Scenic Outings** 11:00 Meet w. Rabbi 11:30 Meditation & Stretch 1:30 How it's Made 2:00 Good News Stories 2:30 Flower Arranging 2:45 Snacky Snack 3:15 Monday Funday w. Luis 5:00 Dinner & Evening Movie	**17** 9:30 Chair Tai Chi 10:00 Nourish & Nurture 10:30 **Rosary w. Fr. Bain** 11:00 LED Class: Biography 11:30 Dice Discussion 1:30 Shopping & Library Trips 2:00 Aromatherapy 2:15 Art n Sip 2:45 Snacky Snack **5:00 AVSR Soirée Dinner**	**18** 9:30 Chair Zumba Exercise 10:00 Nourish & Nurture 10:30 Birdfeed & Chill 11:00 Daily Chronicle 11:30 Singing for Our Supper 1:30 Pampering Party 2:00 Music Appreciation w. Ruth 2:45 Snacky Snack 3:30 Chicken Soup for the Soul w. Claudette 5:00 Dinner & Evening Movie	**19** 9:30 Gentle Range 10:00 Nourish & Nurture 10:30 Song & Schedule Committee 11:00 LED Travelogue 11:30 Gratitude Circle 1:30 Sports Wrap 2:00 Beautiful Questions 2:30 Decor Crew 2:45 Snacky Snack 3:15 Garden Club w. Luis 5:00 Dinner & Evening Movie	**20** 9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Sit & Be Fit 11:00 Good News Stories 11:30 Bird Watching 1:30 Trivia Tournament **2:30 Happy Hour** 3:30 Personal Music Choices 4:00 Gratitude Circle 5:00 Dinner & Evening Movie	**21** 9:30 Strength & Stretch 10:00 Nourish & Nurture 10:30 Travelogue w. Ruth 11:00 Good News Stories 11:30 Daily Chronicle 1:15 Garden Meditation 2:00 VISTA w. Claudette 2:30 Afternoon Delights 3:00 Music Therapy w. Ruth 5:00 Dinner & Evening Movie
22 9:30 Gentle Exercise 10:00 Nourish & Nurture 10:30 Mass Online 11:15 Sports Stats 11:30 Spiritual Den w. Claudette 1:30 Baking Bunch 2:00 Sunhats, Sunshine & Spanish 2:30 Singalong 2:45 Snacky Snack 3:15 Game Day w. Luis 5:00 Dinner & Evening Movie	**23** 9:30 Yoga Dance 10:00 Nourish & Nurture **10:30 Scenic Outings** **11:00 Nov BDAY Party w. Kendall** 11:30 Meditation & Stretch 1:30 How it's Made 2:00 Good News Stories 2:30 Flower Arranging 2:45 Snacky Snack 3:15 Monday Funday w. Luis 5:00 Dinner & Evening Movie	**24** 9:30 Chair Tai Chi 10:00 Nourish & Nurture 10:30 **Rosary w. Fr. Bain** 11:00 LED Class: Biography 11:30 Dice Discussion 1:30 Shopping & Library Trips 2:00 Aromatherapy 2:15 Art n Sip 2:45 Snacky Snack 3:30 Group Choice Activities 5:00 Dinner & Evening Movie	**25** 9:30 Chair Zumba Exercise 10:00 Nourish & Nurture 10:30 Birdfeed & Chill 11:00 Daily Chronicle 11:30 Singing for Our Supper 1:30 Pampering Party 2:00 Music Appreciation w. Ruth 2:45 Snacky Snack 3:30 Chicken Soup for the Soul w. Claudette 5:00 Dinner & Evening Movie	**26** 9:30 Gentle Range 10:00 Nourish & Nurture 10:30 Song & Schedule Committee 11:00 LED Travelogue **11:30 Thanksgiving Gratitude Stories** 1:30 Turkey Cookies 2:00 Sunhats & Sunshine 2:30 Singalong 2:45 Snacky Snack 3:30 Thanksgiving Bingo 5:00 Dinner & Walton's Thanksgiving Thanksgiving	**27** 9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Sit & Be Fit 11:00 Good News Stories 11:30 Bird Watching 1:30 Trivia Tournament 2:30 Personal Music Choices **3:00 Happy Hour** 4:00 Gratitude Circle 5:00 Dinner & Evening Movie	**28** 9:30 Strength & Stretch 10:00 Nourish & Nurture 10:30 Travelogue w. Ruth 11:00 Good News Stories 11:30 Daily Chronicle 1:15 Garden Meditation 2:30 Afternoon Delights 3:00 Music Therapy w. Ruth 5:00 Dinner & Evening Movie
29 9:30 Gentle Exercise 10:00 Nourish & Nurture 10:30 Mass Online 11:15 Sports Stats 11:30 Spiritual Den w. Claudette 1:30 Baking Bunch 2:00 Sunhats, Sunshine & Spanish 2:30 Singalong 2:45 Snacky Snack 3:15 Game Day w. Luis 5:00 Dinner & Evening Movie	**30** 9:30 Yoga Dance 10:00 Nourish & Nurture **10:30 Scenic Outings** 11:30 Meditation & Stretch 1:30 How it's Made 2:00 Good News Stories 2:30 Flower Arranging 2:45 Snacky Snack 3:15 Monday Funday w. Luis 5:00 Dinner & Evening Movie					

November 2026

Bridgehaven Memory Care Neighborhood
Life Enrichment Activities Calendar

AlmaVia OF SAN RAFAEL



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

RCFE Lic #: 216801868

Activities are subject to change. Please refer to your Daily Schedule for the most up-to-date information regarding activities and times.