Béo of Franklin

Independent Living

November 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Savings Ends 1 10:15am Sunday Service (CHPL) 11:15am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	2 9:30am Stretch Session with Total Wellness Therapy (AR) 10:30pm Chair Exercise (AR) 10:45am Walking Club with Total Wellness Therapy (AT) 1:30pm Matinee Movie (CHPL) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	**Election Day** 3 9:00am Election Day Voting Shuttle Trip - Sign Up! 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 1:00pm Spintopia (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm Ted Talk & Discussion (AR)	4 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Bus Outing: Carrabba's Italian Grill 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 3:45pm Uno 6:00pm Movie Night (CHPL)	5 9:30am Morning Stretch (AR) 10:00am Bible Study (CHPL) 11:00am Chair Exercise (AR) 2:00pm Walmart Bus Trip 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 3:30pm Noodleball (AT) 6:00pm Relaxing Stretch (AR)	6 9:30am Morning Stretch (AR) 11:00am Chair Zumba (AR) 1:30pm Prayer Team (CHPL) 2:00pm Happy Hour with Robert May (AT) 3:15pm Uno (AR	7 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Left Right Center (AR) 1:00pm Golden Memories (AR) 2:00pm Canasta (GR) 2:00pm Mac Ganoe Music (AT) 3:15pm Uno (AR)
8 10:15am Sunday Service (CHPL) 11:15am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	9 9:30am Stretch Session with Total Wellness Therapy (AR) 10:30pm Chair Exercise (AR) 10:45am Walking Club with Total Wellness Therapy (AT) 2:00pm Pam Westin Music (AT) 3:15pm Uno (AR)	10 9:00am Croquet (FP) 9:30am Morning Stretch (AR) 10:15am Class with Chuck (AR) 1:30pm Noodleball (AT) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 6:00pm Jim Reed's Class on The Industrial Revolution! (AR)	**Veterans Day** 11 8:00am Veterans Breakfast for Veterans & Spouses (AR) 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Bus Outing: Puckett's Southern Comfort Food 11:45am Pledge of Allegiance in Dining Room 2:00pm Rummikub (AR) 3:00pm A Salute to our Veterans: Veterans Recognition Event & Live Harp Music (AT) 6:00pm Movie Night (CHPL)	12 9:30am Morning Stretch (AR) 10:00am Bible Study (CHPL) 11:00am Chef Chat (DR) 1:00pm Spintopia (AR) 2:00pm Target Bus Trip 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:00pm Total Wellness Health Fair (AT) 6:00pm Coloring (AR)	13 9:30am Morning Stretch (AR) 10:00am Resident Council Meeting for Members Only (CHPL) 10:30am Chair Exercise (AR) 11:00am Walking Club (AT) 1:30pm Prayer Team (CHPL) 2:00pm Rummikub (AR) 3:00pm Happy Hour (AR)	14 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Trivia (AR) 1:00pm Golden Memories (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR)
15 10:15am Sunday Service (CHPL) 11:15am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	16 9:30am Stretch Session with Total Wellness Therapy (AR) 10:45am Walking Club with Total Wellness Therapy (AT) 11:00am Chair Zumba (AR) 1:30pm Matinee Movie (CHPL) 2:00pm Rummikub (AR) 3:00pm Bill Sleeter Music (AT)	17 9:00am Croquet (FP) 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 1:00pm Watercoloring (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm Ted Talk & Discussion (AR)	18 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Bus Outing: Mckays Bookstore & Brewhouse Pub West 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 3:30pm Cody Campbell Music (AT) 6:00pm Movie Night (CHPL)	19 9:30am Morning Stretch (AR) 10:00am Bible Study (CHPL) 11:30am-1:00pm Family & Friends "Thanksgiving" Lunch (DR) 2:00pm Target Bus Trip 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm Relaxing Stretch (AR)	20 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Town Hall (DR) 1:30pm Prayer Team (CHPL) 2:00pm Rummikub (AR) 3:00pm Happy Hour (AR)	21 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Spintopia (AR) 1:30pm Noodleball (AR) 2:00pm Canasta (GR) 2:00pm Wine & Cheese Tasting Event - Sign Up! (AR) 3:30pm Uno (AR)
22 10:15am Sunday Service (CHPL) 11:15am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	23 9:30am Stretch Session with Total Wellness Therapy (AR) 10:30pm Chair Exercise (AR) 10:45am Walking Club with Total Wellness Therapy (AT) 1:30pm Matinee Movie (CHPL) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	24 9:00am Croquet (FP) 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 1:00pm Noodleball (AR) 2:00pm Canasta (GR) 2:00pm Billy Buchanan Music (AT) 3:15pm Uno (AR) 6:00pm Relaxing Stretch (AR)	25 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Bus Outing: Longhorn Steakhouse 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 3:30pm Uno (AR) 6:00pm Movie Night (CHPL)	**Thanksgiving Day** 26 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 1:00pm Thanksgiving Trivia (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	27 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Walking Club (AT) 1:30pm Prayer Team (CHPL) 2:00pm Rummikub (AR) 3:00pm Happy Hour (AR)	28 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Spintopia (AR) 1:00pm Golden Memories (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR)
29 10:15am Sunday Service (CHPL) 11:15am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	30 9:30am Stretch Session with Total Wellness Therapy (AR) 10:30pm Chair Exercise (AR) 10:45am Walking Club with Total Wellness Therapy (AT) 1:30pm Matinee Movie (CHPL) 2:00pm Rummikub (AR) 3:15pm Uno (AR)					

Calender Key:
AT – Atrium
AR – Activity Room
CHPL – Chapel
DR - Dining Room
GR – Game Room
LIB –Library
CY – Courtyard

BÉO
BY STORYPOINT GROUP