Glen Abbey Assisted Living and Memory Care

Assisted Living

November 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Chronicles and Coffee 10:00 Church Service (L) 11:00 Chair Zumba(CR) 2:00 Axe Throwing(CR) 3:30 Bowling (CR) 6:00 Breathing Exercises	**2** 9:30 Chronicles and Coffee 11:00 Chair Yoga(CR) 2:00 Bingo(CR) 4:00 Book Club 6:00 Evening Reflections	**3** 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 2:00 Snack Mobile Cart 2:30 Bowling (CR) 4:00 TV-Show 50 States(CR) 6:00 Classical Music	**4** 9:30 Chronicles and Coffee 11:00 Cardio Drumming(CR) 2:00 Christine Shrinker(D) 4:00 Skip Bo Card Game 6:00 Smooth Jazz Music	**5** 9:30 Chronicles and Coffee 11:00 Chair Yoga(CR) 2:30 Miltary Craft 4:00 Coloring and Bubbly 6:00 Evening Reflection	**6** 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 1:00 Communion 2:00 Bingo 4:00 Walking Club 6:00 Breathing Exercises	**7** 9:30 Chronicles and Coffee 11:00 Zumba(CR) 2:00 Jenga Game(CR) 4:00 Min To WinCR) 6:00 Breathing Exercises
8 9:30 Chronicles and Coffee 10:00 Church Volunteers 11:00 Chair Stretches(CR) 2:00 Crossword Puzzles 4:00 TV-Show 50 States(CR) 6:00 Relaxation Music	**9** 9:30 Chronicles and Coffee 11:00 Resistance Bands(CR) 2:00 Bingo(CR) 4:00 Table Hockey(CR) 6:00 Coloring and Chat	**10** 9:30 Chronicles and Coffee 11:00 Chair Exercise(CR) 1:00 Flight Museum Outing 2:00 Moving and Groovin 4:00 Bracelet Making (CR) 6:00 Smooth Jazz Music	**Veteran's Day** **11** 9:30 Chronicles and Coffee 11:00 Cardio Drumming(CR) 1:30 Veteran's Parade 2:00 Veteran's & Ice Cream 4:00 Activity Meeting 6:00 Relaxation Music	**12** 9:30 Chronicles and Coffee 11:00 Chair Yoga(CR) 2:00 Heart Making Craft 4:00 Min to Win Game(CR) 6:00 Coloring and Chat	**13** 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 2:00 Bingo 4:00 Ping Pong(CR) 6:00 Aromatherapy	**14** 9:30 Chronicles and Coffee 11:00 Exercise (Weights) 12:30 Josh Men's Group (D) 2:00 Bag Toss Game 4:00 Walking Club 6:00 Breathing Exercises
15 9:30 Chronicles and Coffee 10:00 Church Service 11:00 Chair Yoga(CR) 2:00 Hand Massages 4:00 UNO Card Game 6:00 Relaxation Chat	**16** 9:30 Chronicles and Coffee 11:00 Resistance Bands(CR) 2:00 Bingo(CR) 3:30 Fall Mocktail Making 6:00 Calming Tea	**17** 9:30 Chronicles and Coffee 11:00 Chair Exercise(CR) 2:00 Culinary Showcase(D) 3:00 Carnival Games 6:00 Youth Soccer Team	**18** 9:30 Chronicles and Coffee 11:00 Cardio Drumming(CR) 2:00 Hungry Hippo(CR) 4:00 Kings Corner Game(CR) 6:00 Relaxation Music	**19** 9:30 Chronicles and Coffee 11:00 Zumba(CR) 2:00 Jerry Performance(D) 4:00 Nerf Cup Shooting(CR) 6:00 Evening Reflection	**20** 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 11:00 Casper Therapy Dog 1:00 Communion 2:00 Resident Party 2:00 Bingo 6:00 Breathing Exercises	**21** 9:30 Chronicles and Coffee 11:00 Pastor Glass (D) 2:30 Floor Hockey 4:00 Chair Exercise(CR) 6:00 Relaxation Music
22 9:30 Chronicles and Coffee 10:00 Church Service (L) 11:00 Chair Exercise(CR) 2:00 Puzzle Challenge 4:00 Farkle Game(CR) 6:00 Aromatherapy	**23** 9:30 Chronicles and Coffee 11:00 Resistance Bands(CR) 2:00 Bingo(CR) 3:30 Thanksgiving Game 6:00 Resident Led Games	**24** 9:30 Chronicles and Coffee 11:00 Chair Exercise(CR) 2:00 Moving and Groovin 3:00B Balloon Volley 6:00 Evening Reflection	**25** 9:30 Chronicles and Coffee 11:00 Chair Yoga(CR) 2:00 Balloon Competition 4:00 Walking Club 6:00 Family Bingo Night	**26** 9:30 Chronicles and Coffee 11:00 Zumba(CR) 2:00 Ring Race(CR) 4:00 Min To Win(CR) 6:00 Calming Tea	**27** 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 2:00 Bingo 4:00 Mini-Golf Game(CR_ 6:00 Breathing Exercises	**Thanksgiving** **28** 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 12:00 Thanksgiving Brunch 2:00 Turkey Craft 6:00 Relaxation Music
29 9:30 Chronicles and Coffee 10:00 Church Service (L) 11:00 Chair Zumba(CR) 2:00 Trivia(CR) 3:30 TV-Show 50 States(CR) 6:00 Breathing Exercises	**30** 9:30 Chronicles and Coffee 11:00 Resistance Bands(CR) 1:30 Resident Forum(CR) 2:30 Bingo 4:00 Cotton Ball Scoop(CR) 6:00 Classical Music					

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
CR-Community Room

Breakfast: 8:00am

Lunch: 12:00pm

Dinner: 5:00pm

GLEN ABBEY
BY STORYPOINT GROUP