SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **Rent is Due**	2 **Fitness Class** 9 am Camino Rm. **Tai Chi Class** 10am (virtual) **Scan Health Plan Seminar** 11:30 Movie Rm **Gentle Stretching** 1:30 pm Camino Rm	3 **Volunteer Meeting** 11:00amin Camino Rm **Seated Strength with Bands** 1:30pm Camino Room **Movie** "Julie & Julia" 3pm	4 **Tai Chi Class** 10 am in Movie Rm **Mid Week Treat:** 12pm Coffee Lounge **Gentle Stretching** 1:30pm Camino Room **Literary Vine Book Club** 2:00 pm in Library	5 **Fitness Class** 9am Camino Rm. **BINGO** 1pm Camino Rm.	6 **Chair Yoga** 12:30 in Camino Rm. **Movie** "My Life in Ruins" 3 pm **Rent is Late**	7 **Walking Group** 9am **Karaoke** 4:30pm in Movie Rm
8 **Doodle Art Class** 4pm in the Camino Rm	9 **Fitness Class** 9 am Camino Rm. **Tai Chi Class** 10am (virtual) **Medicare Kiosk** 11:00 in Lobby **Gentle Stretching** 1:30 pm Camino Rm	10 **Seated Strength with Bands** 1:30pm Camino Room **Movie** "You've Got Mail"	11 **Tai Chi Class** 10am in Movie Rm **Gentle Stretching** 1:30pm Camino Rm **Veteran's Day**	12 **Fitness Class** 9am Camino Rm. **BINGO** 1pm Camino Rm.	13 **Chair Yoga** 12:30 in Camino Rm. **Resident Birthday Celebration** 3 pm	14 **Walking Group** 9am **Karaoke** 4:30pm in Movie Rm
15	16 **Fitness Class** 9 am Camino Rm. **Tai Chi Class** 10am (virtual) **Medicare Kiosk** 11:00 in Lobby **Gentle Stretching** 1:30 pm Camino Rm	17 **Seated Strength with Bands** 1:30pm Camino Room **Movie** "Cocoon" 3pm	18 **Tai Chi Class** 10 am in Movie Rm **Mid Week Treat:** 12pm Coffee Lounge **Gentle Stretching** 1:30 pm Camino Rm	19 **Fitness Class** 9am Camino Rm.	20 **The Villa Thanksgiving Celebration** 3pm - 5pm Camino Rm	21 **Walking Group** 9am **Arts & Crafts** 11am in the Camino Rm. **Karaoke** 4:30pm in Movie Rm
22	23 **Fitness Class** 9 am Camino Rm. **Tai Chi Class** 10am (virtual) **Gentle Stretching** 1:30 pm Camino Rm	24 **Seated Strength with Bands** 1:30pm Camino Room **Movie** "Guarding Stars" 3pm	25 **Tai Chi Class** 10 am in Movie Rm **Gentle Stretching** 1:30 pm Camino Rm	26 	27 **Chair Yoga** 12:30 in Camino Rm. Thanksgiving Day Observed	28 **Walking Group** 9am **Dance of Peace** 1pm Lobby **Karaoke** 4:30pm in Movie Rm
29	30 **Fitness Class** 9 am Camino Rm. **Tai Chi Class** 10am (virtual) **Gentle Stretching** 1:30 pm Camino Rm					

November 2026

The Villa
AT SAN MATEO
An Elder Care Alliance Community

