November 2026

Spring Arbor of Apex

MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 9:00 AM - Daily Chronicles (DR) 11:00 AM - Hayes Barton Church (LR) 2:00 PM - Bingo (DR) 3:00 PM - Gentle Chair Yoga (DR) 7:00 PM - America's Funniest Home Videos (LR)	**02** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Stories to Share (DR) 11:00 AM - Chair Stretch and Exercise (DR) 2:00 PM - Bingo (DR) 3:00 PM - Noodle Ball (LR) 7:00 PM - Jeopardy/Wheel of Fortune (LR)	**03** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Pondering Prompts (DR) 11:00 AM - Chair Fitness with LHS (DR) 2:00 PM - Gentle Chair Yoga (DR) 3:00 PM - Pictionary Game (LR) 6:00 PM - Silver Screen Movies (LR)	**04** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Animal Trivia (DR) 11:00 AM - Chair Stretch and Exercise (DR) 2:00 PM - Bingo (DR) 3:00 PM - Dot Art (AR) 6:00 PM - Evening Devotionals (LR)	**05** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Elvis Greatest Hits (DR) 11:00 AM - Brain Teasers with LHS (DR) 2:00 PM - Gentle Chair Yoga (DR) 3:00 PM - Bowling (LO) 6:00 PM - Thursday Throwbacks (LR)	**06** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Crossword Puzzles (DR) 11:00 AM - Chair Stretch and Exercise (DR) 2:00 PM - Bingo (DR) 3:00 PM - Happy Hour (DR) 7:00 PM - Jeopardy/Wheel of Fortune (LR)	**07** 9:00 AM - Daily Chronicles (DR) 11:00 AM - Sing Alongs (DR) 2:00 PM - Mandala Coloring (DR) 3:00 PM - Gentle Chair Yoga (DR) 7:00 PM - Movie Showing (LR)
08 9:00 AM - Daily Chronicles (DR) 11:00 AM - Hayes Barton Church (LR) 2:00 PM - Bingo (DR) 3:00 PM - Gentle Chair Yoga (DR) 7:00 PM - America's Funniest Home Videos (LR)	**09** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Stories to Share (DR) 11:00 AM - Chair Stretch and Exercise (DR) 2:00 PM - Bingo (DR) 3:00 PM - Parachute (LR) 7:00 PM - Jeopardy/Wheel of Fortune (LR)	**10** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Pondering Prompts (DR) 11:00 AM - Chair Fitness with LHS (DR) 2:00 PM - Gentle Chair Yoga (DR) 3:00 PM - Matching Game (LR) 6:00 PM - Silver Screen Movies (LR)	**11** **Veterans Day** 9:00 AM - Daily Chronicles (DR) 10:30 AM - United States Trivia (DR) 11:00 AM - Chair Stretch and Exercise (DR) 2:00 PM - Bingo (DR) 3:00 PM - Patriotic Stars (AR) 6:00 PM - Evening Devotionals (LR)	**12** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Sinatra Greatest Hits (DR) 11:00 AM - Brain Teasers with LHS (DR) 2:00 PM - Gentle Chair Yoga (DR) 3:00 PM - Scenic Bus Ride (O) 6:00 PM - Thursday Throwbacks (LR)	**13** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Word Chains (DR) 11:00 AM - Chair Stretch and Exercise (DR) 2:00 PM - Bingo (DR) 3:00 PM - Happy Hour (DR) 7:00 PM - Jeopardy/Wheel of Fortune (LR)	**14** 9:00 AM - Daily Chronicles (DR) 11:00 AM - Toss and Talk (DR) 2:00 PM - Mandala Coloring (DR) 3:00 PM - Gentle Chair Yoga (DR) 7:00 PM - Movie Showing (LR)
15 9:00 AM - Daily Chronicles (DR) 11:00 AM - Hayes Barton Church (LR) 2:00 PM - Bingo (DR) 3:00 PM - Gentle Chair Yoga (DR) 7:00 PM - America's Funniest Home Videos (LR)	**16** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Stories to Share (DR) 11:00 AM - Chair Stretch and Exercise (DR) 2:00 PM - Bingo (DR) 3:00 PM - Noodle Ball (LR) 7:00 PM - Jeopardy/Wheel of Fortune (LR)	**17** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Pondering Prompts (DR) 11:00 AM - Chair Fitness with LHS (DR) 2:00 PM - Gentle Chair Yoga (DR) 3:00 PM - Uno Game (DR) 6:00 PM - Silver Screen Movies (LR)	**18** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Food Trivia (DR) 11:00 AM - Chair Stretch and Exercise (DR) 2:00 PM - Bingo (DR) 3:00 PM - Picture Frames (AR) 6:00 PM - Evening Devotionals (LR)	**19** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Beatles Greatest Hits (DR) 11:00 AM - Brain Teasers with LHS (DR) 2:00 PM - Gentle Chair Yoga (DR) 3:00 PM - Bowling (LO) 6:00 PM - Thursday Throwbacks (LR)	**20** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Word Searches (DR) 11:00 AM - Chair Stretch and Exercise (DR) 2:00 PM - Bingo (DR) 3:00 PM - Happy Hour (DR) 7:00 PM - Jeopardy/Wheel of Fortune (LR)	**21** 9:00 AM - Daily Chronicles (DR) 11:00 AM - Sing Alongs (DR) 2:00 PM - Mandala Coloring (DR) 3:00 PM - Gentle Chair Yoga (DR) 7:00 PM - Movie Showing (LR)
22 9:00 AM - Daily Chronicles (DR) 11:00 AM - Hayes Barton Church (LR) 2:00 PM - Bingo (DR) 3:00 PM - Gentle Chair Yoga (DR) 7:00 PM - America's Funniest Home Videos (LR)	**23** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Stories to Share (DR) 11:00 AM - Chair Stretch and Exercise (DR) 2:00 PM - Bingo (DR) 3:00 PM - Parachute (LR) 7:00 PM - Jeopardy/Wheel of Fortune (LR)	**24** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Pondering Prompts (DR) 11:00 AM - Chair Fitness with LHS (DR) 2:00 PM - Gentle Chair Yoga (DR) 3:00 PM - Name That Tune Game (LR) 6:00 PM - Silver Screen Movies (LR)	**25** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Gardening Trivia (DR) 11:00 AM - Chair Stretch and Exercise (DR) 2:00 PM - Bingo (DR) 3:00 PM - Zentangles (AR) 6:00 PM - Evening Devotionals (LR)	**26** **Thanksgiving Day** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Greatest Hits (DR) 11:00 AM - Brain Teasers with LHS (DR) 2:00 PM - Gentle Chair Yoga (DR) 3:00 PM - Ladder Toss (LO) 6:00 PM - Thursday Throwbacks (LR)	**27** **Day after Thanksgiving Day** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Finish the Phrase (DR) 11:00 AM - Chair Stretch and Exercise (DR) 2:00 PM - Bingo (DR) 3:00 PM - Happy Hour (DR) 7:00 PM - Jeopardy/Wheel of Fortune (LR)	**28** 9:00 AM - Daily Chronicles (DR) 11:00 AM - Toss and Talk (DR) 2:00 PM - Mandala Coloring (DR) 3:00 PM - Gentle Chair Yoga (DR) 7:00 PM - Movie Showing (LR)
29 9:00 AM - Daily Chronicles (DR) 11:00 AM - Hayes Barton Church (LR) 2:00 PM - Bingo (DR) 3:00 PM - Gentle Chair Yoga (DR) 7:00 PM - America's Funniest Home Videos (LR)	**30** 9:00 AM - Daily Chronicles (DR) 10:30 AM - Stories to Share (DR) 11:00 AM - Chair Stretch and Exercise (DR) 2:00 PM - Bingo (DR) 3:00 PM - Noodle Ball (LR) 7:00 PM - Jeopardy/Wheel of Fortune (LR)	**01**	**02**	**03**	**04** **Locations** Activity Room (AR) Dining Room (DR) Living Room (LR) Lounge (LO) Outing (O)	**05** **Dimensions** Cognitive Creative Physical Social Spiritual

* Activities are subject to change

November 2026

Spring Arbor of Apex

ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 10:30 AM - Morning Stroll (B) 11:00 AM - Hayes Barton Church (RR) 2:00 PM - Sunday School with Pleasant Plains (AR) 3:00 PM - Mandala Coloring (AR) 6:00 PM - Card Games (AR)	**02** 9:00 AM - Exercise with Horace (DR) 10:00 AM - The Price is Right (AR) 1:00 PM - Catholic Communion (AR) 1:30 PM - LHS Chair Fitness (DR) 3:00 PM - Candy Bingo (DR) 6:00 PM - Documentary (AR)	**03** 9:30 AM - Chair Yoga (AR) 11:00 AM - Wii Bowling (AR) 1:00 PM - Fall Suncatchers (AR) 2:00 PM - Corn Hole (AR) 3:00 PM - Armchair Travel: Rome (AR) 6:00 PM - Rummikub (AR)	**04** 9:00 AM - Exercise with Horace (DR) 10:30 AM - General Store (AR) 11:15 AM - LHS Brain Teasers (AR) 1:30 PM - SA $ Bingo with Joan (DR) 3:00 PM - Mahjong Club (SR)	**05** 9:30 AM - Chair Yoga (AR) 11:00 AM - IHOP Lunch (O) 1:30 PM - Pet Therapy (B) 1:30 PM - Ukulele with Peggy (DR) 2:30 PM - Ladder Toss (L) 6:00 PM - Rummikub (AR)	**06** 9:30 AM - Stretch and Strength (DR) 10:00 AM - Book Club (SR) 11:30 AM - Hymn Singing (AR) 1:30 PM - SA $ Bingo (DR) 3:00 PM - Happy Hour (AR) 7:00 PM - Movie Classics (SR)	**07** 10:30 AM - Morning Stroll (B) 11:00 AM - Rummikub (AR) 2:00 PM - Jigsaw Puzzles (AR) 3:00 PM - Board Games (AR)
08 10:30 AM - Morning Stroll (B) 11:00 AM - Hayes Barton Church (RR) 2:00 PM - Sunday School with Pleasant Plains (AR) 3:00 PM - Mandala Coloring (AR) 6:00 PM - Card Games (AR)	**09** 9:00 AM - Exercise with Horace (DR) 10:00 AM - The Price is Right (AR) 1:00 PM - Catholic Communion (AR) 1:30 PM - LHS Chair Fitness (DR) 3:00 PM - Candy Bingo (DR) 6:00 PM - Documentary (AR)	**10** 9:30 AM - Chair Yoga (AR) 11:00 AM - Wii Bowling (AR) 1:00 PM - Patriotic Painting (AR) 2:00 PM - Bowling (AR) 3:00 PM - Armchair Travel: Spain (AR) 6:00 PM - Rummikub (AR)	**11** **Veterans Day** 9:00 AM - Exercise with Horace (DR) 10:00 AM - General Store (AR) 11:15 AM - LHS Brain Teasers (AR) 1:30 PM - SA $ Bingo with Joan (DR) 3:00 PM - Mike Gaskins Guitar (DR)	**12** 9:30 AM - Chair Yoga (AR) 10:00 AM - Connections Game (AR) 1:30 PM - Resident Council (AR) 2:30 PM - Bowling (L) 3:30 PM - Countries Trivia (AR) 6:00 PM - Rummikub (AR)	**13** 9:30 AM - Stretch and Strength (DR) 10:00 AM - Book Club (SR) 11:30 AM - Hymn Singing (AR) 1:30 PM - SA $ Bingo with Mary (DR) 3:00 PM - Happy Hour (AR) 7:00 PM - Movie Classics (SR)	**14** 10:30 AM - Morning Stroll (B) 11:00 AM - Rummikub (AR) 2:00 PM - Jigsaw Puzzles (AR) 3:00 PM - Board Games (AR)
15 10:30 AM - Morning Stroll (B) 11:00 AM - Hayes Barton Church (RR) 2:00 PM - Sunday School with Pleasant Plains (AR) 3:00 PM - Mandala Coloring (AR) 6:00 PM - Card Games (AR)	**16** 9:00 AM - Exercise with Horace (DR) 10:00 AM - The Price is Right (AR) 1:00 PM - Catholic Communion (AR) 1:30 PM - LHS Chair Fitness (DR) 3:00 PM - Candy Bingo (DR) 6:00 PM - Documentary (AR)	**17** 9:30 AM - Chair Yoga (AR) 12:00 PM - Family Thanksgiving Lunch (DR) 1:00 PM - Picture Frames (AR) 2:00 PM - Corn Hole (AR) 3:00 PM - Armchair Travel: Paris (AR) 6:00 PM - Rummikub (AR)	**18** 9:00 AM - Exercise with Horace (DR) 10:30 AM - General Store (AR) 11:15 AM - LHS Brain Teasers (AR) 1:30 PM - SA $ Bingo with Joan (DR) 2:00 PM - Chili Cook Off (DR)	**19** 9:30 AM - Chair Yoga (AR) 11:00 AM - Culver's Lunch (O) 1:30 PM - Magnolia Melodies Music 1:30 PM - Pet Therapy (B) 2:30 PM - Ladder Toss (L) 6:00 PM - Rummikub (AR)	**20** 9:30 AM - Stretch and Strength (DR) 10:00 AM - Book Club (SR) 11:30 AM - Hymn Singing (AR) 1:30 PM - SA $ Bingo (DR) 3:00 PM - Happy Hour (AR) 7:00 PM - Movie Classics (SR)	**21** 10:30 AM - Morning Stroll (B) 11:00 AM - Rummikub (AR) 2:00 PM - Jigsaw Puzzles (AR) 3:00 PM - Board Games (AR)
22 10:30 AM - Morning Stroll (B) 11:00 AM - Hayes Barton Church (RR) 2:00 PM - Sunday School with Pleasant Plains (AR) 3:00 PM - Mandala Coloring (AR) 6:00 PM - Card Games (AR)	**23** 9:00 AM - Exercise with Horace (DR) 10:00 AM - The Price is Right (AR) 1:00 PM - Catholic Communion (AR) 1:30 PM - LHS Chair Fitness (DR) 3:00 PM - Candy Bingo (DR) 6:00 PM - Documentary (AR)	**24** 9:30 AM - Chair Yoga (AR) 11:00 AM - Wii Bowling (AR) 1:00 PM - Zentangles (AR) 2:00 PM - Bowling (AR) 3:00 PM - Armchair Travel: Turkey (AR) 6:00 PM - Rummikub (AR)	**25** 9:00 AM - Exercise with Horace (DR) 10:30 AM - General Store (AR) 11:15 AM - LHS Brain Teasers (AR) 1:30 PM - SA $ Bingo with Joan (DR) 2:30 PM - Birthday Party w Horace (DR) 3:00 PM - Mahjong Club (SR)	**26** **Thanksgiving Day** 9:30 AM - Chair Yoga (AR) 10:00 AM - Group Crosswords (AR) 1:30 PM - Art from the Heart (AR) 2:30 PM - Bowling (L) 3:30 PM - Thanksgiving Trivia (AR) 6:00 PM - Rummikub (AR)	**27** **Day after Thanksgiving Day** 9:30 AM - Stretch and Strength (DR) 10:00 AM - Book Club (SR) 11:30 AM - Hymn Singing (AR) 1:30 PM - SA $ Bingo (DR) 3:00 PM - Happy Hour (AR) 7:00 PM - Movie Classics (SR)	**28** 10:30 AM - Morning Stroll (B) 11:00 AM - Rummikub (AR) 2:00 PM - Jigsaw Puzzles (AR) 3:00 PM - Board Games (AR)
29 10:30 AM - Morning Stroll (B) 11:00 AM - Hayes Barton Church (RR) 2:00 PM - Sunday School with Pleasant Plains (AR) 3:00 PM - Mandala Coloring (AR) 6:00 PM - Card Games (AR)	**30** 10:00 AM - The Price is Right (AR) 1:00 PM - Catholic Communion (AR) 1:30 PM - LHS Chair Fitness (DR) 2:30 PM - Candy Bingo (DR) 3:30 PM - Auction (DR) 6:00 PM - Documentary (AR)	**01**	**02**	**03**	**04** **Locations** Activity Room (AR) Building (B) Dining Room (DR) Lobby (L) Outing (O) Resident Room (RR) Sunroom (SR)	**05** **Dimensions** Cognitive Creative Physical Social Spiritual

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