StoryPoint White Bear Lake
Memory Care

November 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Savings Time 1 **Morning** Balloon Volleyball Spiritual Comfort Music **Afternoon** Crafting Hour: Stained Glass Art Puzzles One to One Visits with Staff and Residents	2 **Morning** Morning Exercise Music Therapy with Megan: 1st floor 10:15 2nd floor 11:00 **Afternoon** Conversation Starters: First Radio Broadcast (1920) Sensory Corner; Teas-Smelling and Tasting One to One Visits with Staff and Residents During the week of 11/2-11/6, After dinner, residents will work on our neighborhood Grateful Quilt.	3 **Morning** Around the World: US National Parks- Zion Rhythmic Ribbon Fitness **Afternoon** Hand Massages and Manicures One to One Visits with Staff and Residents	4 **Morning** Balloon Ball Exercise Finish the Song Lyrics **Afternoon** One to One Visits with Staff and Residents This Day In History **2:00 Musical Guest: Liya (Violin) Cafe**	5 **Morning** Morning Stretch Music with Anthony: 1st floor 9:30 2nd floor 10:15 Conversation Starters: Monoply Day **Afternoon** Crafting Hour: Paper Airplanes One to One Visits with Staff and Residents Small Group Walking Club	6 **Morning** Bingo Mindful Movements Exercise Class **Afternoon** Finishing Lines One to One Visits with Staff and Residents	7 **Morning** Sing A Long Morning Stretch **Afternoon** Culinary Corner: Fresh Popcorn Tabletop Shuffleboard One to One Visits with Staff and Residents
8 Morning Balloon Volleyball Spiritual Comfort Music Conversation Starters: Youngest President Elected Day Afternoon Crafting Hour: Origami Puzzles One to One Visits with Staff and Residents	9 **Morning** Morning Exercise Church Service with Chris: 1st floor 10:00 **Afternoon** Conversation Cards Crafting Hour: Fall Foil Fun One to One Visits with Staff and Residents	10 Morning Around the World: US National Parks- Acadia Rhythmic Ribbon Fitness Afternoon Hand Massages and Manicures One to One Visits with Staff and Residents	**Veteran's Day** 11 Morning Balloon Ball Exercise Finish the Song Lyrics Afternoon One to One Visits with Staff and Residents 1:00pm Veteran's Day Program (Cafe) 2:00 Veteran's Day Musical Guests: Tom Janochoski (Cafe)	12 Morning Morning Stretch Music with Anthony: 1st floor 9:30 2nd floor 10:15 Afternoon Crafting Hour: Race Car Painting One to One Visits with Staff and Residents Small Group Walking Club	13 Morning Bingo Mindful Movements Exercise Class Afternoon Finishing Lines One to One Visits with Staff and Residents	14 Morning Sing A Long Morning Stretch Afternoon Culinary Corner: Pickles for Pickle Day Matching Game One to One Visits with Staff and Residents

Unless a specific location is indicated, all programs will take place in both neighborhoods.

StoryPoint Senior Living

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 Morning Balloon Volleyball Spiritual Comfort Music Afternoon Crafting Hour: Bird House Painting Puzzles One to One Visits with Staff and Residents	**16** Morning Morning Exercise Music Therapy with Megan: 1st floor 10:15 2nd floor 11:00 Afternoon Conversation Cards Sensory Corner; Hot Cocoa One to One Visits with Staff and Residents	**17** Morning Around the World: US National Parks- Great Smokey Mountains Rhythmic Ribbon Fitness Afternoon Culinary Corner: Homemade Bread for Bread Day One to One Visits with Staff and Residents	**18** Morning Balloon Ball Exercise Finish the Song Lyrics Afternoon One to One Visits with Staff and Residents This Day In History 2:00 Musical Guest: Michael Riddle Cafe	**19** Morning Morning Stretch Music with Anthony: 1st floor 9:30 2nd floor 10:15 Afternoon Crafting Hour: Sticker by Number One to One Visits with Staff and Residents Small Group Walking Club	**20** Morning Bingo Mindful Movements Exercise Class Afternoon Conversation Starters: Say Cheese Day Finishing Lines One to One Visits with Staff and Residents	**21** Morning Sing A Long Morning Stretch Afternoon Culinary Corner: Fresh Popcorn Tabletop Shuffleboard One to One Visits with Staff and Residents
22 Morning Balloon Volleyball Spiritual Comfort Music Afternoon Crafting Hour: Origami Puzzles One to One Visits with Staff and Residents	**23** Morning Morning Exercise Church Service with Chris: 2nd floor 10:00 Afternoon Conversation Starters; Billy the Kid Birthday Crafting Hour: Thanksgiving Wood Paintings One to One Visits with Staff and Residents	**24** Morning Around the World: US National Parks- Isle Royale Rhythmic Ribbon Fitness Afternoon Hand Massages and Manicures One to One Visits with Staff and Residents 6:00pm Pie Social (Pub/ Dining Room) (Signup required at front desk)	**25** Morning Balloon Ball Exercise Finish the Song Lyrics Macy's Day Parades of years past Afternoon One to One Visits with Staff and Residents This Day In History	**Thanksgiving Day** **26** Morning Morning Stretch Crafting Hour: DIY Clay Turkeys Macy Day Parade 2026 Afternoon Conversation Starters: Thanksgiving Traditions One to One Visits with Staff and Residents	**27** Morning Bingo Mindful Movements Exercise Class Afternoon Conversation Starters: Archaeologists Enter King Tut's Tomb Finishing Lines One to One Visits with Staff and Residents	**28** Morning Sing A Long Morning Stretch Conversation Starters: Fast Photo Day Afternoon Culinary Corner: Fresh Cookies Matching Game One to One Visits with Staff and Residents
29 Morning Balloon Volleyball Spiritual Comfort Music Afternoon Crafting Hour: Foil Magic Puzzles One to One Visits with Staff and Residents	**30** Morning Morning Exercise Matching Game Afternoon Conversation Cards Holiday Decorating with Holiday Music One to One Visits with Staff and Residents					

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