November 2026

Spring Arbor of Salisbury

SPRING ARBOR
Senior Living by Allegro

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 10:00 - Chair Exercise 10:30 - Catholic Service 11:00 - $ Bingo **11:00 -** "TV" Church 3:00 - Sundaes = **4:00 -** Cornhole 6:30 - Movie	**02** 9:45 - "Wise & Well" Fitness 10:30 - Music Performance by The Heartstrings Chorus 2:00 - $ Bingo 3:15 - Hydration on Location 4:00 - Trivia Time with Katie 6:30 - Movie	**03** 10:00 - Painting Class 10:30 - Ageless Grace 11:30 - Transportation to our Voting Precinct 2:00 - Flower Arranging 3:30 - Scrabble 6:30 - Movie	**04** 10:30 - “Wise & Well” 12:30 - Ladies' In-House Luncheon: Mission BBQ 2:00 - $ Bingo 3:30 - Music Appreciation 4:00 - Miniature Golf 6:30 - Movie	**05** 10:00 - Chair Exercise 11:00 - "Musical Moments" Music Therapy 🎶 12:00 - Words with Friends 2:00 - Movie Matinee 3:30 - "The Silver Bullets" Men's Visits with Steve 6:30 - Movie	**06** 10:00 - "Wise & Well" Fitness 10:30 - Scenic Drive 2:00 - "LCR" Dice Game 🖐 4:00 - Social & Happy Hour 6:30 - Movie	**07** 10:00 - Ageless Grace 10:30 - "Donuts and Coffee" 11:30 - Jeopardy 2:00 - $ Bingo 3:30 - College Football Watch Party 6:30 - Popcorn and a Movie
08 10:30 - Catholic Service 11:00 - $ Bingo 11:00 - "TV" Church 4:00 - Hymn Sing 2:00 - Open Game Room 3:00 - Hot Fudge Sundaes 6:30 - Movie	**09** 10:00 - "Wise & Well" Fitness 11:30 - Visit with REDS Students 12:00 - Therapy Dog "Dolly Parton" 2:00 - $ Bingo 3:00 - Jewelry Sale with Designer, Debbie Vaughan 3:15 - Hydration on Location 4:00 - Giant Crossword Puzzle 6:30 - Movie	**10** 10:00 - Painting Class 10:30 - Chair Exercise 11:30 - Craft with Primrose Kindergarteners 2:00 - Flower Arranging 4:00 - Music with "Commonfolk" 6:30 - Movie	**11** **Veterans Day** 10:30 - “Wise & Well” 11:00 - Veterans Pinning Ceremony 12:30 - Patriotic Music with Pianist, Darryl Emerson 🎶 2:00 - $ Bingo 3:30 - Miniature Golf 4:00 - "The Knit Wits" Knitting & Crochet Group 6:30 - Movie	**12** 10:30 - Ageless Grace 12:00 - Words with Friends 1:00 - November Birthdays Celebration 3:30 - Resident Council 6:30 - Movie	**13** 10:00 - "Wise & Well" Fitness 10:30 - Shopping Trip: Marshall's 2:00 - "LCR" Dice Game 🖐 4:00 - Social & Happy Hour 6:30 - Movie	**14** 10:00 - Ageless Grace 10:30 - "Donuts and Coffee" 11:00 - Giant Crossword 2:00 - $ Bingo 4:00 - Memorable Melodies 6:30 - Popcorn and a Movie
15 10:00 - Chair Exercise 10:30 - Catholic Service 11:00 - $ Bingo 11:00 - "TV" Church Service 3:00 - Sundaes on Sunday 4:00 - Cornhole 6:30 - Movie	**16** 10:00 - "Wise & Well" Fitness 11:00 - Wii Bowling 1:30 - Movie Outing to see "Jimmy" 3:30 - $ Bingo 6:30 - Movie	**17** 10:30 - Jubilation Choir 🎶 2:00 - Flower Arranging 3:00 - Flower Arrangements with Salisbury Garden Club 6:30 - Movie	**18** 10:30 - “Wise & Well” 12:30 - Men's In-House Luncheon 2:00 - $ Bingo 3:30 - "What's Cooking?" Cooking Demonstration 4:00 - Miniature Golf 6:30 - Movie	**19** 7:00 - Wii Bowling 10:00 - Chair Exercise 11:00 - "Musical Moments" Music Therapy 🎶 12:00 - Words with Friends 2:00 - Communion Service with Manakin Episcopal Church 6:30 - Movie	**20** 10:00 - "Wise & Well" 10:30 - Shopping Trip: Barnes and Noble 2:00 - "LCR" Dice Game 🖐 4:00 - Social & Happy Hour 6:30 - Movie	**21** 10:00 - Ageless Grace 10:30 - "Donuts and Coffee" 11:30 - Jeopardy 2:00 - $ Bingo 3:30 - College Football Watch Party 6:30 - Popcorn and a Movie
22 10:30 - Catholic Service 11:00 - $ Bingo 11:00 - "TV" Church Service 2:00 - Resident Hymn Sing 2:00 - Open Game Room 3:00 - Apple Pie Parfaits 6:30 - Movie	**23** 10:00 - "Wise & Well" Fitness 11:00 - Lunch Outing to Palermo $ 2:00 - $ Bingo 3:15 - Hydration on Location 4:00 - Giant Crossword 6:30 - Movie	**24** 10:00 - Painting Class 10:30 - Chair Exercise 11:30 - "Fun Drum" Cardio Drumming 2:00 - Flower Arranging 3:00 - Wii Bowling 6:30 - Movie	**25** 10:30 - “Wise & Well” 11:30 - Art From the Heart 2:00 - $ Bingo 4:00 - Miniature Golf 6:30 - Movie	**26** **Thanksgiving Day** 9:00 - Macy's Thanksgiving Day Parade 10:30 - Sticky Buns and Coffee 2:00 - Movie Matinee 6:30 - Movie	**27** **Day after Thanksgiving Day** 10:00 - "Wise & Well" 2:00 - "LCR" Dice Game 🖐 4:00 - Social & Happy Hour 6:30 - Movie	**28** 10:00 - Ageless Grace 10:30 - "Donuts and Coffee" 11:00 - Giant Crossword Puzzle 2:00 - $ Bingo 4:00 - Comedy Hour 6:30 - Popcorn and a Movie
29 10:00 - Chair Exercise 10:30 - Catholic Service 11:00 - $ Bingo 11:00 - "TV" Church Service 3:00 - Sundaes on Sunday 4:00 - Cornhole 6:30 - Movie	**30** 4:00 - "My Life Story" Social and Reminisce 10:00 - "Wise & Well" Fitness 11:30 - Children's Visit with REDS 2:00 - $ Bingo 3:15 - Hydration on Location 6:30 - Movie	**01** 	**02** 	**03** 	**04** **Dimensions** Cognitive Creative Physical Social Spiritual	**05** ***Activities are subject to change. Please check the daily activity sheet for updates!*** ***All activities areaan hour long unless otherwise noted; in thoses cases, activities are half an hour (HHR) in length.***

* Activities are subject to change