White Lake

Assisted Living | Independent Living

November 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30am Stretch and Tone(DR) 11:00am Coffee and Chronicles (DR) 1:30pm Open Art Hour (CR)	**2** 10:30am Cardio Drum (CR) 11:00am Coffee & Chronicles(CR) 1:30pm Connecting with Memories By Nancy(CR)	**3** 10:30am Stretch & Tone (CR) 11:00am Coffee & Chronicles (CR) 1:30pm Fancy Fingers (IL)	**4** 9:30am Communion Service(CR) 10:30am Stretch & Tone (CR) 11:00am Coffee & Chronicles (CR) 1:00pm Take down the Halloween Decorations 2:00pm Margaret's going away Party (CR)	**5** 10:30am Stretch & Tone(CR) 11:00am Coffee & Chronicles(CR) 1:30pm Praising Harmonica(CR) 4:00pm Movie Matinee(CR)	**6** 10:30am Chair Zumba(CR) 11:00am Coffee & Chronicles(CR) 1:30pm Making Cards for the Veterans(CR) 4:00pm Call the Midwife (CR)	**7** 10:30am Stretch & Tone 11:00am Coffee & Chronicles 1:30 Bingo (CR)
8 10:30am Stretch and Tone(DR) 11:00am Coffee and Chronicles(DR) 1:30pm Open Art Hour(CR)	**9** 10:30am Seated Cardio (CR) 11:00am Coffee & Chronicles(CR) 1:30pm Leaf Door Decoration(CR)	**10** 10:30am Stretch & Tone (IL) 11:00am Coffee & Chronicles (IL) 1:30pm Kitchen Cabinet(IL)	**11** 8:00am Veterans Breakfast (CR) 9:30am Communion Service(CR) 10:30am Stretch & Tone(CR) 11:00am Coffee & Chronicles(CR) 1:30pm Baking Club (CR)	**12** 10:00am Stretch & Tone (CR) 11:00am Coffee & Chronicles(CR) 1:30pm Bingo on the Rocks (CR) 4:00pm Movie Matinee(CR)	**13** 10:30am Chair Zumba (CR) 11:00am Coffee & Chronicles (CR) 2:00pm Culinary Showcase(CR) 4:00pm Call the Midwife (CR)	**14** 10:30am Stretch & Tone(DR) 11:00am Coffee & Chronicles (DR) 1:30 Bingo (CR)
15 10:30am Stretch and Tone(DR) 11:00am Coffee and Chronicles(DR) 1:30pm Open Art Hour (CR)	**Happy Birthday Elsie** **16** 10:30am Cardio Drum (CR) 11:00am Coffee & Chronicles (CR) 1:30pm Scarecrow Craft (CR)	**17** 10:30am Stretch & Tone (CR) 11:00am Coffee & Chronicles (CR) 1:30pm Fancy Fingers (IL)	**18** 9:30am Communion Service(CR) 10:30am Stretch & Tone(CR) 11:00am Coffee & Chronicles(CR) 2:00pm Making Thanksgiving Placemats (CR)	**19** 10:30am Stretch & Tone (CR) 11:00am Coffee & Chronicle(CR) 2:00pm Music by Steve Ripley (CR) 4:00pm Movie Matinee (CR)	**20** 10:30am Chair Zumba (CR) 11:00am Coffee & Chronicles (CR) 2:00pm Putting up the Christmas Tree (FL) 4:00pm Call the Midwife (CR)	**21** 10:30am Stretch & Tone (CR) 11:00am Bingo (CR) 2:00pm Friendsgiving (DR) 2:45pm Music by Billy Ryan (IL)
22 10:30am Stretch and Tone(DR) 11:00am Coffee and Chronicles (DR) 1:30pm Open Art Hour (CR)	**23** 10:30am Seated Cardio (CR) 11:00am Coffee & Chronicles (CR) 1:30pm Snowman Craft (CR)	**24** 10:30am Stretch & Tone (CR) 11:00am Coffee & Chronicles (CR) 1:30pm Resident Coucill (IL)	**25** 9:30am Communion Service(CR) 10:30am Stretch & Tone(CR) 11:00am Coffee & Chronicles(CR) 2:00pm November Birthday & New Resident Welcome Party (CR)	**Happy Thanksgiving** **26** 10:30am Stretch & Tone(DR) 11:00am Coffee & Chronicles(DR) 1:30pm Bingo on the Rocks (CR) 4:00pm Movie Matinee (CR)	**Black Friday** **27** 10:30am Chair Zumba (CR) 11:00am Coffee & Chronicles (CR) 1:30pm Mobile Cart Express (CR) 4:00pm Call the Midwife (CR)	**28** 10:30am Stretch & Tone (DR) 11:00am Coffee & Chronicles (DR) 1:30 Bingo (CR)
29 0:30am Stretch and Tone (DR) 11:00am Coffee and Chronicles (DR) 1:30pm Open Art Hour (CR)	**30** 10:30am Cardio Drum (CR) 11:00am Coffee & Chronicles (CR) 2:00pm Wood Snowman Craft (CR)					

Calender Key:
AL – Assisted Living
MC – Memory Care
IL– Independent Living

CR – Community Room
DR – Dining Room
RTR-- Room To Room

Resident Birthday's

6th Dottie #38
8th Keith #27
16th Elsie #26
28th Jean #30

[Other]

WHITE LAKE
BY STORYPOINT GROUP