November 2026

Spring Arbor of Kinston

ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **Daylight Savings Begins** 11:00 AM - Virtual Church Service (AR) 2:00 PM - Bingo with Betty (AR) 3:30 PM - Card Games (AR)	**02** 10:00 AM - Daily Update Packet (OA) 11:00 AM - Price is Right Show (AR) 2:00 PM - Bingo (AR) 3:30 PM - Book Club (AR)	**03** **Election Day** 10:00 AM - Hungry Hearts Duo (DR) 10:00 AM - Daily Update Packet (OA) 2:00 PM - Pokeno (AR) 3:30 PM - Travelogue & Discussion (AR)	**04** **Beauty Shop Open** 10:00 AM - Daily Update Packet (OA) 11:00 AM - Neuse Library Visits & Bookmobile (AR) 2:30 PM - Bible Study with Pastor Dew (AR) 3:30 PM - Bingo (AR)	**05** **Monopoly Day** 10:00 AM - Daily Update Packet (OA) 10:45 AM - Exercises with BRR (AR) 2:00 PM - Monopoly Game (AR) 3:30 PM - Romeo Visits (AR) 6:30 PM - Bingo (AR)	**06** **Nacho Day** 10:00 AM - Daily Update Packet (OA) 10:45 AM - Fun Friday with BRR (AR) 1:30 PM - Scenic Ride (O) 3:30 PM - Nacho Social (AR)	**07** 11:00 AM - Color Creations (AR) 2:00 PM - "Resident's Choice" Afternoon Matinee (AR) 4:00 PM - Board Games (AR)
08 11:00 AM - Virtual Church Service (AR) 2:00 PM - Bingo with Betty (AR) 3:30 PM - Card Games (AR)	**09** 10:00 AM - Daily Update Packet (OA) 11:00 AM - Word Games (AR) 2:00 PM - Bingo (AR) 3:30 PM - Book Club (AR) 6:30 PM - Worship Service with Bruce (SR)	**10** 10:00 AM - Daily Update Packet (OA) 10:45 AM - Stretching with BRR (AR) 2:00 PM - Corn Hole (AR) 3:30 PM - "Know Your Neighbor" Happy Hour (SR)	**11** **Beauty Shop Open** **Veterans Day** 10:00 AM - Daily Update Packet (OA) 10:45 AM - Allegro Stands Together-A Veterans Day Tribute (DR) 2:00 PM - Bingo (AR) 3:30 PM - Veterans Day Trivia (AR)	**12** 10:00 AM - Daily Update Packet (OA) 10:45 AM - Exercises with BRR (AR) 2:00 PM - Rock n Bowl (AR) 3:30 PM - Romeo Visits (AR) 6:30 PM - Bingo (AR)	**13** **Kindness Day** 10:00 AM - Daily Update Packet (OA) 10:45 AM - Fun Friday with BRR (AR) 11:30 AM - Cracker Barrel Lunch Trip (O) 3:00 PM - Chicken Soup Stories (AR)	**14** **Happy Birthday James J.** 11:00 AM - Color Creations (AR) 2:00 PM - Blue Grass Band (DR) 4:00 PM - Board Games (AR)
15 11:00 AM - Virtual Church Service (AR) 2:00 PM - Bingo with Betty (AR) 3:30 PM - Card Games (AR)	**16** 10:00 AM - Daily Update Packet (OA) 10:45 AM - Bingo (AR) 2:00 PM - Hoe Down with Scotty Stringz (DR) 3:30 PM - Book Club (AR)	**17** **Hiking Day** 10:00 AM - Daily Update Packet (OA) 10:45 AM - Stretching with BRR (AR) 2:00 PM - Pokeno (AR) 3:30 PM - Hiking Travelogue (AR)	**18** **Apple Cider Day** **Beauty Shop Open** 10:00 AM - Daily Update Packet (OA) 11:00 AM - Sip Cider & Paint Party (AR) 2:30 PM - Bible Study with Pastor Dew (AR) 3:30 PM - Bingo (AR)	**19** 10:00 AM - Daily Update Packet (OA) 10:45 AM - Exercises with BRR (AR) 1:00 PM - Resident Council (AR) 3:30 PM - Romeo Visits (AR) 5:30 PM - Friendsgiving Dinner (DR)	**20** 10:00 AM - Daily Update Packet (OA) 10:45 AM - Fun Friday with BRR (AR) 1:30 PM - Scenic Ride (O) 3:30 PM - Blackjack Game (AR)	**21** 11:00 AM - Color Creations (AR) 2:00 PM - "Resident's Choice" Afternoon Matinee (AR) 4:00 PM - Board Games (AR)
22 11:00 AM - Virtual Church Service (AR) 2:00 PM - Bingo with Betty (AR) 3:30 PM - Card Games (AR)	**23** 10:00 AM - Daily Update Packet (OA) 11:00 AM - Putter Up Golf (AR) 2:00 PM - Bingo (AR) 3:30 PM - Book Club (AR)	**24** 10:00 AM - Daily Update Packet (OA) 10:45 AM - Exercises with Broad River Rehab (AR) 2:00 PM - Horse Racing Game (AR) 3:30 PM - Stories of Gratitude (AR)	**25** **Friendsgiving Day** **Beauty Shop Open** 10:00 AM - Daily Update Packet (OA) 11:00 AM - Thanksgiving Art from the Heart (AR) 2:00 PM - Bingo (AR) 3:30 PM - Friendsgiving/Birthday Social (AR)	**26** **Happy Birthday June H.** **Thanksgiving Day** 9:00 AM - Macy's Parade (AR) 10:00 AM - Daily Update Packet (OA) 2:00 PM - Feature Film-Miracle on 34th Street (AR)	**27** **Day after Thanksgiving Day** 10:00 AM - Daily Update Packet (OA) 11:00 AM - The Price is Right Show (AR) 2:00 PM - Bingo with Betty (AR)	**28** 10:45 AM - Calvary Church Service (AR) 2:00 PM - "Resident's Choice" Afternoon Matinee (AR) 4:00 PM - Board Games (AR)
29 11:00 AM - Virtual Church Service (AR) 2:00 PM - Bingo with Betty (AR) 3:30 PM - Card Games (AR)	**30** 10:00 AM - Daily Update Packet (OA) 11:00 AM - Crossword Puzzle (AR) 2:00 PM - Bingo (AR) 3:30 PM - Book Club (AR)	**Locations** Activity Room (AR) Dining Room (DR) One-to-One Activity (OA) Outing (O) Sun Room (SR)	**Dimensions** Cognitive Creative Physical Social Spiritual			

* Activities are subject to change

November 2026

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MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **Daylight Savings Begins** 9:00 AM - Royal Treatments (AR) 10:30 AM - Virtual Church Service (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Trivia (SR) 4:00 PM - Devotion with Ernie (SR) 6:00 PM - Gospel Sing Along (SR)	**02** 9:00 AM - Royal Treatments (AR) 10:30 AM - Music and Manicures (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Bingo (AR) 3:30 PM - Ball Toss (SR) 6:00 PM - Short Stories (SR)	**03** 9:00 AM - Royal Treatments (AR) 10:00 AM - Hungry Hearts Duo (DR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Baking Group (AR) 3:30 PM - Balloon Volleyball (AR) 6:00 PM - Art from the Heart (AR)	**04** 9:00 AM - Royal Treatments (AR) 10:30 AM - Wise and Well with Broad River Rehab (SR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Parachute Fun (AR) 4:00 PM - Devotion with Ernie (SR) 6:00 PM - Trivia Ball (AR)	**05** 9:00 AM - Royal Treatments (AR) 10:30 AM - Bingo (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Wise and Well with Broad River Rehab (SR) 3:00 PM - Romeo Visits (AR) 6:00 PM - Baby Joy (AR)	**06** 9:00 AM - Royal Treatments (AR) 10:30 AM - Art from the Heart (AR) 1:00 PM - Relaxing Moments (SR) 1:30 PM - Scenic Ride (O) 2:00 PM - Afternoon Matinee 4:00 PM - Would you Rather? 6:00 PM - You Got Mail (AR)	**07** 9:00 AM - Royal Treatments (AR) 10:30 AM - Reminisce 1:00 PM - Relaxing Moments (SR) 2:00 PM - Bingo 3:30 PM - Finish the Phrase (SR) 6:00 PM - Sing Along to Music Videos (SR)
08 9:00 AM - Royal Treatments (AR) 10:30 AM - Virtual Church Service (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Trivia (SR) 4:00 PM - Devotion with Ernie (SR) 6:00 PM - Gospel Sing Along (SR)	**09** 9:00 AM - Royal Treatments (AR) 10:30 AM - Music and Manicures (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Bingo (AR) 3:30 PM - Ball Toss (SR) 6:30 PM - Worship Service with Bruce (SR)	**10** 9:00 AM - Royal Treatments (AR) 10:30 AM - Word Games 1:00 PM - Relaxing Moments (SR) 2:00 PM - Baking Group (AR) 3:30 PM - Balloon Volleyball (AR) 6:00 PM - Art from the Heart (AR)	**11** **Veterans Day** 9:00 AM - Royal Treatments (AR) 10:45 AM - Allegro Stands Together-A Veterans Day Tribute (DR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Parachute Fun (AR) 4:00 PM - Devotion with Ernie (SR) 6:00 PM - Trivia Ball (AR)	**12** 9:00 AM - Royal Treatments (AR) 10:30 AM - Bingo (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Wise and Well with Broad River Rehab (SR) 3:00 PM - Romeo Visits (AR) 6:00 PM - Baby Joy (AR)	**13** 9:00 AM - Royal Treatments (AR) 10:30 AM - Art from the Heart (AR) 11:30 AM - Cracker Barrel Lunch Trip (O) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Afternoon Matinee 4:00 PM - Would you Rather? 6:00 PM - You Got Mail (AR)	**14** 9:00 AM - Royal Treatments (AR) 10:30 AM - Reminisce 1:00 PM - Relaxing Moments (SR) 2:00 PM - Blue Grass Band (DR) 3:30 PM - Finish the Phrase (SR) 6:00 PM - Sing Along to Music Videos (SR)
15 9:00 AM - Royal Treatments (AR) 10:30 AM - Virtual Church Service (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Trivia (SR) 4:00 PM - Devotion with Ernie (SR) 6:00 PM - Gospel Sing Along (SR)	**16** 9:00 AM - Royal Treatments (AR) 10:30 AM - Music and Manicures (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Bingo (AR) 3:30 PM - Scotty Stringz Sings (SR) 6:00 PM - Short Stories (SR)	**17** 9:00 AM - Royal Treatments (AR) 10:30 AM - Word Games 1:00 PM - Relaxing Moments (SR) 2:00 PM - Baking Group (AR) 3:30 PM - Balloon Volleyball (AR) 6:00 PM - Art from the Heart (AR)	**18** 9:00 AM - Royal Treatments (AR) 10:30 AM - Wise and Well with Broad River Rehab (SR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Parachute Fun (AR) 4:00 PM - Devotion with Ernie (SR) 6:00 PM - Trivia Ball (AR)	**19** 9:00 AM - Royal Treatments (AR) 10:30 AM - Bingo (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Comedy Hour 3:00 PM - Romeo Visits (AR) 5:30 PM - Friendsgiving Dinner (DR) 6:00 PM - Baby Joy (AR)	**20** 9:00 AM - Royal Treatments (AR) 10:30 AM - Art from the Heart (AR) 1:00 PM - Relaxing Moments (SR) 1:30 PM - Scenic Ride (O) 2:00 PM - Afternoon Matinee 4:00 PM - Would you Rather? 6:00 PM - You Got Mail (AR)	**21** 9:00 AM - Royal Treatments (AR) 10:30 AM - Reminisce 1:00 PM - Relaxing Moments (SR) 2:00 PM - Bingo 3:30 PM - Finish the Phrase (SR) 6:00 PM - Sing Along to Music Videos (SR)
22 9:00 AM - Royal Treatments (AR) 10:30 AM - Virtual Church Service (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Trivia (SR) 4:00 PM - Devotion with Ernie (SR) 6:00 PM - Gospel Sing Along (SR)	**23** 9:00 AM - Royal Treatments (AR) 10:30 AM - Music and Manicures (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Bingo (AR) 3:30 PM - Ball Toss (SR) 6:00 PM - Short Stories (SR)	**24** 9:00 AM - Royal Treatments (AR) 10:30 AM - Word Games 1:00 PM - Relaxing Moments (SR) 2:00 PM - Baking Group (AR) 3:30 PM - Balloon Volleyball (AR) 6:00 PM - Art from the Heart (AR)	**25** 9:00 AM - Royal Treatments (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Parachute Fun (AR) 4:00 PM - Devotion with Ernie (SR) 6:00 PM - Trivia Ball (AR)	**26** **Thanksgiving Day** 9:00 AM - Royal Treatments (AR) 9:00 AM - Macy's Parade 1:00 PM - Relaxing Moments (SR) 2:00 PM - Bingo (AR) 3:30 PM - Thanksgiving Day Trivia 6:00 PM - Baby Joy (AR)	**27** **Day after Thanksgiving Day** 9:00 AM - Royal Treatments (AR) 10:30 AM - Art from the Heart (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Afternoon Matinee 4:00 PM - Would you Rather? 6:00 PM - You Got Mail (AR)	**28** 9:00 AM - Royal Treatments (AR) 10:30 AM - Reminisce 1:00 PM - Relaxing Moments (SR) 2:00 PM - Bingo 3:30 PM - Finish the Phrase (SR) 6:00 PM - Sing Along to Music Videos (SR)
29 9:00 AM - Royal Treatments (AR) 10:30 AM - Virtual Church Service (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Trivia (SR) 4:00 PM - Devotion with Ernie (SR) 6:00 PM - Gospel Sing Along (SR)	**30** 9:00 AM - Royal Treatments (AR) 10:30 AM - Music and Manicures (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Bingo (AR) 3:30 PM - Ball Toss (SR) 6:00 PM - Short Stories (SR)	**Locations** Activity Room (AR) Dining Room (DR) Outing (O) Sitting Room (SR) Sun Room (SR)				

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