November 2026

Alto Duval Station

ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 9:45 AM - St. Patrick's Catholic Service 10:45 AM - North Jax Baptist Church Service 3:00 PM - Sunday BINGO! 5:00 PM - Independ Activity - Residents Choice In Activity Room	**02** 9:30 AM - Chronicles In The Courtyard 10:30 AM - Select Group Therapy 1:00 PM - Manicure Mondays in Activity Room! 2:00 PM - Bingo W/ Tamika 5:00 PM - Independent Actvities - Word Searches In Actvity Room	**03** 9:30 AM - Get to know your Neighbor - Coffee & Chat 10:30 AM - Pilates W/ Michelle! 1:15 PM - Eleven 22 Church 3:00 PM - YouTube lead Painting session 5:00 PM - Movie & Popcorn	**04** **Happy Birthday Charles T.** 9:30 AM - Morning Coffee & Pastry Social! 10:30 AM - Select Group Therapy 1:30 PM - National Candy Day - Candy & Movie in Activity Room! 3:00 PM - Bingo W/ Judy 5:00 PM - Independent Calm Coloring	**05** 9:30 AM - Morning Elvis Tunes 10:30 AM - Jeporady W/ Select Group Therapy! 11:00 AM - Thursday Excursions - Chillis 1:30 PM - Black Jack W/ Noah 5:00 PM - Movie & Popcorn	**06** **Happy Birthday John S.** 9:30 AM - Coffee & Chat 10:30 AM - Select Group Therapy 1:00 PM - Magazine Scavenger Hunt! 3:00 PM - Pen Pals - Be a Pen Pal for Memory Care Resident! 5:00 PM - Independent Activities: Games in Activity Room	**07** **Happy Birthday Elizabeth N.** 9:30 AM - Coffee & Autum Chronicles 10:30 AM - Morning Stretch & Movement 1:00 PM - Bowling W/ April! 3:00 PM - WALKING WARRIORS - Evening Walk W/ April 5:00 PM - Independent Activities: Games in Activity Room
08 9:15 AM - Hymns in the Bistro 10:45 AM - North Jax Baptist Church Service (In Person & In house) 3:00 PM - Sunday BINGO! 5:00 PM - Independ Activity - Residents Choice In Activity Room	**09** 9:30 AM - Morning Tunes on the Patio 10:30 AM - Select Group Therapy 1:00 PM - Spa Day w/ Brittany! 3:00 PM - Bingo W/ Judy 5:00 PM - Movie & Popcorn	**10** 9:30 AM - Good Morning Chronicles! 10:30 AM - Pilates W/ Michelle! 1:15 PM - Eleven 22 Church 3:00 PM - Crafty Tuesdays - Make your own Fall Pillow! 5:00 PM - Independent Activities: Games in Activity Room	**11** **Veterans Day** 9:30 AM - Veterans Day Morning Coffee Social 10:30 AM - Select Group Therapy 1:15 PM - Resident Veterans Day pinning Ceramony 2:00 PM - Veterans Day Happy Hour W/ Eric! 3:00 PM - Bingo W/ Lucie! 5:00 PM - Veterans Day Documentary & Popcorn	**12** 9:30 AM - Thursday Excursions - Marshalls Shopping Outing 10:30 AM - Song Of Praise W/ Mr. William 1:30 PM - Black Jack W/ Noah 5:00 PM - Independent Actvities - Word Searches In Actvity Room	**13** 9:30 AM - Chronicles In The Courtyard 10:30 AM - Select Group Therapy 1:00 PM - Resident Vs Staff Family Feud! 3:00 PM - Pen Pals - Be a Pen Pal for Memory Care Resident! 5:00 PM - Movie & Popcorn	**14** 9:30 AM - Coffee & Autum Chronicles 10:30 AM - Morning Stretch & Movement 1:00 PM - Bowling W/ April! 3:00 PM - WALKING WARRIORS - Evening Walk W/ April 5:00 PM - Independent Activities: Games in Activity Room
15 9:15 AM - St. Patrick's Catholic Service 10:45 AM - North Jax Baptist Church Service 3:00 PM - Sunday BINGO! 5:00 PM - Independ Activity - Residents Choice In Activity Room	**16** 9:30 AM - Morning Chronicles! 10:30 AM - Select Group Therapy 1:00 PM - Hungry Hippo Game! 2:00 PM - Bingo W/ Tamika 5:00 PM - Independent Activity - UNO!	**17** 9:30 AM - Ambassador Meeting 10:30 AM - Pilates W/ Michelle! 1:15 PM - Eleven 22 Church 3:00 PM - Crafty Tuesday - Make a Fall Snow Globe! 5:00 PM - Movie & Popcorn	**18** 9:30 AM - Morning Coffee at the Bistro! 10:30 AM - Select Group Therapy 1:00 PM - Birthday Social W/ Darryl 3:00 PM - Bingo W/ Judy 5:00 PM - Independent Activities: Games in Activity Room	**19** 9:30 AM - Morning Chronicles! 10:30 AM - Jeporady W/ Select Group Therapy! 11:00 AM - Thursday Excursions - Lunch at Ashes Boutique & Tea Room! 1:30 PM - Black Jack W/ Noah 4:00 PM - Thanksgiving Family Night!	**20** **Happy Birthday Mary W.** 9:30 AM - Morning Coffee at the Bistro! 10:30 AM - Select Group Therapy 1:00 PM - Price is Right Game W/ April! 3:00 PM - Pen Pals - Be a Pen Pal for Memory Care Resident! 5:00 PM - Movie & Popcorn	**21** 9:30 AM - Coffee & Autum Chronicles 10:30 AM - Morning Stretch & Movement 1:00 PM - Bowling W/ April! 3:00 PM - WALKING WARRIORS - Evening Walk W/ April 5:00 PM - Independent Activities: Games in Activity Room
22 9:15 AM - Hymns in the Bistro 10:45 AM - North Jax Baptist Church Service (In Person & In house) 3:00 PM - Sunday BINGO! 5:00 PM - Independ Activity - Residents Choice In Activity Room	**23** 9:30 AM - Morning Coffee & Pastry Social! 10:30 AM - Select Group Therapy 1:00 PM - Helping Hands - Making Dog Treats for Humane Society 2:00 PM - Food Committee Meeting 3:00 PM - Bingo W/ Judy 5:00 PM - Evening Documentary	**24** 9:30 AM - Good morning Tunes at the Bistro 10:30 AM - Pilates W/ Michelle! 1:15 PM - Eleven 22 Church 2:15 PM - Resident Council Meeting 3:00 PM - Crafty Tuesdays - Make your own Fall Bracelet! 5:00 PM - Independent Activities - Puzzles!	**25** 9:30 AM - Walmart Shuttle 10:30 AM - Select Group Therapy 1:30 PM - New Resident Social 3:00 PM - Bingo W/ Judy 5:00 PM - Movie & Popcorn	**26** **Thanksgiving Day** 9:30 AM - Morning Macys Day Parade! 10:30 AM - Cornhole! 1:00 PM - I Am Thankful Affirmation Tree 3:00 PM - Thanksgiving Bingo! 5:00 PM - Independent Activity - UNO!	**27** **Day after Thanksgiving Day** 10:30 AM - Select Group Therapy 1:00 PM - Hershey Match! 3:00 PM - Pen Pals - Be a Pen Pal for Memory Care Resident! 5:00 PM - Movie & Popcorn	**28** 9:30 AM - Coffee & Autum Chronicles 10:30 AM - Morning Stretch & Movement 1:00 PM - Bowling W/ April! 3:00 PM - WALKING WARRIORS - Evening Walk W/ April 5:00 PM - Independent Activities: Games in Activity Room
29 9:15 AM - St. Patrick's Catholic Service 10:45 AM - North Jax Baptist Church Service 3:00 PM - Sunday BINGO! 5:00 PM - Independ Activity - Residents Choice In Activity Room	**30** 9:30 AM - Chronicles in the Library 10:30 AM - Select Group Therapy 1:30 PM - End of the Month AUCTION! 3:00 PM - Bingo W/ Judy 5:00 PM - Independent Actvities - Word Searches In Actvity Room	**Locations**	**Dimensions** Spiritual			

* Activities are subject to change

November 2026

Alto Duval Station

MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 9:00 AM - Singing Hymns in DOLLYWOOD! 10:30 AM - North Jax Baptist Church Service 3:00 PM - Friendly Visits from Crystal & Alex!	**02** 9:00 AM - Morning Chronicles! 10:00 AM - Pool Noodle Exercise! 2:00 PM - Cornhole! 3:00 PM - Manicure Monday! 4:00 PM - Aromatherapy & Soothing Hand Care 5:00 PM - Evening Movie	**03** 9:00 AM - A.M Exercises 10:30 AM - Select Group Therapy 1:15 PM - Eleven 22 2:00 PM - Memory Bingo 5:00 PM - Sunset Social	**04** 9:00 AM - Chronicles In The Courtyard 10:30 AM - Wednesday Excursions - Picnic at the Park 2:00 PM - Bowling in the Courtyard 4:00 PM - Evening Devotion 5:00 PM - Meditation Sounds & Relaxation	**05** 9:00 AM - Coffee Talks 10:30 AM - Visits W/ North Florida School of Special Education! 2:00 PM - Trivia Time! 4:00 PM - Aromatherapy & Soothing Hand Care 5:00 PM - Popcorn & Movie	**06** 9:30 AM - Good Morning Chronicles W/ April 10:30 AM - Chair Yoga 2:00 PM - Beach Ball Toss! 4:00 PM - Garden Winddown 5:00 PM - Aromatherapy & Nature Sounds	**07** 9:30 AM - Pool Noodle Exercises W/ April 10:00 AM - Weekend Walking Warriors! 2:00 PM - Calm Coloring 4:00 PM - Memory Bingo 5:00 PM - Movie Madness
08 9:00 AM - Singing Hymns in DOLLYWOOD! 10:30 AM - North Jax Baptist Church Service 3:00 PM - Friendly Visits from Crystal & Alex!	**09** 9:00 AM - Morning Chronicles! 10:00 AM - Pool Noodle Exercise! 2:00 PM - Cookie Decorating! 3:00 PM - TRIVIA! 5:00 PM - Meditation Sounds & Relaxation	**10** 9:00 AM - Morning Coffee & Chat 10:30 AM - Select Group Therapy 1:15 PM - Eleven 22 2:00 PM - Crafty Tuesdays - Make your own Fall Pillow! 4:00 PM - Aromatherapy & Soothing Hand Care 5:00 PM - Movie & Popcorn	**11** **Veterans Day** 9:00 AM - Morning Connection 10:30 AM - Veteran Social 1:15 PM - Veteran Pinning Ceramony 2:15 PM - Veterans Day Happy Hour W/ Eric! 4:00 PM - Sunset Winddown	**12** 9:00 AM - Hot Cocoa on the Patio 10:30 AM - Visits W/ North Florida School of Special Education! 2:00 PM - 50s Music on Patio 4:00 PM - Evening Devotion 5:00 PM - Movie & Popcorn	**13** 9:30 AM - Good Morning Chronicles W/ April 10:30 AM - Chair Exercises 2:00 PM - Courtyard Kickball 4:00 PM - Leaf Craft 5:00 PM - Movie & Popcorn	**14** 9:30 AM - Sunrise Social 10:00 AM - A.M Exercises 2:00 PM - Trivia Time 4:00 PM - Card Games 5:00 PM - Meditation Sounds & Relaxation
15 9:00 AM - Singing Hymns in DOLLYWOOD! 10:30 AM - North Jax Baptist Church Service 3:00 PM - Friendly Visits from Crystal & Alex!	**16** 9:00 AM - Morning Chronicles! 10:00 AM - Pool Noodle Exercise! 2:00 PM - Parachute Fitness! 3:00 PM - Calm Coloring 5:00 PM - Movie & Popcorn	**17** 1:15 PM - Eleven 22 2:00 PM - Dollywood Fall Festival! 5:00 PM - Daily Winddown on the patio	**18** 9:00 AM - Morning Walk 10:30 AM - Turkey Craft 1:00 PM - Birthday Social W/ Darryl 2:30 PM - Card Games 5:00 PM - Movie & Popcorn	**19** 9:00 AM - Morning Movement 10:30 AM - Visits W/ North Florida School of Special Education! 2:00 PM - Family Night Decorating 4:30 PM - Thanksgiving Family Night!	**20** 9:30 AM - Good Morning Chronicles W/ April 10:30 AM - Parachute Fitness! 2:00 PM - Cornhole! 4:00 PM - Manicures W/ April 5:00 PM - Aromatherapy & Nature Sounds	**21** 9:00 AM - Morning Connection 10:30 AM - Beach Ball Toss! 2:00 PM - Tunes on the Patio 4:00 PM - Puzzle Connection 5:00 PM - Jukebox Jams
22 9:00 AM - Singing Hymns in DOLLYWOOD! 10:30 AM - North Jax Baptist Church Service 3:00 PM - Friendly Visits from Crystal & Alex!	**23** 9:00 AM - Morning Chronicles! 10:00 AM - Pool Noodle Exercise! 2:00 PM - Price Is Right! 3:00 PM - WALKING WARRIORS - Evening Walk W/ Brittany 5:00 PM - Aromatherapy & Nature Sounds	**24** 9:00 AM - Morning Movement 10:30 AM - Select Group Therapy 1:15 PM - Eleven 22 2:00 PM - Snacks on the Patio 4:00 PM - Crazy 8s Card Game! 5:00 PM - Movie & Popcorn	**25** 9:00 AM - Pool Noodle Exercise! 11:00 AM - Wednesday Excursions - IHOP 2:00 PM - Calm Coloring 4:00 PM - Evening Meditation & Relaxation	**26** **Thanksgiving Day** 9:00 AM - Macys Day Parade! 10:30 AM - Turkey Puzzle Connect 2:00 PM - Thanksgiving Devotion 5:00 PM - Thanksgiving after Dinner Walk	**27** **Happy Birthday Elizabeth A. Day after Thanksgiving Day** 9:30 AM - Good Morning Chronicles W/ April 10:30 AM - Pool Noodle Exercise! 2:00 PM - Dollywood Chocolate Tasting! 4:00 PM - Patio Winddown & Tunes	**28** 9:30 AM - Pool Noodle Exercises W/ April 10:30 AM - Bowling 2:00 PM - Coffee & Chat 4:00 PM - Calm Coloring 5:00 PM - Meditation Sounds & Relaxation
29 9:00 AM - Singing Hymns in DOLLYWOOD! 10:30 AM - North Jax Baptist Church Service 3:00 PM - Friendly Visits from Crystal & Alex!	**30** 9:00 AM - Morning Chronicles! 10:00 AM - Pool Noodle Exercise! 2:00 PM - Noodle Ball! 3:00 PM - Manicure Monday! 5:00 PM - Movie & Popcorn	**Locations**	**Dimensions**			

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