November 2026

Spring Arbor Cottage of Fredericksburg

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 10:00 AM - Church Service (S) 1:00 PM - Relaxation (S) 2:00 PM - Adult Coloring (C) 3:00 PM - Classic Tv (C)	**02** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Chair Exercise (P) 10:30 AM - Bible Study (S) 11:00 AM - Card Shark (C) 1:00 PM - Relaxation (S) 2:00 PM - Nail Care (S) 3:00 PM - Classic Tv (C)	**03** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Art from the Heart (C) 11:00 AM - Tover Time (S) 1:00 PM - Relaxation (S) 2:00 PM - Hearts in Harmony 3:00 PM - Wise & Well (P)	**04** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Tasty Moments 10:45 AM - Music Hour (P) 1:00 PM - Relaxation (S) 2:00 PM - String of Pearls (E) 3:00 PM - Art & Puzzles (S)	**05** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Church Service (S) 10:45 AM - Wise & Well (P) 1:00 PM - Relaxation 2:00 PM - UNO 3:00 PM - Art & Puzzles	**06** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Chair Exercise (P) 11:00 AM - Volleyball 1:00 PM - Relaxation (S) 2:00 PM - Bingo! 3:00 PM - Classic Tv (C)	**07** 10:00 AM - Adult Coloring (C) 1:00 PM - Relaxation (S) 2:00 PM - Puzzles 3:00 PM - Classic TV (S)
08 10:00 AM - Church Service (S) 1:00 PM - Relaxation (S) 2:00 PM - Adult Coloring (C) 3:00 PM - Classic Tv (C)	**09** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Chair Zumba (P) 10:30 AM - Bible Study (S) 11:00 AM - Bowling (P) 1:00 PM - Relaxation (S) 2:00 PM - Nail Care (S) 3:00 PM - Classic Tv (S)	**10** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Art from the Heart (C) 11:00 AM - Tover Time (S) 1:00 PM - Relaxation (S) 2:00 PM - Hearts in Harmony 3:00 PM - Wise & Well (P)	**11** **Veterans Day** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Tasty Moments 10:45 AM - Music Hour (P) 1:00 PM - Relaxation (S) 2:00 PM - Veterans Day Ceremony (S) 3:00 PM - Art & Puzzles (S)	**12** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Church Service (S) 10:45 AM - Wise & Well (P) 1:00 PM - Relaxation 2:00 PM - Miracle on 34th Street 4:00 PM - Art & Puzzles	**13** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Chair Exercise (P) 11:00 AM - Pumpkin Craft 1:00 PM - Relaxation (S) 2:00 PM - Bingo! 3:00 PM - Art & Puzzles (S)	**14** 10:00 AM - Adult Coloring (C) 1:00 PM - Relaxation (S) 2:00 PM - Puzzles 3:00 PM - Classic TV (S)
15 10:00 AM - Church Service (S) 1:00 PM - Relaxation (S) 2:00 PM - Adult Coloring (C) 3:00 PM - Classic Tv (C)	**16** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Chair Exercise (P) 10:30 AM - Bible Study (S) 11:00 AM - Hungry Hungry Hippo 1:00 PM - Relaxation (S) 2:00 PM - Nail Care (S) 3:00 PM - Classic Tv (S)	**17** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Art from the Heart (C) 11:00 AM - Tover Time (S) 1:00 PM - Relaxation (S) 2:00 PM - Hearts in Harmony 3:00 PM - Wise & Well (P)	**18** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Tasty Moments 10:45 AM - Music Hour (P) 1:00 PM - Relaxation (S) 2:00 PM - Virtual Vacation 3:00 PM - Art & Puzzles (S)	**19** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Church Service (S) 10:45 AM - Wise & Well (P) 1:00 PM - Relaxation 2:00 PM - Michael's Music (E) 4:00 PM - Art & Puzzles	**20** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Chair Exercise (P) 11:00 AM - Bingo! 1:00 PM - Relaxation (S) 2:00 PM - Resident Council 2:45 PM - Hokie Joe (E) 4:00 PM - Art & Puzzles	**21** 10:00 AM - Adult Coloring (C) 1:00 PM - Relaxation (S) 2:00 PM - Puzzles 3:00 PM - Classic TV (S)
22 10:00 AM - Church Service (S) 1:00 PM - Relaxation (S) 2:00 PM - Adult Coloring (C) 3:00 PM - Classic Tv (C)	**23** 9:30 AM - Daily Kick-Off (S) 10:30 AM - Bible Study (S) 11:00 AM - Lucky Six 1:00 PM - Relaxation (S) 2:00 PM - Nail Care (S) 3:00 PM - Classic Tv (S)	**24** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Art from the Heart (C) 11:00 AM - Tover Time (S) 12:00 PM - Thanksgiving Lunch 1:00 PM - Relaxation (S) 2:00 PM - Hearts in Harmony 3:00 PM - Wise & Well (P)	**25** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Tasty Moments 10:45 AM - Music Hour (P) 1:00 PM - Relaxation (S) 2:00 PM - Virtual Vacation 3:00 PM - Art & Puzzles (S)	**26** **Thanksgiving Day** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Church Service (S) 10:45 AM - Wise & Well (P) 1:00 PM - Relaxation 2:00 PM - Adult Coloring 3:00 PM - Classic Tv	**27** **Day after Thanksgiving Day** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Chair Zumba (P) 11:00 AM - Bean Bag Toss 1:00 PM - Relaxation (S) 2:00 PM - Bingo! 3:00 PM - Art & Puzzles (S)	**28** 10:00 AM - Adult Coloring (C) 1:00 PM - Relaxation (S) 2:00 PM - Puzzles 3:00 PM - Classic TV (S)
29 10:00 AM - Church Service (S) 1:00 PM - Relaxation (S) 2:00 PM - Adult Coloring (C) 3:00 PM - Classic Tv (C)	**30** 9:30 AM - Daily Kick-Off (S) 10:00 AM - Exercise (P) 10:30 AM - Bible Study (S) 11:00 AM - Wheel of Fortune 1:00 PM - Relaxation (S) 2:00 PM - Birthday Party! 3:00 PM - Classic Tv (S)	**Locations** SOCIAL (S) SENSORY/CREATIVE (S) COGNITIVE (C) PHYSICAL (P) SPIRITUAL (S) SELF-CARE (S) ENTERTAINMENT (E)	**Dimensions** Spiritual Creative Cognitive Social Physical			

* Activities are subject to change