November 2026

Spring Arbor of Fredericksburg

ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 9:30 AM - Virtual Catholic Mass Service (SR) 9:30 AM - Pet Visits w/ Jax (AT) (A) 9:30 AM - Presbyterian Service (AR) 2:00 PM - Short Stories & Poetry (L) 3:00 PM - Football Sunday (AR)	**02** 9:30 AM - Wise & Well (AR) 10:30 AM - Monday Master Class (AR) 3:00 PM - Monday Movie Matinee (SR)	**03** 9:30 AM - Nature Walk (A) 10:30 AM - Card Game Club: UNO 11:00 AM - Lunch Outing: Cheddar's Scratch Kitchen (A) 1:00 PM - Communion (L) 2:00 PM - B.I.N.G.O.! (AR) 3:30 PM - Modern Marvel Documentary (SR)	**04** 9:30 AM - Wise & Well (AR) 10:30 AM - Wednesday Wowzitude (AR) 2:00 PM - Creative Crafts (AR) 3:30 PM - Manicures & Mimosas (AR)	**05** 9:00 AM - Veteran's Breakfast w/Brightstar Care (SR) 9:30 AM - Better Balance (AR) 10:45 AM - Kitchen Creations (AR) 1:00 PM - Library Lobby Stop (C) 2:00 PM - Bingo! (AR) 3:30 PM - Live Music w/ Jaime Lloyd	**06** 9:30 AM - Wise & Well (AR) 10:30 AM - Fall Fireside S'mores 2:00 PM - First Friday Happy Hour w/ Vince B (C) 3:00 PM - Balloon Badminton (AR)	**07** 9:30 AM - Leisure Lounge (AR) 2:00 PM - B.I.N.G.O.! (AR) 3:00 PM - Rock & Bowl (LR)
08 9:30 AM - Virtual Catholic Mass Service (SR) 9:30 AM - Pet Visits w/ Jax (AT) (A) 9:30 AM - Presbyterian Service (AR) 2:00 PM - Jeopardy Trivia (A) 3:00 PM - Football Sunday (AR)	**09** 9:30 AM - Wise & Well (AR) 10:30 AM - Monday Master Class (AR) 1:30 PM - Pet Therapy w/ Jambo (A) 2:30 PM - Monday Movie Matinee (SR)	**10** 9:30 AM - Nature Walk (A) 10:30 AM - Card Game Club: UNO 1:00 PM - Walmart (A) 2:00 PM - B.I.N.G.O.! (AR) 3:30 PM - Modern Marvel Documentary (SR)	**11** 9:30 AM - Wise & Well (AR) 10:00 AM - Allegro Stands Together: Veterans Day Tribute (SR) 10:30 AM - Wednesday Wowzitude (AR) 2:00 PM - Creative Crafts (AR) 3:30 PM - Manicures & Mimosas (AR)	**12** 9:30 AM - Better Balance (AR) 9:30 AM - Rosary (SR) 10:45 AM - Kitchen Creations (AR) 2:00 PM - Live Music: Falls Run Singers (LR) 3:00 PM - Bingo! (AR)	**13** 9:30 AM - Wise & Well (AR) 10:30 AM - Fall Fireside S'mores 2:00 PM - Live Music w/ Kevin Oriol (LR) 3:00 PM - Balloon Badminton (AR)	**14** 9:30 AM - Leisure Lounge (AR) 2:00 PM - B.I.N.G.O.! (AR) 3:00 PM - Rock & Bowl (LR)
15 9:30 AM - Virtual Catholic Mass Service (SR) 9:30 AM - Pet Visits w/ Jax (AT) (A) 9:30 AM - Presbyterian Service (AR) 2:00 PM - Jeopardy Trivia (A) 3:00 PM - Football Sunday (AR)	**16** 9:30 AM - Wise & Well (AR) 10:30 AM - Monday Master Class (AR) 2:00 PM - Live Music w/Michael Martin (LR) 3:00 PM - Monday Movie Matinee (SR)	**17** 9:30 AM - Nature Walk (A) 10:00 AM - Blessed to Be Alive w/ Anthony (LR) 10:30 AM - Card Game Club: UNO 11:00 AM - Lunch Bunch: Metro Diner (A) 2:00 PM - B.I.N.G.O.! (AR) 3:30 PM - Modern Marvel Documentary (SR)	**18** 9:30 AM - Wise & Well (AR) 10:30 AM - Wednesday Wowzitude (AR) 2:00 PM - Creative Crafts (AR) 3:30 PM - Manicures & Mocktails (AR)	**19** 9:30 AM - Better Balance (AR) 10:45 AM - Kitchen Creations (AR) 1:00 PM - Library Lobby Stop (C) 2:00 PM - Bingo! (AR) 3:30 PM - Country Store Shopping	**20** 9:30 AM - Wise & Well (AR) 10:30 AM - Fall Fireside S'mores 2:00 PM - Live Music w/ Rapidan Ridge (LR) 3:00 PM - Balloon Badminton (AR)	**21** 9:30 AM - Leisure Lounge (AR) 2:00 PM - B.I.N.G.O.! (AR) 3:00 PM - Rock & Bowl (LR)
22 9:30 AM - Virtual Catholic Mass Service (SR) 9:30 AM - Pet Visits w/ Jax (AT) (A) 9:30 AM - Presbyterian Service (AR) 2:00 PM - Jeopardy Trivia (A) 3:00 PM - Football Sunday (AR)	**23** 9:30 AM - Wise & Well (AR) 10:30 AM - Monday Master Class (AR) 1:30 PM - Pet Therapy w/ Jambo (A) 2:00 PM - Bill & Friends Perform (AR) 2:30 PM - Monday Movie Matinee (SR)	**24** 9:30 AM - Nature Walk (A) 10:30 AM - Card Game Club: UNO 11:00 AM - Outing: (A) 2:00 PM - B.I.N.G.O.! (AR) 3:30 PM - Modern Marvel Documentary (SR)	**25** 9:30 AM - Wise & Well (AR) 10:30 AM - Wednesday Wowzitude (AR) 2:00 PM - Creative Crafts (AR) 3:30 PM - Manicures & Mocktails (AR)	**26** 9:30 AM - Better Balance (AR) 10:45 AM - Kitchen Creations (AR) 2:00 PM - Bingo! (AR) 3:30 PM - Country Store Shopping	**27** 7:00 AM - Fall Farmer's Market (AR) 9:30 AM - Wise & Well (AR) 10:30 AM - Fall Fireside S'mores 3:00 PM - Balloon Badminton (AR)	**28** 9:30 AM - Leisure Lounge (AR) 2:00 PM - B.I.N.G.O.! (AR) 3:00 PM - Rock & Bowl (LR)
29 9:30 AM - Virtual Catholic Mass Service (SR) 9:30 AM - Pet Visits w/ Jax (AT) (A) 9:30 AM - Presbyterian Service (AR) 2:00 PM - Jeopardy Trivia (A) 3:00 PM - Football Sunday (AR)	**30** 9:30 AM - Wise & Well (AR) 10:30 AM - Monday Master Class (AR) 11:00 AM - Helping Hands 2:30 PM - Monday Movie Matinee (SR)	**Locations** Sun Room (SR) Atrium (A) Activity Room (AR) Library (L) Cafe (C) Living Room (LR)	**Dimensions** Social Spiritual Cognitive Physical Creative			

* Activities are subject to change

November 2026

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MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 9:30 AM - Sunday Devotion Discussion 10:00 AM - Smooth Sunday Stretches 10:30 AM - Snack 11:00 AM - Hymn Sing Along 1:00 PM - Rest & Relaxation 2:30 PM - Snack 3:00 PM - Sunday Football Fun	**02** 9:30 AM - Daily Chronicle Chat & Hot Chocolate Cart 10:00 AM - Smooth Sunday Stretches 10:30 AM - Snack 10:45 AM - Wise & Well 1:00 PM - Rest & Relaxation 2:00 PM - Cozy Color Creations 2:30 PM - Snack 3:00 PM - Seated Soccer	**03** 9:30 AM - Morning Movement w/ Myles 10:00 AM - Fall Leaf Sorting 10:30 AM - Snack 11:00 AM - Tover Time 1:00 PM - Rest & Relaxation 2:00 PM - Cottage Cooking Creations: National Sandwich Day 2:30 PM - Snack 3:00 PM - Bean Bag Toss	**04** 9:30 AM - This Day in History 10:00 AM - Aromatherapy Hand Massage & Nail Care 10:30 AM - Snack 10:45 AM - Wise & Well 1:00 PM - Rest & Relaxation 2:00 PM - Wednesday Wowzitude 2:30 PM - Sweet Social: National Candy Day 3:30 PM - Tover Games	**05** 9:30 AM - Drum Circle 10:00 AM - Fall Flower Arranging (AR) 10:30 AM - Snack 11:00 AM - EZ Detective Trivia 1:00 PM - Rest & Relaxation 2:00 PM - Thankful Thursdays 2:30 PM - Snack 3:00 PM - Bingo! 3:30 PM - Live Music w/ Jaime Lloyd	**06** 9:30 AM - Noodle Ball 10:00 AM - Brain Games: A-Z Words 10:30 AM - Snack 1:00 PM - Rest & Relaxation 2:30 PM - Snack 3:00 PM - Live Music w/ Vince Borrelli (LR)	**07** 9:30 AM - Pom- Pom Pour Punch 10:30 AM - Snack 1:00 PM - Rest & Relaxation 2:30 PM - Snack 3:00 PM - Saturday Cinema
08 9:30 AM - Sunday Devotion Discussion 10:30 AM - Snack 11:00 AM - Hymn Sing Along 1:00 PM - Rest & Relaxation 2:30 PM - Snack 3:00 PM - Sunday Football Fun	**09** 9:30 AM - Daily Chronicle Chat & Hot Chocolate Cart 10:30 AM - Snack 10:45 AM - Wise & Well 1:00 PM - Rest & Relaxation 2:00 PM - Cozy Color Creations 2:30 PM - Snack 3:00 PM - Seated Soccer	**10** 9:30 AM - Morning Movement w/ Myles 10:00 AM - Daily Chronicle Chat (AR) 10:00 AM - Fall Leaf Sorting 10:30 AM - Snack 11:00 AM - Tover Time 1:00 PM - Rest & Relaxation 2:00 PM - Cottage Art Studio 2:30 PM - Snack	**11** 9:30 AM - This Day in History 10:00 AM - Allegro Stands Together: Veterans Day Tribute (SR) 10:30 AM - Snack 10:45 AM - Wise & Well 1:00 PM - Rest & Relaxation 2:00 PM - Wednesday Wowzitude 2:30 PM - Snack 3:30 PM - Tover Games	**12** 9:30 AM - Drum Circle 10:00 AM - Fall Flower Arranging (AR) 10:30 AM - Snack 11:00 AM - EZ Detective Trivia 1:00 PM - Rest & Relaxation 2:00 PM - Thankful Thursdays 2:30 PM - Snack	**13** 9:30 AM - Noodle Ball 10:00 AM - Brain Games: A-Z Words 10:30 AM - Snack 1:00 PM - Rest & Relaxation 2:30 PM - Snack	**14** 9:30 AM - Pom- Pom Pour Punch 10:30 AM - Snack 1:00 PM - Rest & Relaxation 2:30 PM - Snack 3:00 PM - Saturday Cinema
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22 9:30 AM - Sunday Devotion Discussion 10:30 AM - Snack 11:00 AM - Hymn Sing Along 1:00 PM - Rest & Relaxation 2:30 PM - Snack 3:00 PM - Sunday Football Fun	**23** 9:30 AM - Daily Chronicle Chat & Hot Chocolate Cart 10:30 AM - Snack 10:45 AM - Wise & Well 1:00 PM - Rest & Relaxation 2:00 PM - Cozy Color Creations 2:30 PM - Snack 3:00 PM - Seated Soccer	**24** 9:30 AM - Morning Movement w/ Myles 10:00 AM - Daily Chronicle Chat (AR) 10:00 AM - Fall Leaf Sorting 10:30 AM - Snack 11:00 AM - Tover Time 1:00 PM - Rest & Relaxation 2:00 PM - Cottage Art Studio 2:30 PM - Snack	**25** 9:30 AM - This Day in History 10:00 AM - Aromatherapy Hand Massage & Nail Care 10:30 AM - Snack 10:45 AM - Wise & Well 1:00 PM - Rest & Relaxation 2:00 PM - Wednesday Wowzitude 2:30 PM - Snack 3:30 PM - Tover Games	**26** 9:30 AM - Drum Circle 10:00 AM - Fall Flower Arranging (AR) 10:30 AM - Snack 11:00 AM - EZ Detective Trivia 1:00 PM - Rest & Relaxation 2:00 PM - Thankful Thursdays 2:30 PM - Snack	**27** 9:30 AM - Noodle Ball 10:00 AM - Brain Games: A-Z Words 10:30 AM - Snack 1:00 PM - Rest & Relaxation 2:30 PM - Snack	**28** 9:30 AM - Pom- Pom Pour Punch 10:30 AM - Snack 1:00 PM - Rest & Relaxation 2:30 PM - Snack 3:00 PM - Saturday Cinema
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