NOVEMBER 2026

Alto Grayslake Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:15 TV Exercise (CR) 11:00 Catholic Mass (CR) 1:45 BINGO BLITZ (CR) 3:00 Popcorn (CR) 3:15 U-Pick NETFLIX (MT) 5:30 Carol Burnett (DVD) (CR)	**2** 8:45 Coffee Time (DR) 10:15 Movin' Monday (FC) 10:45 Chronicles (FC) 11:00 Newcomers Group (CR) 1:30 Sitdown Sitcom (CR) 2:30 Baking Class (CR) 5:30 TRAVEL: LOUISIANA (CR)	**3** 10:15 Tues. Training (FC) 10:30 Cath. Comm. (MT) 11:00 BUS - JEWEL (BUS) 2:00 Happy Hour Social (B) 2:30 Word Games (CR) 3:00 CONCERT: RANDY WALKER (CR) 6:00 SCRABBLE (LIB)	**4** 8:45 Coffee Time (DR) 10:15 Weights (FC) 10:45 Chronicles (FC) 2:00 ENCOMPASS BINGO (CR) 3:07 1/2 HR. HAIKU: A little poetry - a lot of fun (CR) 5:30 MOVIE: RUNAWAY BRIDE (CR)	**5** 10:15 Legacy Exercise (FC) 10:30 LIBRARY STOP (B) 11:00 BUS TRIP: TIMOTHY O'TOOLES (BUS) 2:00 Happy Hr & More (CR) 2:30 Alto Jeopardy (CR) 6:00 BOOK CLUB (B)	**6** 8:45 Coffee Time (DR) 10:15 Flex Friday (FC) 10:45 Chronicles (FC) 1:30 Bible Study (103) 3:00 Fun & Games (CR) 5:30 Everybdy ... Raymnd (CR)	**7** 10:00 SCRABBLE (LIB) 10:15 Video Exercise (CR) 1:45 Weekend Bingo (CR) 3:00 Popcorn Time (CR) 3:15 U-Pick DVD Movie (MT) 5:30 U-Pick Sitcom (CR)
8 10:15 TV Exercise (CR) 11:00 Catholic Mass (CR) 1:45 BINGO BLITZ (CR) 3:00 Popcorn (CR) 3:15 U-Pick NETFLIX (MT) 5:30 Hart to Hart (CR)	**9** 8:45 Coffee Time (DR) 10:15 Movin' Monday (FC) 10:45 Chronicles (FC) 11:00 Activity Mtg. (CR) 1:30 Sitdown Sitcom (CR) 3:00 Crafts with Cheryl (CR) 5:30 TRAVEL: LUXEMBOURG (CR)	**10** 10:15 Tues. Training (FC) 10:30 Cath. Comm. (MT) 11:00 Food Committee (CR) 1:00 Parkinson's Support Group (MT) 2:00 Cooking Demo w/Dave (CR) 5:30 Tuesday TV Time (CR) 6:00 SCRABBLE (LIB)	**11** AD VETERANS DAY 10:00 Allegro Stands Together: Veterans Day Tribute (CR) 10:30 FANNIE MAY (LOB) 2:00 B I N G O (CR) 3:07 1/2 HR. HAIKU: Veterans & Gratitude (CR) 5:30 MOVIE: BAND OF BROTHERS (CR)	**12** 10:15 Legacy Exercise (FC) 11:00 BUS TRIP: CHILLI'S (BUS) 2:00 Happy Hr & More (CR) 2:45 Internet's Best (CR) 3:00 DOG VISITS-SADIE (CR) 6:00 SCIENCE FUN (CR)	**13** 8:45 Coffee Time (DR) 10:15 Flex Friday (FC) 10:45 Chronicles (FC) 1:30 Bible Study (103) 3:00 CONCERT: KATRINA & VINCENT (CR) 5:30 Everybdy ... Raymnd (CR)	**14** 10:00 SCRABBLE (LIB) 10:15 Video Exercise (CR) 12:00 COMPUTER CLUB (MT) 1:45 Weekend Bingo (CR) 3:00 Popcorn Time (CR) 3:15 U-Pick DVD Movie (MT) 5:30 U-Pick Sitcom (CR)
15 10:15 TV Exercise (CR) 11:00 Catholic Mass (CR) 1:45 BINGO BLITZ (CR) 3:00 CONCERT: WOODWIND QUINTET (CR) 3:15 U-Pick NETFLIX (MT) 5:30 Carol Burnett (DVD) (CR)	**16** 8:45 Coffee Time (DR) 10:15 Movin' Monday (FC) 10:45 Chronicles (FC) 11:00 Newcomers Group (CR) 1:30 Sitdown Sitcom (CR) 2:30 Baking Class (CR) 5:30 TRAVEL: LAOS (CR)	**17** 10:15 Tues. Training (FC) 10:30 Cath. Comm. (MT) 10:45 Chronicles (FC) 2:00 Happy Hour Social (B) 2:30 Word Games (CR) 5:30 Tuesday TV Time (CR) 6:00 SCRABBLE (LIB)	**18** 8:45 Coffee Time (DR) 10:15 Weights (FC) 10:45 Chronicles (FC) 1:30 EARLY BINGO! (CR) 2:30 DOG VISITS - LEFTY (CR) 5:30 MOVIE: WALK THE LINE (CR)	**19** 10:15 Legacy Exercise (FC) 11:00 BUS TRIP: CULVERS (BUS) 2:00 Happy Hr & More (B) 2:30 Alto Jeopardy (CR) 6:00 BOOK CLUB (B)	**20** 10:15 Flex Friday (FC) 10:45 Chronicles (FC) 11:00 Resident Cncl. (CR) 1:30 Bible Study (103) 3:00 Birthday Party (CR) 5:30 Everybdy ... Raymnd (CR)	**21** 10:00 SCRABBLE (LIB) 10:15 Video Exercise (CR) 1:45 Weekend Bingo (CR) 3:00 Popcorn Time (CR) 3:15 U-Pick DVD Movie (MT) 5:30 U-Pick Sitcom (CR)
22 10:15 TV Exercise (CR) 11:00 Catholic Mass (CR) 1:45 BINGO BLITZ (CR) 3:00 Popcorn (CR) 3:15 U-Pick NETFLIX (MT) 5:30 Hart to Hart (CR)	**23** 8:45 Coffee Time (DR) 10:15 Movin' Monday (FC) 10:45 Chronicles (FC) 1:30 Sitdown Sitcom (CR) 3:00 Arts & Crafts (CR) 5:30 TRAVEL: LATVIA (CR)	**24** 10:15 Tues. Training (FC) 10:30 Cath. Comm. (MT) 2:00 Happy Hour (B) 4:30 TOGETHER at the TABLE - Early Thanksgiving Dinner (CR) 6:00 SCRABBLE (LIB) 6:30 Tuesday TV Time (CR)	**25** 8:45 Coffee Time (DR) 10:15 Weights (FC) 10:45 Chronicles (FC) 12:00 Low Vision Lunch (PDR) 2:00 BINGO (CR) 3:00 DOG VISITS - ROSIE (CR) 5:30 MOVIE: THE NOTEBOOK (CR)	**26** .THANKSGIVING. *Add to the Thankfulness Tree* 10:15 Turkey Stretch/Trivia w/Jen (CR) 11:00 Thanksgiving Lunch (DR) 2:00 A CHARLIE BROWN THANKSGIVING (CR) 6:00 THAT GIRL- Thanksgiving Episode (CR)	**27** 8:45 Coffee Time (DR) 10:15 Flex Friday (FC) 10:45 Chronicles (FC) 1:30 Bible Study (103) 2:30 Fun & Games (CR) 5:30 Everybdy ... Raymnd (CR)	**28** 10:00 SCRABBLE (LIB) 10:15 Video Exercise (CR) 1:45 Weekend Bingo (CR) 3:00 Popcorn Time (CR) 3:15 U-Pick DVD Movie (MT) 5:30 U-Pick Sitcom (CR)
29 10:15 TV Exercise (CR) 11:00 Catholic Mass (CR) 1:45 BINGO BLITZ (CR) 3:00 Popcorn (CR) 3:15 U-Pick NETFLIX (MT) 5:30 Carol Burnett (DVD) (CR)	**30** 8:45 Coffee Time (DR) 10:15 Movin' Monday (FC) 10:45 Chronicles (FC) 12:00 MEN'S STEAK LUNCH (CR) 1:30 Sitdown Sitcom (CR) 2:30 Baking Class (CR) 5:30 TRAVEL: LIECHTENSTEIN (CR)					









Birthdays

Joyann H. 11/01
Nadine K. 11/08
Rosemary H. 11/15
Elinore P. 11/19
Kathleen M. 11/27
Julie T. 11/28

Medical Transport

Call Mike to confirm bus availability at least 2 weeks before scheduling appointments.
Limited to Wednesdays.

Reminder

Activities subject to change

Locations

B = Bistro
BUS = Bus
CR = Community Room
C = Courtyard
DR = Dining Room
ALL = Everywhere!
FC = Fitness Center
LIB = Library On 2
LOB = Lobby
229 = Lounge Near Apt. 229
MT = Movie Theater
103 = Lounge Near Apt. 103
PDR = Private Dining Room

November — Grayslake Ensemble

Alto — Senior Living by Allegro

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **00** Exercise **15** Chronicles(AC) **15** IN2L stretches **30** Afternoon Stretch **30** Prayer circle **00** Afternoon History **00** Guided Art **30** IN2L- Resident Choice **30** Calming hand assages	**2** **10:00** Exercise **10:15** Chronicles(AC) **10:45** Wheel of Words **11:15** Resident choice trivia **1:30** ***Baking Club*** **2:30** Word Mining **3:00** Magnet Darts **3:30** Resident Choice Craft **5:30** Calming hand massages **6:30** Craft kits	**3** **10:00** Exercise **10:15** Chronicles(AC) **10:45** Word mapping **2:00** ***BUS TRIP - JOY RIDE*** **3:30** jewelry making **4:00** IN2L Trivia **5:30** Calming hand massages **6:30** Nail trim and cleaning	**4** **10:00** Exercise **10:15** Chronicles(AC) **10:45** ***Candy Day*** **1:00** Spiritual Circle **2:15** Baking Club **3:30** Crafty Crafts **5:30** Calming hand massages **6:30** Craft kits	**5** **10:00** Exercise **10:15** Chronicles(AC) **10:45** IN2L- Jeopardy **1:15** Basketball **2:30** ***Happy Hour Bingo*** **3:30** Table Games **5:30** Calming hand massages **6:30** Nail Trim and cleaning	**6** **10:00** Exercise **10:45** Chronicles **1:00** Courtyard walk **1:30** Weekly Celebrity **2:00** Velcro Darts **3:15** Guess the Price **3:30** puzzles on paper **5:30** Calming hand massages	**7** **10:00** Exercise **10:15** Seated Zumba **10:45** Sing-a-long(IN2L) **11:00** Interfaith Circle **1:00** Conversation Ball **3:30** IN2L- Resident Choice **5:30** Calming hand massages
8 **00** Exercise **15** Chronicles(AC) **15** IN2L stretches **30** Afternoon Stretch **30** Prayer circle **00** Afternoon History **00** Guided Art **30** IN2L- Resident Choice **30** Calming hand assages	**9** **10:00** Exercise **10:15** Chronicles(AC) **10:45** Wheel of Words **11:15** Resident choice trivia **1:30** ***Baking Club*** **2:30** Word Mining **3:00** Magnet Darts **3:30** Resident Choice Craft **5:30** Calming hand massages **6:30** Craft kits	**10** **10:00** Exercise **10:15** Chronicles(AC) **10:45** Word mapping **2:00** BUS TRIP - JOY RIDE **3:30** jewelry making **4:00** IN2L Trivia **5:30** Calming hand massages **6:30** Nail trim and cleaning	**11** **10:00** Exercise **10:10** ***Allegro Stands together*** **10:15** Chronicles(AC) **1:00** Spiritual Circle **2:15** ***Gentiva Veterans Celebration*** **3:30** Crafty Crafts **5:30** Calming hand massages **6:30** Craft kits	**12** **10:00** Exercise **10:15** Chronicles(AC) **10:45** IN2L- Jeopardy **1:15** Basketball **2:30** ***Ladies Tea*** **3:30** Table Games **5:30** Calming hand massages **6:30** Nail Trim and cleaning	**13** **10:00** Exercise **10:45** Chronicles **1:00** Courtyard walk **1:30** ***Concert:Katrina*** **2:00** ***Puns and Pie Social*** **3:15** Guess the Price **3:30** puzzles on paper **5:30** Calming hand massages	**14** **10:00** Exercise **10:15** ***Seated Zumba*** **10:45** Sing-a-long(IN2L) **11:00** Interfaith Circle **1:00** Conversation Ball **2:00** Patio and Pals Lemonade **3:00** Ring Toss **5:30** Calming hand massages
15 **00** Exercise **15** Chronicles(AC) **15** IN2L stretches **30** Afternoon Stretch **30** Prayer circle **00** Afternoon History **30** ***Woodwind Quintet*** **30** IN2L- Resident Choice **30** Calming hand assages	**16** **10:00** Exercise **10:15** Chronicles(AC) **10:45** Wheel of Words **11:15** Resident choice trivia **1:30** ***Baking Club*** **2:30** Word Mining **3:00** Magnet Darts **3:30** Resident Choice Craft **5:30** Calming hand massages **6:30** Craft kits	**17** **10:00** Exercise **10:15** Chronicles(AC) **10:45** Word mapping **11:00** BUS TRIP - Lunch Outing **3:30** Thankful Tree **4:00** IN2L Trivia **5:30** Calming hand massages **6:30** Nail trim and cleaning	**18** **10:00** Exercise **10:15** Chronicles(AC) **10:45** Art appreciation **1:00** Spiritual Circle **2:15** ***Baking Club*** **3:30** ***Happy Birthday Mickey Mouse!*** **5:30** Calming hand massages **6:30** Craft kits	**19** **10:00** Exercise **10:15** Chronicles(AC) **10:45** IN2L- Jeopardy **1:15** Basketball **2:30** ***Happy Hour Bingo*** **3:30** Table Games **5:30** Calming hand massages **6:30** Nail Trim and cleaning	**20** **10:00** Exercise **10:45** Chronicles **1:00** Courtyard walk **1:30** Weekly Celebrity **2:00** Velcro Darts **3:15** Guess the Price **3:30** puzzles on paper **5:30** Calming hand massages	**21** **10:00** Exercise **10:15** ***Seated Zumba*** **10:45** Sing-a-long(IN2L) **11:00** Interfaith Circle **1:00** Conversation Ball **3:30** IN2L- Resident Choice **5:30** Calming hand massages
22 **00** Exercise **15** Chronicles(AC) **15** IN2L stretches **30** Afternoon Stretch **30** Prayer circle **00** Afternoon History **00** Guided Art **30** IN2L- Resident Choice **30** Calming hand assages	**23** **10:00** Exercise **10:15** Chronicles(AC) **10:45** Wheel of Words **11:15** Resident choice trivia **1:30** ***Baking Club*** **2:30** Word Mining **3:00** Magnet Darts **3:30** Resident Choice Craft **5:30** Calming hand massages **6:30** Craft kits	**24** **10:00** Exercise **10:15** Chronicles(AC) **10:45** Word mapping **11:00** ***BUS TRIP - Lunch Outing*** **1:30** ***Concert: Randy Walker*** **3:30** jewelry making **4:00** IN2L Trivia **4:30** Family&Friends TG dinner **5:30** Calming hand massages **6:30** Nail trim and cleaning	**25** **10:00** Exercise **10:15** Chronicles(AC) **10:45** Art appreciation **1:00** Spiritual Circle **2:15** ***Baking Club*** **3:30** Crafty Crafts **5:30** Calming hand massages **6:30** Craft kits	**26** **10:00** Exercise **10:15** Chronicles(AC) **10:45** IN2L- Jeopardy ***11:45*** Thanksgiving Lunch **1:15** Basketball **2:30** ***Ladies Tea*** ***3:30*** Turkey Day Trivia **5:30** Calming hand massages **6:30** Nail Trim and cleaning	**27** **10:00** Exercise **10:45** Chronicles **1:00** Courtyard walk **1:30** Weekly Celebrity **2:00** Soccer **3:15** Guess the Price **3:30** puzzles on paper **5:30** Calming hand massages	**28** **10:00** Exercise **10:15** Seated Zumba **10:45** Sing-a-long(IN2L) **11:00** Interfaith Circle **1:00** Conversation Ball **2:00** Patio and Pals Lemonade **3:00** Ring Toss **5:30** Calming hand massages
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Happy Birthday!

Rosanne – 27th



Locations

- Emotional
- Environmental
- Intellectual/Cognitive
- Physical
- Professional/Vocational
- Social
- Spiritual