November 2026

Spring Arbor of Outer Banks

ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 8:00 AM - Catholic Mass Streamed Live on TV (L) 10:00 AM - Independent Stations (AR) 2:00 PM - OBX Community Church (L)	02 **National Devil Egg Day** 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with Sharon Burke (AR) 1:00 PM - Wise and Well (L) 4:00 PM - Art from the Heart - Canvas Painting (AR)	03 9:00 AM - Open Gym (RG) 10:00 AM - Holy Redeemer By The Sea - In Person Catholic Communion (B) 10:30 AM - Bingo (AR) 2:00 PM - Chair Yoga with Kathy (AR) 4:00 PM - Free Coloring (AR)	04 **Brannon anniversary** 9:00 AM - Open Gym (RG) 9:30 AM - Target Outing 10:00 AM - Bingo w/Friends of Youth (AR) 12:00 PM - Veterans Lunch (AR) 1:00 PM - Wise and Well (L) 2:00 PM - Dog Therapy with Sadie 4:00 PM - Scattergories Game (AR)	05 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with Brenda (AR) 2:30 PM - Pink Poodle (C) 3:00 PM - Kitty Hawk United Methodist Church (AR) 4:00 PM - Music Trivia (AR)	06 **National Nachos Day** 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with David (AR) 1:00 PM - Wise and Well (L) 2:30 PM - Chair Exercises with Melissa (AR) 3:30 PM - Games in Lobby with Trinity (L) 6:00 PM - Live Music w/ Willie Nininger (L)	07 10:00 AM - Game Time (AR) 1:00 PM - Afternoon Walk 2:00 PM - Independent Stations (AR) 3:00 PM - Purposeful Puzzles
08 8:00 AM - Catholic Mass Streamed Live on TV (L) 10:00 AM - Independent Stations (AR) 2:00 PM - OBX Community Church (L)	09 **National Fried Chicken Sandwich Day** 9:00 AM - Open Gym (RG) 10:00 AM - Book Club (C) 10:30 AM - Bingo with Sharon Burke (AR) 1:00 PM - Wise and Well (L) 4:00 PM - Art from the Heart - stamps (AR)	10 9:00 AM - Open Gym (RG) 10:00 AM - Holy Redeemer By The Sea - In Person Catholic Communion (B) 10:30 AM - Bingo with Jodi Collins (AR) 2:00 PM - Chair Yoga with Kathy (AR) 4:00 PM - Free Coloring (AR)	11 **Veterans Day** 9:00 AM - Open Gym (RG) 10:00 AM - Bingo w/Friends of Youth (AR) 11:00 AM - Allegro Stands Together: Veterans Day Tribute (AR) 1:00 PM - Wise and Well (L) 2:00 PM - Dog Therapy with Sadie 2:00 PM - Lion's Den Men's Social (AR) 4:00 PM - Scattergories Game (AR)	12 **Brannon Godfrey's Birthday** 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with Brenda (AR) 3:00 PM - Kitty Hawk United Methodist Church (AR) 4:00 PM - Music Trivia (AR)	13 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with David (AR) 1:00 PM - Wise and Well (L) 2:30 PM - Chair Exercises with Melissa (AR) 3:30 PM - Games in Lobby with Trinity (L)	14 10:00 AM - Game Time (AR) 1:00 PM - Afternoon Walk 2:00 PM - Independent Stations (AR) 3:00 PM - Purposeful Puzzles

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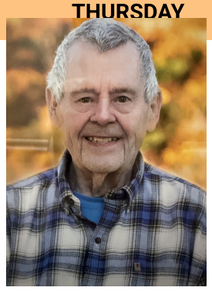
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 8:00 AM - Catholic Mass Streamed Live on TV (L) 10:00 AM - Independent Stations (AR) 2:00 PM - OBX Community Church (L)	16 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with Sharon Burke (AR) 1:00 PM - Wise and Well (L) 2:00 PM - Mary Ann Topaz Sing along (DR) 4:00 PM - Art from the Heart - coloring (AR)	17 **Jack Autry Birthday** 9:00 AM - Open Gym (RG) 10:00 AM - Holy Redeemer By The Sea - In Person Catholic Communion (B) 10:30 AM - Bingo (AR) 2:00 PM - Chair Yoga with Kathy (AR) 4:00 PM - Free Coloring (AR)	18 9:00 AM - Open Gym (RG) 10:00 AM - Bingo w/Friends of Youth (AR) 11:00 AM - Duck Silver Link Lunch (L) 1:00 PM - Wise and Well (L) 2:00 PM - Dog Therapy with Sadie 4:00 PM - Scattergories Game (AR)	19 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with Brenda (AR) 12:00 PM - Thanksgiving Luncheon (DR) 3:00 PM - Kitty Hawk United Methodist Church (AR) 4:00 PM - Music Trivia (AR)	20 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with David (AR) 1:00 PM - Wise and Well (L) 2:30 PM - Chair Exercises with Melissa (AR) 3:30 PM - Games in Lobby with Trinity (L)	21 **Sharon Schreyer Birthday** 10:00 AM - Game Time (AR) 1:00 PM - Afternoon Walk 2:00 PM - Independent Stations (AR) 3:00 PM - Purposeful Puzzles
22 8:00 AM - Catholic Mass Streamed Live on TV (L) 10:00 AM - Independent Stations (AR) 2:00 PM - OBX Community Church (L)	23 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with Sharon Burke (AR) 1:00 PM - Wise and Well (L) 4:00 PM - Art from the Heart - Canvas Painting (AR)	24 **Iyani Melson Birthday** 9:00 AM - Open Gym (RG) 10:00 AM - Holy Redeemer By The Sea - In Person Catholic Communion (B) 10:30 AM - Bingo with Jodi Collins (AR) 12:00 PM - Charlie Brown's Lunch and Movie (DR) 2:00 PM - Chair Yoga with Kathy (AR) 4:00 PM - Free Coloring (AR)	25 **National Parfait Day** 9:00 AM - Open Gym (RG) 10:00 AM - Bingo w/Friends of Youth (AR) 1:00 PM - Wise and Well (L) 2:00 PM - Dog Therapy with Sadie 3:00 PM - Resident Council (AR) 4:00 PM - Scattergories Game (AR)	26 **Thanksgiving Day** 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with Brenda (AR) 3:00 PM - Kitty Hawk United Methodist Church (AR) 4:00 PM - Music Trivia (AR)	27 **Day after Thanksgiving Day** 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with David (AR) 1:00 PM - Wise and Well (L) 2:30 PM - Chair Exercises with Melissa (AR) 3:30 PM - Games in Lobby with Trinity (L)	28 10:00 AM - Game Time (AR) 1:00 PM - Afternoon Walk 2:00 PM - Independent Stations (AR) 3:00 PM - Purposeful Puzzles

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 8:00 AM - Catholic Mass Streamed Live on TV (L) 10:00 AM - Independent Stations (AR) 2:00 PM - OBX Community Church (L)	30 **Jasmine Baum Birthday** 9:00 AM - Open Gym (RG) 10:30 AM - Bingo (AR) 1:00 PM - Wise and Well (L) 2:30 PM - Resident Birthday Party (C) 4:00 PM - Art from the Heart - Canvas Painting (AR)	01 	02 	03 	04 	05 

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MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 9:00 AM - Royal Treatments 10:30 AM - Snack 1:30 PM - Rest and Relaxation 2:00 PM - Church Service (FL) 3:00 PM - One on One 3:30 PM - Snack	02 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Musical Monday: Let's Sing Together 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	03 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	04 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Art from the Heart 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	05 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	06 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Sittersize 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack 7:00 PM - Movie Night	07 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Nail Salon 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack
08 9:00 AM - Royal Treatments 10:30 AM - Snack 1:30 PM - Rest and Relaxation 2:00 PM - Church Service (FL) 3:00 PM - One on One 3:30 PM - Snack	09 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Musical Monday: Let's Sing Together 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	10 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	11 **Veterans Day** 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Art from the Heart 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	12 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	13 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Sittersize 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack 7:00 PM - Movie Night	14 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Nail Salon 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack

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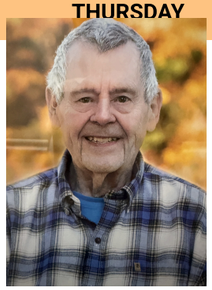
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 9:00 AM - Royal Treatments 10:30 AM - Snack 1:30 PM - Rest and Relaxation 2:00 PM - Church Service (FL) 3:00 PM - One on One 3:30 PM - Snack	16 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Musical Monday: Let's Sing Together 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	17 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	18 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Art from the Heart 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	19 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	20 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Sittersize 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack 7:00 PM - Movie Night	21 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Nail Salon 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack
22 9:00 AM - Royal Treatments 10:30 AM - Snack 1:30 PM - Rest and Relaxation 2:00 PM - Church Service (FL) 3:00 PM - One on One 3:30 PM - Snack	23 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Musical Monday: Let's Sing Together 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	24 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	25 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Art from the Heart 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	26 **Thanksgiving Day** 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	27 **Day after Thanksgiving Day** 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Sittersize 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack 7:00 PM - Movie Night	28 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Nail Salon 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack

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