Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **9:00am** Morning Stretch (TV) **10:30am** Christ Lutheran Church Service (TV) **11:00am** Discussion Group (T) **2:00pm** Strength Exercise (TV) **3:00pm** Resident Lead Game Time (P) **3:30pm** Resident Lead Women's Group (P)	**2** **9:00am** Morning Stretch (TV) **9:30am** Men's Group (L) **11:00am** Chair Yoga (T) **1:00pm** Movie Matinee (T) **1:15pm** Bible Study with Chuck (P) **1:15pm** Shopping @ TJ MAXX **3:00pm** Sticker Art (P)	**3** **10:00am** AM Voting Shuttle (O) **10:00am** Lake Elmo Bank (S) **11:00am** BINGO (P) **1:15pm** Walking Group (P) **2:00pm** PM Voting Shuttle (P) **2:15pm** Drawing Class w/ Alyssa (P) **2:30pm** Fox Exercise Class (T) **3:30pm** Sing Along Group (L) **4:00pm** Women's Group (L)	**4** **9:00am** Morning Stretch (TV) **10:00am** Catholic Mass w/ Father McCorkell (T) **11:00am** Card Group (P) **1:00pm** Tell Me Your Story (P) **2:00pm** Happy Hour (P) **3:00pm** Strengthening Exercise (TV) **3:30pm** Historical Trivia (T)	**5** **9:00am** Morning Stretch (TV) **9:45am** Wunder Years visit (P) **11:00am** BINGO (P) **1:15pm** Blackjack (P) **2:30pm** Fox Exercise Class (T) **3:30pm** Book Club (P)	**6** **9:00am** Morning Stretch (TV) **10:15am** Bible Study (P) **11:00am** Virtual Church Service (T) **1:30pm** Exercise Class (T) **4:00pm** Game Night (P)	**7** **9:00am** Morning Stretch (TV) **9:30am** Men's Group (L) **10:30am** Manicures (P) **1:30pm** Movie Matinee (T) **2:00pm** Strength Exercise (TV) **3:00pm** Resident Lead Game Time (P) **3:30pm** Women's Group (P)
8 **9:00am** Morning Stretch (TV) **10:30am** Christ Lutheran Church Service (TV) **2:00pm** Strength Exercise (TV) **3:00pm** Resident Lead Game Time (P) **3:30pm** Resident Lead Women's Group (P)	**9** **9:00am** Morning Stretch (TV) **9:30am** Men's Group (L) **11:00am** Chair Yoga (T) **1:00pm** Movie Matinee (T) **1:15pm** Bible Study with Chuck (P) **1:15pm** Shopping @ Cub Foods **3:00pm** Sticker Art (P)	**10** **9:00am** Morning Stretch (TV) **11:00am** BINGO (P) **1:00pm** Massage (T) **1:30pm** Veteran's Pinning Ceremony (P) **2:30pm** Fox Exercise Class (T) **3:30pm** Sing Along Group (L) **4:00pm** Chickenfoot (P)	**11** Veterans Day **9:00am** Morning Stretch (TV) **10:00am** Virtual Catholic Mass (T) **11:00am** Card Group (P) **1:00pm** Tell Me Your Story (P) **2:00pm** Happy Hour (P) **3:00pm** Strengthening Exercise (TV) **3:30pm** Historical Trivia (T)	**12** **9:00am** Morning Stretch (TV) **9:45am** Wunder Years visit (P) **11:00am** BINGO (P) **1:15pm** Blackjack (P) **2:30pm** Fox Exercise Class (T) **3:30pm** Card Making (P)	**13** **9:00am** Morning Stretch (TV) **10:15am** Bible Study (P) **11:00am** Virtual Church Service (T) **11:45am** Downtown Lake Elmo Excursion (O) **1:30pm** Exercise Class (T) **4:00pm** Game Night (P)	**14** **9:00am** Morning Stretch (TV) **9:30am** Men's Group (L) **1:30pm** Movie Matinee (T) **2:00pm** Strength Exercise (TV) **3:00pm** Resident Lead Game Time (P) **3:30pm** Resident Lead Women's Group (P)
15 **9:00am** Morning Stretch (TV) **10:30am** Christ Lutheran Church Service (TV) **2:00pm** Strength Exercise (TV) **3:00pm** Resident Lead Game Time (P) **3:30pm** Resident Lead Women's Group (P)	**16** **9:30am** Men's Group (L) **10:00am** Catholic Communion Offering Service (T) **11:00am** Chair Yoga (T) **1:00pm** Movie Matinee (T) **1:15pm** Bible Study with Chuck (P) **1:15pm** Shopping @ Farmer's Daughter in WBL **3:00pm** Sticker Art (P) **4:15pm** Sing Along with Angie (L)	**17** **9:00am** Morning Stretch (TV) **10:00am** Lake Elmo Bank (S) **11:00am** BINGO (P) **1:15pm** Adult Coloring (P) **1:15pm** Walking Group (P) **2:30pm** Fox Exercise Class (T) **3:30pm** Sing Along Group (L) **4:00pm** Women's Group (L)	**18** **9:00am** Morning Stretch (TV) **10:00am** Virtual Catholic Mass (T) **11:00am** Card Group (P) **1:00pm** Tell Me Your Story (P) **2:00pm** Happy Hour (P) **3:00pm** Strengthening Exercise (TV) **3:30pm** Historical Trivia (T)	**19** **9:00am** Morning Stretch (TV) **10:00am** Veteran's Club (P) **11:00am** BINGO (P) **1:15pm** Blackjack (P) **1:30pm** Aging in Place Presentation with popcorn bar (P) **2:30pm** Fox Exercise Class (T) **3:30pm** Book Club (P)	**20** **9:00am** Morning Stretch (TV) **10:15am** Bible Study (P) **11:00am** Church Service w/ Tammie (T) **1:15pm** Tour of Trees Outing (O) **1:30pm** Exercise Class (T) **4:00pm** Game Night (P)	**21** **9:00am** Morning Stretch (TV) **9:30am** Men's Group (L) **10:30am** Manicures (P) **1:30pm** Movie Matinee (T) **2:00pm** Strength Exercise (TV) **3:00pm** Resident Lead Game Time (P) **3:30pm** Women's Group (P)
22 **9:00am** Morning Stretch (TV) **10:30am** Christ Lutheran Church Service (TV) **2:00pm** Strength Exercise (TV) **3:00pm** Resident Lead Game Time (P) **3:30pm** Resident Lead Women's Group (P)	**23** **9:00am** Morning Stretch (TV) **9:30am** Men's Group (L) **11:00am** Chair Yoga (T) **1:00pm** Movie Matinee (T) **1:15pm** Bible Study with Chuck (P) **1:15pm** Shopping @ Target **3:00pm** Sticker Art (P)	**24** **9:00am** Morning Stretch (TV) **10:15am** Calendar Meeting (P) **11:00am** BINGO (P) **1:00pm** Massage (T) **1:30pm** Resident Council (P) **2:30pm** Fox Exercise Class (T) **3:30pm** Sing Along Group (L) **4:00pm** Chickenfoot (P)	**25** **9:00am** Morning Stretch (TV) **10:00am** Virtual Catholic Mass (T) **11:00am** Card Group (P) **1:00pm** Tell Me Your Story (P) **2:00pm** Happy Hour (P) **3:00pm** Strengthening Exercise (TV) **3:30pm** Historical Trivia (T)	**26** Thanksgiving Day **9:00am** Morning Stretch (TV) **11:00am** Turkey BINGO (P) **1:15pm** Game Time (P) **2:30pm** Fox Exercise Class (T) **3:00pm** Fall Craft with Megan (P)	**27** **9:00am** Morning Stretch (TV) **10:15am** Bible Study (P) **11:00am** Virtual Church Service (T) **1:30pm** Exercise Class (T) **4:00pm** Game Night (P)	**28** **9:00am** Morning Stretch (TV) **9:30am** Men's Group (L) **10:30am** Manicures (P) **1:30pm** Movie Matinee (T) **2:00pm** Strength Exercise (TV) **3:00pm** Resident Lead Game Time (P) **3:30pm** Women's Group (P)
29 **9:00am** Morning Stretch (TV) **10:30am** Christ Lutheran Church Service (TV) **11:00am** Discussion Group (T) **2:00pm** Strength Exercise (TV) **3:00pm** Resident Lead Game Time (P) **3:30pm** Resident Lead Women's Group (P)	**30** **9:00am** Morning Stretch (TV) **9:30am** Men's Group (L) **11:00am** Chair Yoga (T) **1:00pm** Movie Matinee (T) **1:15pm** Bible Study with Chuck (P) **3:00pm** Sticker Art (P)					

November 2026

Lake Elmo

Location Key

T = Theater
L = Lobby
P = Pub
TV = Channel 1–3
O = Outing

Happy Birthday!

Rebecca "Becky" N. – 7th
Barry M. – 9th
Joan K. – 19th