Grace Haven Assisted Living and Memory Care

Memory Care

November 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 Rise and Shine Exercise Group (MC) 1:00 Set Up Friends and Crochet Club (PD) 2:30 Church Group Singing and Chat (MD) 5:45 Essential Oils (MC)	**2** 10:30 Voting Polls (PD) 1:15 Bingo (MD) 2:00 Dishes (MC) 3:30 Exercise (MD) 5:45 Pack Away Halloween Deor and Put Up Thanksgiving (MC)	**3** 10:00 Catholic Service and Rosary (PD) 11:00 Parachute (MC) 1:00 Tik Tok Tuesday (L) 2:00 Vaccum (MC) 5:45 Coloring and Nighttime Chat (MC)	**4** 10:00 Marching Exercise (MC) 10:45 Manicures (MC) 2:00 Dusting (MC) 3:15 Music with Wendy (MC) 5:45 Happy Hour: Spiked Apple Drink	**5** 10:30 Men's Group with DJ/ Haden (MD) 2:00 Mopping (MC) 3:30 Exercise (MD) 5:45 Grace Haven's Annual Turkey Trot Family Event	**6** 7:45 Aqua Therapy & Lap Swim Outing 10:30 Craft: Thanksgiving Being Grateful (MC) 1:00 Set Up and Bingo (MD) 3:00 SilverSneakers (MD) 5:45 Sleepy Time Tea (MC)	**Taylor's Birthday** **7** 10:30 Golden Zumba Exercise (PD) 1:00 Thanks-for-giving Bingo Store Sale (PD) 2:15 Roll- A- Turkey M&M Game and Pick Up (MC) 5:45 Chicken Soup Stories (MC)
8 10:30 Rise and Shine Exercise Group (MC) 11:30 Cappuccino Mobile Cart Pass Out 1:15 Friends and Crochet Club (PD) 5:45 Resident Games (CD)	**9** 11:30 Ambassador Lunch and Meeting (PD) 1:15 Bingo (MD) 2:00 Laundry (MC) 3:30 Exercise (MD) 5:45 Veterans Day Jeopardy Game (MC)	**10** 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 3:00 Zumba with Margie and Clean Up (MD) 5:45 Tik Tok Tuesday (MC)	**Veteran's Day** **11** 10:30 Resident Activity Meeting Pick Up (PD) 1:30 Veteran's Celebration(L) 3:45 Circuit Training Exercises (MC) 6:00 Happy Hour: Bar (L)	**Shirley's Birthday** **12** 10:30 Haden's Safety Seminar (L) 1:30 Culinary Showcase with Chef (MC) 2:00 Sweeping (MC) 3:30 Exercise (MD) 5:45 Affirmations (MC)	**Doris's Birthday** **13** 10:30 Gracie's Thanksgiving Parade (H) 1:00 Set Up and Bingo Buck Betting Bingo (MD) 4:15 Music with Marty (MC) 5:45 Resistance Band Exercise (MC)	**14** 10:30 Opening of Deer Hunting Game (MD) 1:15 Suzanne and Chloe Visits 2:30 Set Up and Balloon Badminton (MC) 5:45 Euchre Games (CD)
Ann T.'s Birthday **15** 10:30 Church Service and Songs (MC) 1:00 Set Up Friends and Crochet Club (PD) 2:15 Fall Foliage Walk (O) 5:45 Meditation Exercise and Calming Sounds (MC)	**16** 10:00 Denise and Ruby Visit 10:30 Tree Trimming and Decorating (H) 1:15 Closet Clean Up (MC) 2:00 Games (MD) 3:30 Exercise (MD) 5:45 Pumpkin Shake Cart	**17** 10:00 Catholic Service and Rosary (PD) 1:15 Turkey Talk and Presentation (PD) 3:00 Baking Club: Making a Dutch Apple Pie (CD) 5:45 Warming Words (MC)	**18** 9:00 Grand Rapids Art Institue Trip 10:00 Simple Stretches (MC) 10:45 Manicures (MC) 2:00 Vaccum (MC) 6:00 Happy Hour: Warm Up Drinks (L)	**19** 10:00 Food Committee with Chef (L) 2:00 Shadow Boxes (MC) 3:30 Exercise (MD) 5:45 Tactile Ball Exercise and Breath Control (MC)	**20** 9:00 Soaring Eagle Casino Outing (*Bring Your Own Money) 3:30 Meditation (MC) 5:45 Holiday Decorating, Music, and Traditions Talk (MC)	**21** 10:30 Mobile Cart: Making Scarecrow Crunch 1:00 Tactile Ball and Turkey Neck Exercise (MC) 2:00 Sudoku Puzzles (MD) 5:45 Relaxing Drinks and Hand Massages (MC)
22 10:30 Church Service and Songs (MC) 1:00 Set Up Friends and Crochet Club (PD) 2:30 Puzzles and Pop (L) 5:45 Resident Lead Card Games (CD)	**23** 10:30 Music with Tess (MC) 1:15 Thanksgiving Bingo (MD) 2:00 Plants (MC) 3:30 Exercise (MD) 5:45 Wind Down Hydration Mobile Cart	**24** 10:00 Catholic Service (PD) 10:45 Bible Study with Dean (CD) 1:00 Tik Tok Tuesday (L) 3:00 Zumba with Margie and Clean Up (MD) 5:45 Hymns (MC)	**25** 10:30 Resident Council (PD) 12:00 Friendsgiving Resident Birthday Party (MD) 1:30 Manicures (MC) 2:30 Vaccum (MC) 6:00 Happy Hour: Thanksgiving Brew (L)	**Richard's Birthday** **Happy Thanksgiving!** **26** 8:30 Macy's Thanksgiving Day Parade (L) 1:30 Exercise (MD) 2:00 Laundry (MC) 5:45 Seasonal Movie with Snacks and Drinks (MC)	**27** 10:30 Jen and Frankie Therapy 1:15 Bingo (MD) 3:30 Chair Synchronized Swimming (MC) 5:45 Holiday Chat and Card Making (MC)	**28** 10:30 Don't Burst My Bubble Game and Pick Up(MD) 1:15 Super Saturday Bingo Store Sale (PD) 5:45 Essential Oils, Relaxation Exercise, and Hydration (MC)
29 10:30 Church Service and Songs (MC) 11:30 Oil and Massage Allergy Relief (MC) 1:15 Indoor Walking Club (H) 2:00 Dishes (MC) 5:45 Crosswords (PD)	**30** 10:30 Cyber Monday Senior Social (PD) 1:15 Bingo (MD) 2:00 Organizing (MC) 3:30 Exercise (MD) 5:45 Historical Events Talk (MC)					

Calender Key:
MD – Main Dining
MC – Memory Care
PD – Private Dining
CD – Cooking Room
L – Lobby
P - Patio
O - Outside
B- Beauty Salon
H- Hall

Breakfast: 7:30am-9:00am

Lunch: 12:15pm-1:30pm

Dinner: 4:45pm- 6:00pm

Grace Haven
A Leisure Living Community