November 2026

Spring Arbor of Wilson

ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 9:30 AM - Sunday School (AR) 11:00 AM - Hayes Barton Church Service (AR) 2:00 PM - Surprise Dessert Treat (DR) 3:00 PM - Grace Baptist Church Choir (AR)	**02** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Book Club (LR) 1:00 PM - Open Gym 2:00 PM - Bible Study with Michelle (AR) 3:15 PM - Music Therapy with Amanda (DR) 4:00 PM - Puzzle Club (LR)	**03** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Blissful Blankets Project (AR) 1:00 PM - Open Gym 2:30 PM - Bingo (DR) 3:30 PM - Mocktails & Merriment (DR)	**04** 10:00 AM - Wise & Well with Broad River (AR) 10:30 AM - Turkey Scavenger Hunt *Prize* 11:30 AM - Music with Dave Schwartz (AR) 1:00 PM - Open Gym 2:00 PM - Balloon Darts (AR) 3:00 PM - Manicures (AR)	**05** 8:00 AM - Breakfast Outing to Cracker Barrel 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Axe Throwing (AR) 1:00 PM - Open Gym 2:00 PM - Ice Cream Cart 3:00 PM - Human Slot Machine (AR) 6:30 PM - Singing with Farmington Heights' Church Group (AR)	**06** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Cornhole (AR) 1:00 PM - Open Gym 2:30 PM - Bingo (DR) 3:30 PM - Happy Hour (DR)	**07** 10:00 AM - Morning Stretch (AR) 10:30 AM - Pacemakers (AR) 11:00 AM - Brain Game Activity Sheets (AR) 2:30 PM - Snack Bingo (DR)
08 9:30 AM - Sunday School (AR) 11:00 AM - Hayes Barton Church Service (AR) 2:00 PM - Surprise Dessert Treat (DR)	**09** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Book Club (LR) 1:00 PM - Open Gym 2:00 PM - Hangman (AR) 3:15 PM - Singfit (AR) 4:00 PM - Puzzle Club (LR)	**10** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Cooking Crew (AR) 1:00 PM - Open Gym 2:30 PM - Bingo (DR) 3:30 PM - Taste Testers (DR) 6:30 PM - Kangaroo Gang (AR)	**11** **Veterans Day** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Veteran's Day Recognition (AR) 1:00 PM - Open Gym 1:00 PM - Shopping Outing to Popshelf 3:00 PM - Manicures (AR)	**12** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Plinko (AR) 1:00 PM - Open Gym 2:00 PM - Ice Cream Cart 2:30 PM - Movie Matinee (AR)	**13** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Flower Arrangements (AR) 1:00 PM - Open Gym 2:30 PM - Bingo (DR) 3:30 PM - Happy Hour (DR)	**14** 10:00 AM - Morning Stretch (AR) 10:30 AM - Pacemakers (AR) 11:00 AM - Brain Game Activity Sheets (AR) 2:30 PM - Snack Bingo (DR)
15 9:30 AM - Sunday School (AR) 11:00 AM - Hayes Barton Church Service (AR) 2:00 PM - Surprise Dessert Treat (DR) 3:00 PM - Sing-Along with Marci (AR)	**16** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Book Club (LR) 1:00 PM - Open Gym 2:00 PM - Bible Study with Michelle (AR) 3:15 PM - Music Therapy with Amanda (DR) 4:00 PM - Puzzle Club (LR)	**17** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Blissful Blankets Project (AR) 1:00 PM - Open Gym 2:30 PM - Bingo (DR) 3:30 PM - Mocktails & Merriment (DR)	**18** 10:00 AM - Wise & Well with Broad River (AR) 10:30 AM - Pet Therapy Cheergiver Visit with Reed 11:30 AM - Music with Dave Schwartz (AR) 12:00 PM - Lunch Bunch Group in Sunroom *Must Sign Up* 1:00 PM - Open Gym 3:00 PM - Manicures (AR)	**19** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Penny Pitching (AR) 1:00 PM - Open Gym 2:00 PM - Turkey Shoot with Broad River (AR) 3:30 PM - Ice Cream Cart	**20** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Chair Volleyball (AR) 1:00 PM - Open Gym 2:30 PM - Bingo (DR) 3:30 PM - Happy Hour (DR)	**21** 10:00 AM - Morning Stretch (AR) 10:30 AM - Pacemakers (AR) 11:00 AM - Brain Game Activity Sheets (AR) 2:30 PM - Snack Bingo (DR)
22 9:30 AM - Sunday School (AR) 11:30 AM - Bible Study with West Nash Church (AR) 2:00 PM - Surprise Dessert Treat (DR)	**23** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Book Club (LR) 1:00 PM - Open Gym 2:00 PM - Hangman (AR) 3:15 PM - Singfit (AR) 4:00 PM - Puzzle Club (LR) 6:30 PM - Kangaroo Gang (AR)	**24** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Cooking Crew (AR) 1:00 PM - Open Gym 2:30 PM - Bingo (DR) 3:30 PM - Taste Testers (DR) 5:00 PM - Dessert Family Night (DR)	**25** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Wheel of Fortune (AR) 1:00 PM - Open Gym 2:00 PM - Skee-Ball & Donuts (AR) 3:00 PM - Manicures (AR)	**26** **Thanksgiving Day** 10:00 AM - Wise & Well with Broad River (AR) 1:00 PM - Open Gym 2:30 PM - Movie Matinee	**27** **Day after Thanksgiving Day** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Candy Gamble 1:00 PM - Open Gym 2:30 PM - Bingo (DR) 3:30 PM - Happy Hour (DR)	**28** 10:00 AM - Morning Stretch (AR) 10:30 AM - Pacemakers (AR) 11:00 AM - Brain Game Activity Sheets (AR) 2:30 PM - Snack Bingo (DR)
29 9:30 AM - Sunday School (AR) 11:00 AM - Hayes Barton Church Service (AR) 2:00 PM - Surprise Dessert Treat (DR)	**30** 10:00 AM - Wise & Well with Broad River (AR) 11:00 AM - Book Club (LR) 1:00 PM - Open Gym 2:00 PM - Resident Council Meeting 3:00 PM - Music with Mike and Kelly 4:00 PM - Puzzle Club (LR)		Changes and Additions will be posted on the daily sheets and hall calendar. **Please see Rosie to sign up for Outings!**	**Meal Times** Breakfast 7:40-8:40 AM Lunch 12:00-1:00 PM Dinner 5:00-6:00 PM **Beauty Shop Hours** Every Tuesday 12:45-5:15 PM	**Locations** Activity Room (AR) Dining Room (DR) Living Room (LR)	

* Activities are subject to change

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MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Sunday School 1:00 PM - Relaxing Moments 2:00 PM - Afternoon Snack (DR) 6:00 PM - Gospel Sing-Along & Snack	**02** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Wise & Well 1:00 PM - Relaxing Moments 2:00 PM - Afternoon Snack 2:30 PM - Music Therapy (LR) 3:00 PM - Bible Study w/ Michelle (LR) 6:00 PM - Cottage Choice & Snack	**03** 9:00 AM - Beauty Shop Stop 10:00 AM - Morning Snack (DR) 10:30 AM - Art From the Heart 1:00 PM - Relaxing Moments 2:00 PM - Snack & Chat 3:30 PM - Choir Practice (LR) 6:00 PM - Happy Thoughts & Snack (AR)	**04** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 11:00 AM - Dave Swartz (LR) 1:00 PM - Relaxing Moments 2:00 PM - Coffee Club 2:30 PM - Wise & Well 6:30 PM - Cottage Stories & Snack (DR)	**05** **National Donut Day** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Scavenger Hunt 10:30 AM - Parachute 1:00 PM - Relaxing Moments 2:00 PM - Hydration Bar & Snack 3:30 PM - Balloon Swat (LR) 6:00 PM - Devotional & Snack	**06** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Wise & Well 1:00 PM - Relaxing Moments 3:30 PM - Afternoon Movie & Popcorn (LR) 6:00 PM - Mind Joggers & Snack (DR)	**07** **National Play Outside Day** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Pedicures (AR) 1:00 PM - Relaxing Moments 2:00 PM - Snack & Chat 3:30 PM - Manicures (AR) 6:00 PM - TV Land & Snack
08 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Sunday School 1:00 PM - Relaxing Moments 2:00 PM - Afternoon Snack (DR) 6:00 PM - Gospel Sing-Along & Snack	**09** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Wise & Well 1:00 PM - Relaxing Moments 2:00 PM - Afternoon Snack 3:30 PM - Tabletop Games (DR) 6:00 PM - Cottage Choice & Snack	**10** **United States Marine Corps Birthday** 9:00 AM - Beauty Shop Stop 10:00 AM - Morning Snack (DR) 10:30 AM - Human Slot Machine 1:00 PM - Relaxing Moments 2:00 PM - Snack & Chat 3:30 PM - Ring Toss / Bowling 6:00 PM - Movie & Snack	**11** **Veterans Day** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) **11:00 AM - Allegro Stands Together; Veteran's Day Recognition (DR)** 1:00 PM - Relaxing Moments 2:00 PM - Coffee Club 2:30 PM - Wise & Well (LR) 6:30 PM - Cottage Stories & Snack (DR)	**12** **National Happy Hour Day** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Sound of Music (LR) 1:00 PM - Relaxing Moments 2:00 PM - Afternoon Snack (DR) 3:30 PM - Sip & Paint (DR) 6:00 PM - Devotional & Snack	**13** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Wise & Well 1:00 PM - Relaxing Moments 3:30 PM - Afternoon Movie & Popcorn (LR) 6:00 PM - Book Club & Snack (LR)	**14** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Pedicures (AR) 1:00 PM - Relaxing Moments 2:00 PM - Snack & Chat 3:30 PM - Manicures (AR) 6:00 PM - TV Land & Snack
15 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Sunday School 1:00 PM - Relaxing Moments 2:00 PM - Afternoon Snack (DR) 6:00 PM - Gospel Sing-Along & Snack	**16** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Wise & Well 1:00 PM - Relaxing Moments 2:00 PM - Afternoon Snack 2:30 PM - Music Therapy (LR) 3:00 PM - Bible Study w/ Michelle 6:00 PM - Cottage Choice & Snack	**17** 9:00 AM - Beauty Shop Stop 10:00 AM - Morning Snack (DR) 10:30 AM - Art From the Heart 1:00 PM - Relaxing Moments 2:00 PM - Snack & Chat 3:30 PM - Choir Practice (LR) 6:00 PM - Would You Rather & Snack (DR)	**18** **National Apple Cider Day** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Pet Therapy 11:00 AM - Dave Swartz (LR) 1:00 PM - Relaxing Moments 2:00 PM - Coffee Club 2:30 PM - Wise & Well (LR) 6:30 PM - Cottage Stories & Snack (DR)	**19** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Card Games (AR) 1:00 PM - Relaxing Moments 2:00 PM - Hydration Bar & Snack 3:30 PM - Connect Four / Ping Pong 6:00 PM - Devotional & Snack	**20** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Wise & Well 1:00 PM - Relaxing Moments 3:30 PM - Afternoon Movie & Popcorn (LR) 6:00 PM - Would You Rather & Snack (DR)	**21** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Manicures (AR) 1:00 PM - Relaxing Moments 2:00 PM - Snack & Chat 3:30 PM - Pedicures (AR) 6:00 PM - TV Land & Snack
22 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Sunday School 1:00 PM - Relaxing Moments 2:00 PM - Afternoon Snack (DR) 6:00 PM - Gospel Sing-Along & Snack	**23** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Wise & Well 1:00 PM - Relaxing Moments 2:00 PM - Afternoon Snack 2:30 PM - First Baptist Church (LR) 6:00 PM - Cottage Choice & Snack	**24** 9:00 AM - Beauty Shop Stop 10:00 AM - Morning Snack (DR) 10:30 AM - Sound of Music (LR) 1:00 PM - Relaxing Moments 2:00 PM - Snack & Chat 3:30 PM - Scavenger Hunt 6:00 PM - Movie & Snack	**25** **National Parfait Day** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Baking Club (DR) 1:00 PM - Relaxing Moments 2:00 PM - Parfait Bar 2:30 PM - Wise & Well (LR) 6:30 PM - Cottage Stories & Snack (DR)	**26** **Thanksgiving Day** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Bowling 1:00 PM - Relaxing Moments 2:00 PM - Afternoon Snack 3:30 PM - Blubble Blast (LR) 6:00 PM - Devotional & Snack	**27** **Day after Thanksgiving Day** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Wise & Well 1:00 PM - Relaxing Moments 3:30 PM - Afternoon Movie & Popcorn (LR) 6:00 PM - I Spy & Snack (DR)	**28** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Manicures (AR) 1:00 PM - Relaxing Moments 2:00 PM - Snack & Chat 3:30 PM - Pedicures (AR) 6:00 PM - TV Land & Snack
29 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Sunday School 1:00 PM - Relaxing Moments 2:00 PM - Afternoon Snack (DR) 6:00 PM - Gospel Sing-Along & Snack	**30** 9:00 AM - Royal Treatment 10:00 AM - Morning Snack (DR) 10:30 AM - Wise & Well 1:00 PM - Relaxing Moments 2:00 PM - Afternoon Snack 3:30 PM - Puzzled (DR) 6:00 PM - Cottage Choice & Snack					

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