November 2026

Josephine Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Greet the Day 10:30 Let's Exercise 11:30 Gospel Music Sing Along 1:00 Finish the Saying 2:00 Devotions 3:30 Name 5 Daylight Saving Time Ends	**2** 9:30 Greet the Day 10:30 Balloon Bop 11:30 Topic Talk 1:00 BINGO! 2:30 3 of a Kind 4:00 Finish the Expression 6:00 Rhythm Band	**3** 9:30 Greet the Day **10:30 Sittercise w/Patriot** 11:30 Nature Notes 1:00 Down Memory Lane 2:30 Category Trivia 4:30 Ring Toss 6:00 Coloring Fun	**4** 9:30 Greet the Day 10:30 Moving to the Music 11:30 Sing along with Suzy Q 1:00 November Fun Facts 2:00 Armchair Travel 4:30 Finish the Expression 6:00 Beach Ball Toss	**5** 9:30 Greet the Day 10:30 Gentle Chair Yoga 11:30 Fun and Games 1:00 Fascinating Facts 2:30 Name That Sound 4:30 Reflect and Reminisce 6:00 Parachute Fun	**6** 9:30 Greet the Day 10:30 Seated Zumba 11:30 Golden Memories **1:00 Music w/ Michelle** 2:30 Snack and Chat 4:30 Craft and Color 6:00 Kick the Ball	**7** 9:30 Greet the Day 10:30 Sit and Be Fit 11:30 Down Memory Lane 1:00 Arts and Crafts 2:00 BINGO! 3:00 Alphabet Games 6:00 Saturday at the Movies
8 10:00 Greet the Day 10:30 Movin' to the Music 11:30 Gospel Music Sing Along 1:00 Finish the Saying 2:00 Devotions 3:30 Trivia Diwali (Hindi)	**9** 9:30 Greet the Day 10:30 Fitness Fun 11:30 Trivia Time 1:00 Did you know? 2:30 Armchair Travel 4:30 Solitare 6:00 Noodle Ball	**10** 9:30 Greet the Day **10:30 Sittercise w/Patriot** 11:30 Finish the Expression 1:00 Let's Reminisce! 2:30 Watercolor Painting 4:30 Through the Years 6:00 Beach Ball Toss	**11** 9:30 Greet the Day 10:30 Noodle Ball 11:30 Sing Along with Suzy Q 1:00 Topic Talk 2:00 Rhythm Band 4:00 Around Town Trivia 6:00 Kick the Ball Veterans Day	**12** 9:30 Greet the Day 10:30 Gentle Chair Pilates 11:30 Finish the Expression 1:00 Crafting Fun **2:30 Pizza Party** 4:30 Helping Hands 6:00 Kick the Ball	**13** 9:30 Greet the Day 10:30 Gentle Stretch 11:30 Fun and Games 1:00 Fascinating Facts 2:30 Manicure and a Movie 4:30 Name 5 6:00 Parachute Fun	**14** 9:30 Greet the Day 10:30 Sit and Be Fit 11:30 Down Memory Lane 1:00 Fun & Games 2:00 BINGO! 3:00 Alphabet Games 6:00 Saturday at the Movies
15 10:00 Greet the Day 10:30 Let's Exercise 11:30 Gospel Music Sing Along 1:00 Finish the Saying 2:00 Devotions 3:30 Name 5	**16** 9:30 Greet the Day 10:30 Balloon Bop 11:30 Historic Happenings 1:00 Topic Talk 2:30 Let's Get Crafty 4:00 Fun & Games 6:00 Rhythm Band	**17** 9:30 Greet the Day **10:30 Sittercise w/Patriot** 11:30 Trivia Time 1:00 Did You Know? ***2:30 Birthday Party*** 4:30 Helping Hands 6:00 Parachute Fun	**18** 9:30 Greet the Day 10:30 Moving to the Music 11:30 Fascinating Facts 1:00 BINGO! 2:30 Cooking Club 4:30 Brain Games 6:00 Coloring Fun	**19** 9:30 Greet the Day 10:30 Gentle Chair Yoga 11:30 Helping Hands 1:00 Baking Buddies 2:30 Word Game 4:30 Then and Now 6:00 Kick the Ball	**20** 9:30 Greet the Day 10:30 Seated Zumba 11:30 Trivia Time **1:00 Music w/ Michelle** 2:30 Memory Match 4:30 Craft and Color 6:00 Parachute Fun	**21** 9:30 Greet the Day 10:30 Sit and Be Fit 11:30 Down Memory Lane 1:00 Arts and Crafts 2:00 BINGO! 3:00 Alphabet Games 6:00 Saturday at the Movies Movie Night
22 10:00 Greet the Day 10:30 Movin' to the Music 11:30 Gospel Music Sing Along 1:00 Finish the Saying 2:00 Devotions 3:30 Trivia	**23** 9:30 Greet the Day 10:30 Fitness Fun 11:30 Fascinating Facts 12:30 Massages with Deb 1:00 Do You Remember 2:30 What Doesn't Belong? 4:00 Spin & Solve 6:00 Noodle Ball	**24** 9:30 Greet the Day **10:30 Sittercise w/Patriot** 11:30 Fun & Games 1:00 Family Traditions 2:00 Finish the Phrase 4:00 Ring Toss 6:00 Kick the Ball	**25** 9:30 Greet the Day 10:30 Noodle Ball 11:30 Word Games 1:00 Reflect and Reminisce 2:30 BINGO! 4:30 Ring Toss 6:00 Kick the Ball	**26** 9:30 Greet the Day 10:30 Noodle Ball 11:30 Fun & Games 1:30 Afternoon Stretch 2:30 Holiday Movie 6:00 Coloring Fun Thanksgiving Day (U.S.)	**27** 9:30 Greet the Day 10:30 Gentle Stretch 11:30 Word Games 1:00 Watercolor Painting 2:30 Bowling 4:30 Sing A Long 6:00 Rhythm Band	**28** 9:30 Greet the Day 10:30 Sit and Be Fit 11:30 Down Memory Lane 1:00 Fun & Games 2:00 BINGO! 3:00 Alphabet Games 6:00 Saturday at the Movies
29 10:00 Greet the Day 10:30 Let's Exercise 11:30 Gospel Music Sing Along 1:00 Finish the Saying 2:00 Devotions 3:30 Trivia	**30** 9:30 Greet the Day 10:30 Balloon Bop 11:30 Down Memory Lane 12:30 Massages with Deb 1:00 Wild Wonders 2:30 Snack & Chat 4:00 Afternoon Stretch 6:00 Beach Ball Toss					

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