November 2026

Spring Arbor of Cary

ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **Return to Eastern Standard Time: Clocks fall back!** **10:00 AM** Sunday Mass Telecast (AR) **11:00 AM** Hayes Barton Telecast (SR) **2:00 PM** Cafe Wordplay (C) **3:00 PM** Creamery Treats (AR) **4:30 PM** Parlor Stories Book Club (LR) **5:30 PM** Sunday Night Cinema (SR) **7:00 PM** The Moth Story Hour (AR)	**02** **The Daily Gratitude Bucket Available This Month** **9:30 AM** SalOn-the-Go Cart (H) **10:00 AM** Art From The Heart (AR) **11:00 AM** Sitting Zumba (AR) **11:30 AM** Monday Meditation (AR) **1:00 PM** BrainFit Trivia (AR) **2:00 PM** General Store Open **3:00 PM** Open Gym (AR) **4:00 PM** Autumn Sing-Along (AR) **5:15 PM** Melissa on Piano (LR)	**03** **Election Day** **10:00 AM** Salon Delights (S) **11:00 AM** Stretch in Strength (WC) **1:00 PM** Bingo (AR) **2:30 PM** Star of the Month (AR) **3:00 PM** Baking Bliss (AR) **4:00 PM** Rosary Group (SR) **5:30 PM** Game Table (AR)	**04** **9:00 AM** Cafe Connection Chat (C) **10:00 AM** Master Gardeners Visit (AR) **11:00 AM** Classical Chair Stretch (AR) **1:30 PM** Scenic Splurge **2:00 PM** November Matinee **3:00 PM** General Store Open **4:00 PM** Sports & Soda (SR) **5:30 PM** Evening Devotions (SR)	**05** **9:00 AM** Morning Devotion (AR) **10:00 AM** Resident Council (AR) **11:00 AM** Stretch in Strength (WC) **1:00 PM** Dollar Tree Shopping **2:00 PM** Open Studio (AR) **3:30 PM** Riddle Me This (AR) **4:00 PM** Bingo Express (AR) **5:30 PM** Restaurant Review (AR)	**06** 10:00 AM - Veterans Park Drive **11:00 AM** Fresh Picks Flower Cart (SR) **1:00 PM** Posh & Polish (S) **2:00 PM** What's That Song? (AR) **3:30 PM** Fall Mocktail Social (AR) **4:00 PM** Game On: Scattergories (AR) **6:00 PM** Light Night Feature (AR)	**07** **10:00 AM** Encore! Art Session (AR) **11:00 AM** Eucharistic Ministry (SR) **11:30 AM** Pickup Game (A) **1:00 PM** Bingo with Jack (AR) **3:00 PM** Deisy's Chair Fitness (AR) **4:00 PM** Memory Match Cards (AR) **4:30 PM** Poetry Reading (LR) **5:30 PM** NC Weekend: PBS 1276 (SR)
08 **10:00 AM** Sunday Mass Telecast (SR) **11:00 AM** Hayes Barton Telecast (SR) **1:00 PM** Autumn Basket: Room Visits **2:00 PM** Cafe Wordplay (C) **3:00 PM** Silver Scoops **4:30 PM** Parlor Stories Book Club (LR) **5:30 PM** Sunday Night Cinema (SR) **7:00 PM** The Moth Story Hour (AR)	**09** **9:30 AM** SalOn-the-Go Cart (H) **10:00 AM** Art From The Heart (AR) **11:30 AM** Monday Meditation (AR) **1:00 PM** BrainFit Trivia (AR) **2:00 PM** General Store Open **3:00 PM** Blocks in a Snap (AR) **4:00 PM** Hymn Sing (AR)	**10** **Forget Me Not Day** **10:00 AM** Salon Delights (S) **11:00 AM** Stretch in Strength (WC) **1:00 PM** Bingo (AR) **2:00 PM** Men at the Movies (AR) **3:30 PM** Blender Splendor (AR) **4:00 PM** Rosary Group (SR) **5:30 PM** TED Talk (AR)	**11** **Veterans Day** **10:00 AM** Drum Fit and Fun (AR) **11:00 AM** Allegro Stands Together: Veterans Day Tribute (LR) **12:00 PM** Veterans Day Lunch Bunch **1:00 PM** Dominoes (AR) **2:30 PM** Ice Cream Parlor Treats (AR) **3:00 PM** General Store Open **4:00 PM** Veterans Day Social (AR) **5:30 PM** Evening Devotions (SR)	**12** **9:00 AM** Praise Chorale (AR) **10:15 AM** Magnolia Melodies (AR) **11:00 AM** Stretch in Strength (WC) **1:00 PM** Peak Olive Oil Adventure **2:00 PM** Open Studio (AR) **3:30 PM** What's Up: Current Events (AR) **4:00 PM** Bingo Express (AR) **5:30 PM** Rummikub (AR)	**13** 10:00 AM - Carter Finley Adventure **11:00 AM** Flower Savvy **1:00 PM** Holiday Gift Auction (AR) **2:00 PM** Posh & Polish (S) **3:00 PM** Tom & Diane's Gospel Guitar (LR) **4:00 PM** Game On: Timeline (LR) **6:00 PM** Light Night Feature (AR)	**14** 10:00 AM - Mass 11:00 AM - Scrapbook Club **11:30 AM** Pickup Game (A) **1:00 PM** Bingo with Jack (AR) **3:30 PM** Dennis on Piano (LR) **4:30 PM** Greatest Stories... (LR) **5:30 PM** NC Weekend: PBS 1276 (SR)
15 **10:00 AM** Sunday Mass Telecast (SR) **11:00 AM** Hayes Barton Telecast (SR) **1:00 PM** Autumn Basket: Room Visits **2:00 PM** Cafe Wordplay (C) **3:00 PM** Sunday Soda Fountain **4:30 PM** Parlor Stories Book Club (LR) **5:30 PM** Sunday Night Cinema (SR) **7:00 PM** The Moth Story Hour (AR)	**16** **Geography Awareness Week** **9:30 AM** SalOn-the-Go Cart (H) **10:00 AM** Art From The Heart (AR) **11:00 AM** Ghime In Bell Choir (SR) **1:00 PM** BrainFit Trivia (AR) **2:00 PM** General Store Open **3:30 PM** Chef Chat (AR) **4:00 PM** Music & Motion (AR) **5:30 PM** Thanksgiving I Spy (AR)	**17** **10:00 AM** Salon Delights (S) **11:00 AM** Stretch in Strength (WC) **1:00 PM** Bingo (AR) **2:30 PM** Gift Box Stuffing (AR) **3:00 PM** Destiny's Cooking (AR) **4:00 PM** Rosary Group (SR) **5:30 PM** Picture This & Chat (AR)	**18** **9:00 AM** Pumpkin Coffee Social (C) **10:00 AM** Earth Works (AR) **11:00 AM** Resident Memorial Service (LR) **1:30 PM** Scenic Splurge **2:00 PM** November Matinee (AR) **3:00 PM** General Store Open **4:00 PM** The Sounds of Music (AR) **5:30 PM** Evening Devotions (SR)	**19** **9:00 AM** Morning Devotion (AR) **10:00 AM** Reader's Digest & Discuss (AR) **11:00 AM** Stretch in Strength (WC) 1:00 PM - Bingo **2:00 PM** Open Studio (AR) **3:30 PM** Riddle Me This (AR) 4:00 PM - Holiday Table Setting 5:00 PM - Family Holiday Dinner	**20** 10:00 AM - Fearrington Scenic Drive **11:00 AM** Fresh Picks Flower Cart (SR) **1:00 PM** Posh & Polish (S) 2:00 PM - Travelogue: Czech Republic **3:00 PM** Deisy's Chair Fitness (AR) **3:30 PM** Birthday Party (AR) **6:00 PM** Light Night Feature (AR)	**21** **Happy Birthday Maureen S.** **10:00 AM** Encore! Art Session (AR) **11:00 AM** Eucharistic Ministry (SR) **11:30 AM** Pickup Game (A) **1:00 PM** Bingo with Jack (AR) **4:00 PM** Find & Seek Cards (A) **4:30 PM** Would You Rather? (LR) **5:30 PM** NC Weekend: PBS 1276 (SR)
22 **10:00 AM** Sunday Mass Telecast (SR) **11:00 AM** Hayes Barton Telecast (SR) **1:00 PM** Autumn Basket: Room Visits **2:00 PM** Cafe Wordplay (C) **3:00 PM** Sunday Sundaes **4:30 PM** Parlor Stories Book Club (LR) **5:30 PM** Sunday Night Cinema (SR) **7:00 PM** The Moth Story Hour (AR)	**23** **9:30 AM** SalOn-the-Go Cart (H) **10:00 AM** Art From The Heart (AR) **11:00 AM** Sitting Zumba (AR) **11:30 AM** Monday Meditation (AR) **1:00 PM** BrainFit Trivia (AR) **2:00 PM** General Store Open **3:00 PM** Open Gym (AR) **4:00 PM** Thanksgiving Sing-Along (AR) **5:15 PM** Melissa on Piano (LR)	**24** **10:00 AM** Salon Delights (S) **11:00 AM** Stretch in Strength (WC) **1:00 PM** Turkey Trot (A) **1:00 PM** Bingo (AR) **1:30 PM** Movercize with Richard (AR) **3:30 PM** Recipe Roundup (AR) **4:00 PM** Rosary Group (SR) **5:30 PM** TED Talk (AR)	**25** **10:00 AM** Drum Fit and Fun (AR) **11:00 AM** Worship Service (LR) **11:30 AM** Lunch Bunch **1:00 PM** Left Right Center Game (AR) **2:30 PM** Ice Cream Parlor Treats (AR) **3:00 PM** General Store Open **4:00 PM** Holiday Social (AR) **5:30 PM** Evening Devotions (SR)	**26** **Thanksgiving Day** **9:00 AM** 100th Macy's Parade (AR) **11:00 AM** Stretch in Strength (WC) **1:00 PM** Holiday Bingo (AR) **2:00 PM** Open Studio (AR) **3:30 PM** Travel Stories (AR) **4:00 PM** Thanksgiving Social (AR) **5:30 PM** Holiday Cinema (AR)	**27** **Day after Thanksgiving Day** **11:00 AM** Flower Savvy **1:00 PM** Posh & Polish (S) **2:00 PM** Food For Thought (AR) 3:30 PM - Black Friday Bubbly Social **4:00 PM** Game On: Dilly Dilly (AR) **6:00 PM** Light Night Feature (AR)	**28** **11:00 AM** Quick to Craft (AR) **11:00 AM** Eucharistic Ministry (SR) **11:30 AM** Pickup Game **1:00 PM** Bingo with Jack (AR) **3:00 PM** Uno Card Game (AR) **4:30 PM** This Or That (LR) **5:30 PM** NC Weekend: PBS 1276 (SR)
29 **10:00 AM** Sunday Mass Telecast (SR) **11:00 AM** Hayes Barton Telecast (SR) **1:00 PM** Autumn Basket: Room Visits **2:00 PM** Cafe Wordplay (C) **3:00 PM** Ice Cream & Sprinkles (AR) **4:30 PM** Parlor Stories Book Club (LR) **5:30 PM** Sunday Night Cinema (SR) **7:00 PM** The Moth Story Hour (AR)	**30** **9:30 AM** SalOn-the-Go Cart (H) **10:00 AM** Art From The Heart (AR) **11:00 AM** Sit and Be Fit (AR) **11:30 AM** Monday Meditation (AR) **1:00 PM** BrainFit Trivia (AR) **2:00 PM** General Store Open **3:00 PM** Hauling Out the Holly (AR) **4:00 PM** Game On: Scattergories (AR) **5:00 PM** Mike on Guitar (DR)	**Dining Room Hours** **7:30-9am Breakfast** **12-1pm Lunch** **5-6pm Dinner**	**All gave some. Some gave all.** 		**Barn Dance Month** 	**Locations** Activity Room (AR) Atrium (A) Cafe (C) Dining Room (DR) Hallway (H) Living Room (LR) Salon (S) Sun Room (SR) Wellness Center (WC)

Activities are subject to change.

November 2026

Spring Arbor of Cary
Memory Care 300

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **Return to Eastern Standard Time: Clocks fall back!** 10:15 AM - Color Along Creations 10:15 AM - Catholic Mass Telecast 11:15 AM - Music & The Spoken Word Service 1:00 PM - Relaxing Moments 2:00 PM - Sundae Social 3:30 PM - Cranium Crunchies 4:00 PM - The Daily Chronicle: Weekend Update (LR) 5:30 PM - Sunday TV Hour (LR)	02 9:30 AM - Sit & Stretch (LR) 10:00 AM - Musical Memories 11:00 AM - Fall Crafting with Cary Homeschoolers 1:00 PM - Relaxing Moments with Apple Cinnamon Aromatherapy (LR) 2:00 PM - Baking with Destiny 3:00 PM - Scenic Drive 4:15 PM - The Manicure Lounge (S) 5:00 PM - Live From the Living Room	03 10:00 AM - Wise & Well: Walking Club to the Cafe 11:00 AM - Game On 1:00 PM - Relaxing Moments with Soft Jazz (LR) 2:30 PM - The Traveling Toast 4:00 PM - Afternoon Yoga 5:30 PM - Match It Up (AR)	04 9:30 AM - Chair Flow Tai Chi 10:30 AM - Wise & Well: BrainFit with Legacy 11:00 AM - The Men's Table 1:00 PM - Relaxing Moments 2:00 PM - What's Cooking? 3:30 PM - Wine-Down at the Spa 4:00 PM - Crafter's Corner 5:30 PM - Evening Devotions	05 9:30 AM - Choose It & Move It! 10:00 AM - Resident Council 11:00 AM - Scenic Drive 1:00 PM - Relaxing Moments 2:00 PM - Bingo 3:30 PM - Flower Arranging 4:00 PM - You've Got Mail 5:30 PM - Artful Expressions	06 9:30 AM - Cottage Stroll 10:30 AM - Coffee & Chronicle: A Week in Review (LR) 11:00 AM - Wise & Well: Sit & Be Fit with Legacy (LR) 1:00 PM - Relaxing Moments 2:00 PM - Trivia & Treats Social (P) 3:30 PM - Scripture Study 4:00 PM - The Cozy Corner Bin 5:30 PM - Classics on Screen (LR)	07 9:30 AM - Sunrise Strides 10:00 AM - St. Michael's Eucharistic Ministry Visits 10:30 AM - Pass the Conversation (LR) 1:00 PM - Relaxing Moments with Meditative Melodies (LR) 2:00 PM - Cottage Stories 3:30 PM - The Brainy Bunch (LR) 4:00 PM - Pastime Picks (AR) 5:30 PM - Saturday Night Sitcom (LR)
08 10:15 AM - Color Along Creations (AR) 10:15 AM - Catholic Mass Telecast (AR) 11:15 AM - Music & The Spoken Word Broadcast (LR) 1:00 PM - Relaxing Moments with Soft Jazz (LR) 2:00 PM - Sundae Social (LR) 3:30 PM - Cranium Crunches (LR) 4:00 PM - The Daily Chronicle: Weekend Update (LR) 5:30 PM - Sunday TV Hour (LR)	09 9:30 AM - Sit & Stretch (LR) 10:00 AM - Musical Memories 11:00 AM - Art From the Heart 1:00 PM - Relaxing Moments with Apple Cinnamon Aromatherapy (LR) 2:00 PM - Baking with Destiny 3:00 PM - Scenic Drive 4:15 PM - The Manicure Lounge (S) 5:00 PM - Live From the Living Room	10 9:30 AM - Weights & Wellness 10:30 AM - Game On 11:00 AM - Wise & Well: Walking Club to the Library 1:00 PM - Relaxing Moments with Soft Jazz (LR) 2:30 PM - The Traveling Toast 4:00 PM - Chair Qigong 5:30 PM - Match It Up (AR)	11 **Happy Birthday, Tommy!** **Veterans Day** 9:30 AM - Operation: Movement 10:30 AM - Wise & Well: BrainFit with Legacy 11:00 AM - Allegro Stands Together: Veterans Day Tribute 11:30 AM - Veteran's Day Lunch Bunch Special 1:00 PM - Relaxing Moments 2:00 PM - Scenic Splurge 3:30 PM - American Spirit Social 5:30 PM - Evening Devotions	12 10:15 AM - Magnolia Melodies Music Therapy 11:00 AM - Scenic Drive 1:00 PM - Relaxing Moments 2:00 PM - Bingo 3:00 PM - Flower Arranging 4:00 PM - You've Got Mail 5:30 PM - Artful Expressions	13 9:30 AM - Cottage Stroll 10:30 AM - Coffee & Chronicle: A Week in Review (LR) 11:00 AM - Wise & Well: Sit & Be Fit with Legacy (LR) 1:00 PM - Relaxing Moments 2:00 PM - Trivia & Treats Social (P) 3:30 PM - Scripture Study 4:00 PM - The Cozy Corner Bin 5:30 PM - Classics on Screen (LR)	14 10:00 AM - St. Michael's Mass 10:30 AM - Balloon Boogie (LR) 1:00 PM - Relaxing Moments with Meditative Melodies (LR) 2:00 PM - Cottage Stories 3:30 PM - The Brainy Bunch (LR) 4:00 PM - Pastime Picks (AR) 5:30 PM - Saturday Night Sitcom (LR)
15 10:15 AM - Color Along Creations (AR) 10:15 AM - Catholic Mass Telecast (AR) 11:15 AM - Music & The Spoken Word Broadcast (LR) 1:00 PM - Relaxing Moments with Soft Jazz (LR) 2:00 PM - Sundae Social (LR) 3:30 PM - Cranium Crunches (LR) 4:00 PM - The Daily Chronicle: Weekend Update (LR) 5:30 PM - Sunday TV Hour (LR)	16 9:30 AM - Sit & Stretch (LR) 10:00 AM - Musical Memories 11:00 AM - Art From the Heart 1:00 PM - Relaxing Moments with Apple Cinnamon Aromatherapy (LR) 2:00 PM - Baking with Destiny 3:00 PM - Scenic Drive 4:15 PM - The Manicure Lounge (S) 5:00 PM - Live From the Living Room	17 **Take a Hike Day** 10:00 AM - Game On 11:00 AM - Wise & Well: Walking Club to the Cafe 1:00 PM - Relaxing Moments with Soft Jazz (LR) 2:30 PM - The Traveling Toast 4:00 PM - Afternoon Yoga 5:30 PM - Match It Up (AR)	18 **Happy Birthday, Mickey Mouse!** 9:30 AM - Disney Magic in Motion 10:30 AM - Wise & Well: BrainFit with Legacy 11:00 AM - The Men's Table 1:00 PM - Relaxing Moments 2:00 PM - A Taste of Main Street, USA 3:30 PM - Minnie's Bow-tique: Magical Pampering 4:00 PM - Walt's Art Studio 5:30 PM - Evening Devotions	19 9:30 AM - Choose It & Move It! 10:15 AM - Science Studio 11:00 AM - Scenic Drive 1:00 PM - Relaxing Moments 2:00 PM - Bingo 3:30 PM - Flower Arranging 4:00 PM - You've Got Mail 5:00 PM - Family Thanksgiving Dinner	20 9:30 AM - Cottage Stroll 10:30 AM - Coffee & Chronicle: A Week in Review (LR) 11:00 AM - Wise & Well: Sit & Be Fit with Legacy (LR) 1:00 PM - Relaxing Moments 2:00 PM - Trivia & Treats Social (P) 3:30 PM - Scripture Study 4:00 PM - The Cozy Corner Bin 5:30 PM - Classics on Screen (LR)	21 9:30 AM - Sunrise Strides 10:00 AM - St. Michael's Eucharistic Ministry Visits 10:30 AM - Pass the Conversation (LR) 1:00 PM - Relaxing Moments with Meditative Melodies (LR) 2:00 PM - Cottage Stories 3:30 PM - The Brainy Bunch (LR) 4:00 PM - Pastime Picks (AR) 5:30 PM - Saturday Night Sitcom (LR)
22 10:15 AM - Color Along Creations (AR) 10:15 AM - Catholic Mass Telecast (AR) 11:15 AM - Music & The Spoken Word Broadcast (LR) 1:00 PM - Relaxing Moments with Soft Jazz (LR) 2:00 PM - Sundae Social (LR) 3:30 PM - Cranium Crunches (LR) 4:00 PM - The Daily Chronicle: Weekend Update (LR) 5:30 PM - Sunday TV Hour (LR)	23 9:30 AM - Sit & Stretch (LR) 10:00 AM - Musical Memories 11:00 AM - Art From the Heart 1:00 PM - Relaxing Moments with Apple Cinnamon Aromatherapy (LR) 2:00 PM - Baking with Destiny 3:00 PM - Scenic Drive 4:15 PM - The Manicure Lounge (S) 5:00 PM - Melissa on Piano	24 9:30 AM - Weights & Wellness 10:30 AM - Game On 11:00 AM - Wise & Well: Walking Club to the Library 1:00 PM - Community Turkey Trot 1:00 PM - Relaxing Moments with Soft Jazz (LR) 2:00 PM - Movercize with Richard 3:00 PM - Friendsgiving Tea Party 5:30 PM - Match It Up (AR)	25 **Jukebox Day** 9:30 AM - Wake, Shake & Zumba 10:30 AM - Wise & Well: BrainFit with Legacy 11:00 AM - The Men's Corner 1:00 PM - Relaxing Moments 2:00 PM - The Golden Oldies Lounge 3:30 PM - Wine-Down at the Spa 4:00 PM - Crafter's Corner 5:30 PM - Evening Devotions	26 **Thanksgiving Day** 10:00 AM - Capture the Turkey 11:00 AM - Golden Memories: Thanksgiving Mingle 1:00 PM - Relaxing Moments 2:00 PM - Holiday Bingo 3:00 PM - Flower Arranging 4:00 PM - Pen Pals: Holiday Card Crafting 5:30 PM - Artful Expressions	27 **Day after Thanksgiving Day** 9:30 AM - Cottage Stroll 10:30 AM - Coffee & Chronicle: A Week in Review (LR) 11:00 AM - Wise & Well: Sit & Be Fit with Legacy (LR) 1:00 PM - Relaxing Moments 2:00 PM - Trivia & Treats Social (P) 3:30 PM - Scripture Study 4:00 PM - The Cozy Corner Bin 5:30 PM - Classics on Screen (LR)	28 9:30 AM - Sunrise Strides 10:00 AM - St. Michael's Eucharistic Ministry Visits 10:30 AM - Balloon Boogie (LR) 1:00 PM - Relaxing Moments with Meditative Melodies (LR) 2:00 PM - Cottage Stories 3:30 PM - The Brainy Bunch (LR) 4:00 PM - Pastime Picks (AR) 5:30 PM - Saturday Night Sitcom (LR)
29 10:15 AM - Color Along Creations (AR) 10:15 AM - Catholic Mass Telecast (AR) 11:15 AM - Music & The Spoken Word Broadcast (LR) 1:00 PM - Relaxing Moments with Soft Jazz (LR) 2:00 PM - Sundae Social (LR) 3:30 PM - Cranium Crunches (LR) 4:00 PM - The Daily Chronicle: Weekend Update (LR) 5:30 PM - Sunday TV Hour (LR)	30 9:30 AM - Sit & Stretch (LR) 10:00 AM - Musical Memories 11:00 AM - Art From the Heart 1:00 PM - Relaxing Moments with Apple Cinnamon Aromatherapy (LR) 2:00 PM - Baking with Destiny 3:00 PM - Scenic Drive 4:15 PM - The Manicure Lounge (S) 5:00 PM - Live From the Living Room		**Signature Programs** Royal Treatment & See Clear We CARE Club: Cottage & AL Residents Engaged Relaxing Moments: 1-2pm Refresh Program: 11:45am & 4:45pm **Individual & Small Groups** Art From the Heart Baby Joy Cottage Stories You've Got Mail		**Dining Hours** 7:30-9:00am: Breakfast 12:00-1:00pm: Lunch 5:30-6:30pm: Dinner **Snack** 10am, 2pm & 7pm ***Calendar is subject to change.*** ***Please refer to the daily sheet.*** *Have a great day!*	

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01 **Return to Eastern Standard Time: Clocks fall back!** **10:15 AM** Color Along Creations (AR) **10:15 AM** Catholic Mass Telecast (AR) **11:15 AM** Music & The Spoken Word Broadcast (LR) **1:00 PM** Relaxing Moments with Soft Jazz (LR) **2:00 PM** Sundae Social (LR) **3:30 PM** The Daily Chronicle: Weekend Update (LR) **4:00 PM** Cranium Crunches (LR) **5:30 PM** Sunday TV Hour (LR)	**02** **9:30 AM** Sit & Stretch (LR) **10:00 AM** Musical Memories **11:00 AM** Fall Crafting with Cary Homeschoolers **1:00 PM** Relaxing Moments with Apple Cinnamon Aromatherapy (LR) **2:00 PM** Baking with Destiny **3:00 PM** Scenic Drive **4:15 PM** The Manicure Lounge (S) **5:00 PM** Live From the Living Room	**03** **10:00 AM** Wise & Well: Walking Club to the Cafe **11:00 AM** Game On **1:00 PM** Relaxing Moments with Soft Jazz (LR) **2:30 PM** The Traveling Toast **4:00 PM** Afternoon Yoga **5:30 PM** Match It Up (AR)	**04** **9:30 AM** Chair Flow Tai Chi **10:30 AM** Wise & Well: BrainFit with Legacy **11:00 AM** The Men's Table **1:00 PM** Relaxing Moments **2:00 PM** What's Cooking? **3:30 PM** Wine-Down at the Spa **4:00 PM** Crafter's Corner **5:30 PM** Evening Devotions	**05** **9:30 AM** Choose It & Move It! **10:00 AM** Resident Council **11:00 AM** Scenic Drive **1:00 PM** Relaxing Moments **2:00 PM** Bingo **3:30 PM** Flower Arranging **4:00 PM** You've Got Mail **5:30 PM** Artful Expressions	**06** **9:30 AM** Cottage Stroll **10:30 AM** Coffee & Chronicle: A Week in Review (LR) **11:00 AM** Wise & Well: Sit & Be Fit with Legacy (LR) **1:00 PM** Relaxing Moments **2:00 PM** Trivia & Treats Social (P) **3:30 PM** Scripture Study **4:00 PM** The Cozy Corner Bin **5:30 PM** Classics on Screen (LR)	**07** **9:30 AM** Sunrise Strides **10:00 AM** St. Michael's Eucharistic Ministry Visits **11:00 AM** Pass the Conversation (LR) **1:00 PM** Relaxing Moments with Meditative Melodies (LR) **2:30 PM** Cottage Stories **3:30 PM** Pastime Picks (AR) **4:00 PM** The Brainy Bunch (LR) **5:30 PM** Saturday Night Sitcom (LR)
08 **10:15 AM** Color Along Creations (AR) **10:15 AM** Catholic Mass Telecast (AR) **11:15 AM** Music & The Spoken Word Broadcast (LR) **1:00 PM** Relaxing Moments with Soft Jazz (LR) **2:00 PM** Sundae Social (LR) **3:30 PM** The Daily Chronicle: Weekend Update (LR) **4:00 PM** Cranium Crunches (LR) **5:30 PM** Sunday TV Hour (LR)	**09** **9:30 AM** Sit & Stretch (LR) **10:00 AM** Musical Memories **11:00 AM** Art From the Heart **1:00 PM** Relaxing Moments with Apple Cinnamon Aromatherapy (LR) **2:00 PM** Baking with Destiny **3:00 PM** Scenic Drive **4:15 PM** The Manicure Lounge (S) **5:00 PM** Live From the Living Room	**10** **9:30 AM** Weights & Wellness **10:30 AM** Game On **11:00 AM** Wise & Well: Walking Club to the Library **1:00 PM** Relaxing Moments with Soft Jazz (LR) **2:30 PM** The Traveling Toast **4:00 PM** Chair Qigong **5:30 PM** Match It Up (AR)	**11** **Veterans Day** **9:30 AM** Operation: Movement **10:30 AM** Wise & Well: BrainFit with Legacy **11:00 AM** Allegro Stands Together: Veterans Day Tribute **11:30 AM** Veteran's Day Lunch Bunch Special **1:00 PM** Relaxing Moments **2:00 PM** Scenic Splurge **3:30 PM** American Spirit Social **5:30 PM** Evening Devotions	**12** **10:15 AM** Magnolia Melodies Music Therapy **11:00 AM** Scenic Drive **1:00 PM** Relaxing Moments **2:00 PM** Bingo **3:00 PM** Flower Arranging **4:00 PM** You've Got Mail **5:30 PM** Artful Expressions	**13** **9:30 AM** Cottage Stroll **10:30 AM** Coffee & Chronicle: A Week in Review (LR) **11:00 AM** Wise & Well: Sit & Be Fit with Legacy (LR) **1:00 PM** Relaxing Moments **2:00 PM** Trivia & Treats Social (P) **3:30 PM** Scripture Study **4:00 PM** The Cozy Corner Bin **5:30 PM** Classics on Screen (LR)	**14** **10:00 AM** St. Michael's Mass **11:00 AM** Balloon Boogie (LR) **1:00 PM** Relaxing Moments with Meditative Melodies (LR) **2:30 PM** Cottage Stories **3:30 PM** Pastime Picks (AR) **4:00 PM** The Brainy Bunch (LR) **5:30 PM** Saturday Night Sitcom (LR)
15 **10:15 AM** Color Along Creations (AR) **10:15 AM** Catholic Mass Telecast (AR) **11:15 AM** Music & The Spoken Word Broadcast (LR) **1:00 PM** Relaxing Moments with Soft Jazz (LR) **2:00 PM** Sundae Social (LR) **3:30 PM** The Daily Chronicle: Weekend Update (LR) **4:00 PM** Cranium Crunches (LR) **5:30 PM** Sunday TV Hour (LR)	**16** **9:30 AM** Sit & Stretch (LR) **10:00 AM** Musical Memories **11:00 AM** Art From the Heart **1:00 PM** Relaxing Moments with Apple Cinnamon Aromatherapy (LR) **2:00 PM** Baking with Destiny **3:00 PM** Scenic Drive **4:15 PM** The Manicure Lounge (S) **5:00 PM** Live From the Living Room	**17** **Take a Hike Day** **10:00 AM** Game On **11:00 AM** Wise & Well: Walking Club to the Cafe **1:00 PM** Relaxing Moments with Soft Jazz (LR) **2:30 PM** The Traveling Toast **4:00 PM** Afternoon Yoga **5:30 PM** Match It Up (AR)	**18** **Happy Birthday, Mickey Mouse!** **9:30 AM** Disney Magic in Motion **10:30 AM** Wise & Well: BrainFit with Legacy **11:00 AM** The Men's Table **1:00 PM** Relaxing Moments **2:00 PM** A Taste of Main Street, USA **3:30 PM** Minnie's Bow-tique: Magical Pampering **4:00 PM** Walt's Art Studio **5:30 PM** Evening Devotions	**19** **9:30 AM** Choose It & Move It! **10:15 AM** Science Studio **11:00 AM** Scenic Drive **1:00 PM** Relaxing Moments **2:00 PM** Bingo **3:30 PM** Flower Arranging **4:00 PM** You've Got Mail **5:00 PM** Family Thanksgiving Dinner	**20** **9:30 AM** Cottage Stroll **10:30 AM** Coffee & Chronicle: A Week in Review (LR) **11:00 AM** Wise & Well: Sit & Be Fit with Legacy (LR) **1:00 PM** Relaxing Moments **2:00 PM** Trivia & Treats Social (P) **3:30 PM** Scripture Study **4:00 PM** The Cozy Corner Bin **5:30 PM** Classics on Screen (LR)	**21** **9:30 AM** Sunrise Strides **10:00 AM** St. Michael's Eucharistic Ministry Visits **11:00 AM** Pass the Conversation (LR) **1:00 PM** Relaxing Moments with Meditative Melodies (LR) **2:30 PM** Cottage Stories **3:30 PM** Pastime Picks (AR) **4:00 PM** The Brainy Bunch (LR) **5:30 PM** Saturday Night Sitcom (LR)
22 **10:15 AM** Color Along Creations (AR) **10:15 AM** Catholic Mass Telecast (AR) **11:15 AM** Music & The Spoken Word Broadcast (LR) **1:00 PM** Relaxing Moments with Soft Jazz (LR) **2:00 PM** Sundae Social (LR) **3:30 PM** The Daily Chronicle: Weekend Update (LR) **4:00 PM** Cranium Crunches (LR) **5:30 PM** Sunday TV Hour (LR)	**23** **9:30 AM** Sit & Stretch (LR) **10:00 AM** Musical Memories **11:00 AM** Art From the Heart **1:00 PM** Relaxing Moments with Apple Cinnamon Aromatherapy (LR) **2:00 PM** Baking with Destiny **3:00 PM** Scenic Drive **4:15 PM** The Manicure Lounge (S) **5:00 PM** Melissa on Piano	**24** **9:30 AM** Weights & Wellness **10:30 AM** Game On **11:00 AM** Wise & Well: Walking Club to the Library **1:00 PM** Community Turkey Trot **1:00 PM** Relaxing Moments with Soft Jazz (LR) **2:00 PM** Movercize with Richard **3:00 PM** Friendsgiving Tea Party **5:30 PM** Match It Up (AR)	**25** **Jukebox Day** **9:30 AM** Wake, Shake & Zumba **10:30 AM** Wise & Well: BrainFit with Legacy **11:00 AM** The Men's Corner **1:00 PM** Relaxing Moments **2:00 PM** The Golden Oldies Lounge **3:30 PM** Wine-Down at the Spa **4:00 PM** Crafter's Corner **5:30 PM** Evening Devotions	**26** **Thanksgiving Day** **10:00 AM** Capture the Turkey **11:00 AM** Golden Memories: Thanksgiving Mingle **1:00 PM** Relaxing Moments **2:00 PM** Holiday Bingo **3:00 PM** Flower Arranging **4:00 PM** Pen Pals: Holiday Card Crafting **5:30 PM** Artful Expressions	**27** **Day after Thanksgiving Day** **9:30 AM** Cottage Stroll **10:30 AM** Coffee & Chronicle: A Week in Review (LR) **11:00 AM** Wise & Well: Sit & Be Fit with Legacy (LR) **1:00 PM** Relaxing Moments **2:00 PM** Trivia & Treats Social (P) **3:30 PM** Scripture Study **4:00 PM** The Cozy Corner Bin **5:30 PM** Classics on Screen (LR)	**28** **9:30 AM** Sunrise Strides **10:00 AM** St. Michael's Eucharistic Ministry Visits **11:00 AM** Balloon Boogie (LR) **1:00 PM** Relaxing Moments with Meditative Melodies (LR) **2:30 PM** Cottage Stories **3:30 PM** Pastime Picks (AR) **4:00 PM** The Brainy Bunch (LR) **5:30 PM** Saturday Night Sitcom (LR)
29 **10:15 AM** Color Along Creations (AR) **10:15 AM** Catholic Mass Telecast (AR) **11:15 AM** Music & The Spoken Word Broadcast (LR) **1:00 PM** Relaxing Moments with Soft Jazz (LR) **2:00 PM** Sundae Social (LR) **3:30 PM** The Daily Chronicle: Weekend Update (LR) **4:00 PM** Cranium Crunches (LR) **5:30 PM** Sunday TV Hour (LR)	**30** **9:30 AM** Sit & Stretch (LR) **10:00 AM** Musical Memories **11:00 AM** Art From the Heart **1:00 PM** Relaxing Moments with Apple Cinnamon Aromatherapy (LR) **2:00 PM** Baking with Destiny **3:00 PM** Scenic Drive **4:15 PM** The Manicure Lounge (S) **5:00 PM** Live From the Living Room		**Signature Programs** Royal Treatment & See Clear We CARE Club: Cottage & AL Residents Engaged Relaxing Moments: 1-2pm Refresh Program: 11:45am & 4:45pm **Individual & Small Groups** Art From the Heart Baby Joy Cottage Stories You've Got Mail		**Dining Hours** 7:30-9:00am: Breakfast 12:00-1:00pm: Lunch 5:30-6:30pm: Dinner **Snack** 10am, 2pm & 7pm ***Calendar is subject to change.*** ***Please refer to the daily sheet.*** *Have a great day!*	

Activities are subject to change.