November 2026

Spring Arbor of Rocky Mount

ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 9:30 AM - Devotional 10:00 AM - Exercise (AR) 10:30 AM - Walking 11:00 AM - Hayes Barton Baptist Church Ch.10 12:00 PM - Lunch 2:00 PM - Table Games (AR) 3:00 PM - Cup Game (AR) 4:00 PM - Walking Club	**02** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Wise & Well w/Broad River Rehab (Andrea) 12:00 PM - Lunch 2:00 PM - B-I-N-G-O (AR) 3:30 PM - Chicken Scratch (AR) 4:00 PM - Walking Club	**03** **Happy Birthday Leon A. Happy Birthday Mary W.** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Penny Ante (AR) 12:00 PM - Lunch 1:00 PM - One on One (AR) 2:00 PM - Last Letter (AR) 3:15 PM - Cup Game (AR) 4:00 PM - Walking Club	**04** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Van Ride (F) 12:00 PM - Lunch 1:00 PM - One on One (AR) 2:00 PM - Would You Rather (AR) 3:30 PM - Grocery List To Levonder 4:00 PM - Walking Club	**05** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Last Letter 12:00 PM - Lunch 1:00 PM - One on One (AR) 2:00 PM - B-I-N-G-O (AR) 3:00 PM - Chicken Scratch 4:00 PM - Walking Club	**06** **Happy Birthday Venella R.** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Golden Memories (AR) 12:00 PM - Lunch 1:00 PM - One on One (AR) 2:00 PM - Hot Chocolate Social (AR) 4:00 PM - Walking Club	**07** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Table Games (AR) 12:00 PM - Lunch 2:00 PM - Chicken Scratch (AR) 4:00 PM - Walking Club
08 **Happy Birthday Levonia R.** 9:30 AM - Devotional 10:00 AM - Exercise (AR) 10:30 AM - Walking 11:00 AM - Hayes Barton Baptist Church Ch.10 12:00 PM - Lunch 2:00 PM - Table Games (AR) 4:00 PM - Walking Club	**09** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Wise & Well w/Broad River Rehab (Andrea) 12:00 PM - Lunch 2:00 PM - B-I-N-G-O (AR) 3:30 PM - Chicken Scratch 4:00 PM - Walking Club	**10** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Memory Game (AR) 12:00 PM - Lunch 2:00 PM - Bag Toss (AR) 3:00 PM - One on One (AR) 4:00 PM - Walking Club	**11** **Veterans Day** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Move Your Feet Dance Party 12:00 PM - Lunch 4:00 PM - Walking Club 4:00 PM - Grocery List To Levonder	**12** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 10:30 AM - New Song Music Therapy w/ Amanda (AR) 12:00 PM - Lunch 2:00 PM - B-I-N-G-O (AR) 3:30 PM - Chicken Scratch 4:00 PM - Walking Club	**13** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Volleyball (AR) 2:00 PM - Happy Hour Social 4:00 PM - Walking Club	**14** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Table Games (AR) 12:00 PM - Lunch 2:00 PM - Left ,Right,Center (AR) 4:00 PM - Walking Club
15 9:30 AM - Devotional 10:00 AM - Exercise (AR) 10:30 AM - Walking 11:00 AM - Hayes Barton Baptist Church Ch.10 12:00 PM - Lunch 2:00 PM - Table Games (AR)	**16** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Wise & Well w/Broad River Rehab (Andrea) 12:00 PM - Lunch 2:00 PM - B-I-N-G-O (AR) 3:30 PM - Chicken Scratch	**17** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Bowling Tournament (AR) 12:00 PM - Lunch 2:00 PM - Last Letter (AR) 2:00 PM - Shut the Box (AR) 4:00 PM - Walking Club	**18** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Art From The Heart 12:00 PM - Lunch 2:00 PM - Manicures (AR) 4:00 PM - Walking Club 4:00 PM - Grocery List To Levonder	**19** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Floral Arrangments 12:00 PM - Lunch 2:00 PM - B-I-N-G-O (AR) 3:30 PM - UNO 4:00 PM - Walking Club	**20** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 11:00 AM - Baking Club (AR) 12:00 PM - Lunch 2:00 PM - Taste Testing (AR) 3:00 PM - Chicken Scratch 4:00 PM - Walking Club	**21** 9:30 AM - Devotional 10:00 AM - Exercise 10:30 AM - Walking 12:00 PM - Lunch 1:00 PM - Table Games (AR) 2:00 PM - Coloring Pages (AR) 4:00 PM - Walking Club