November 2026

Spring Arbor of Winchester

ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **9:00 AM** Spiritual Reflections (Pick Up in AR) **10:30 AM** Themed Bingo **12:30 PM** Catholic Communion **1:30 PM** In Person Opequon Presbyterian Church Service (Sunroom) **3:00 PM** Music with Mary (LR) **6:00 PM** Bingo	**02** **9:30 AM** Tai Chi with Donna (Sunroom) **10:30 AM** Wise & Well: Exercise with Bayada (Gym) **1:30 PM** What in the World Do You Mean Game (AR) **2:30 PM** Music Therapy with Jay **3:30 PM** Scrabble **6:00 PM** Bingo	**03** **8:30 AM** Hairdresser (Salon) **9:30 AM** Chair Yoga **10:30 AM** Drama Club **1:30 PM** Friend Feud Game **2:30 PM** November Trivia **3:30 PM** Nail Spa & I Love Lucy **6:00 PM** Bingo	**04** **9:30 AM** Baking Peanut Butter Chocolate Bark **10:30 AM** Wise & Well: Exercise with Bayada (Gym) **11:00 AM** Lunch Outing to Cracker Barrel **2:00 PM** Wine Down Wednesday with Bendy Goodfriend **3:30 PM** UNO **6:00 PM** Bingo	**05** **9:30 AM** Forever Young: Immortal Jellyfish (AR) **10:00 AM** Communion with Rev. Martin (LR) **10:30 AM** Hymn Sing (LR) **1:30 PM** Let's Play Jeopardy! **2:30 PM** Gilded Gold: Airline Travel in the 1950s and 1960s **3:00 PM** Cottage Mixer (Meet in Foyer) **6:00 PM** Bingo	**06** **9:30 AM** Self-Guided Activities While Group Is on Outing (AR) **9:30 AM** Shopping Outing: Walmart **10:30 AM** Wise & Well: Exercise with Bayada (Gym) **1:30 PM** Who Are We? (AR) **2:00 PM** Happy Hour with Rob Yeakle **3:00 PM** Fit Minds (AR) **6:00 PM** Bingo	**07** **10:30 AM** Art From the Heart **1:00 PM** Walking Club **1:30 PM** Movie Matinee and Popcorn **6:00 PM** Bingo
08 **9:00 AM** Spiritual Reflections (Pick Up in AR) **9:30 AM** Bible Study with Pastor Dave **10:30 AM** Themed Bingo **12:30 PM** Catholic Communion **6:00 PM** Bingo	**09** **9:30 AM** Tai Chi with Donna (Sunroom) **10:30 AM** Wise & Well: Exercise with Bayada (Gym) **1:30 PM** UNO **2:30 PM** Music Therapy with Jay **3:30 PM** Scrabble **6:00 PM** Mike Crites and The Half Notes (LR)	**10** **8:30 AM** Hairdresser (Salon) **9:30 AM** Better Then or Now? (AR) **10:30 AM** Drama Club **1:30 PM** Turkey Decorating Craft **2:30 PM** Turkey Hunting (AR) **3:30 PM** Nail Spa & Golden Girls **6:00 PM** Dave Newlin Performance	**11** **Veterans Day** **9:30 AM** Write Word **10:30 AM** Wise & Well: Exercise with Bayada (Gym) **2:00 PM** Wine Down Wednesday with Jeff Fuss **3:00 PM** Allegro Stands Together: Veterans Day Tribute **6:00 PM** Bingo	**12** **9:30 AM** Bible Study with Pastor Dave **10:30 AM** Hymn Sing (LR) **1:30 PM** Chair Volleyball **2:30 PM** Wheel of Fortune (AR) **3:30 PM** Name That Tune of Thanks (AR) **6:00 PM** Bingo	**13** **9:30 AM** Self-Guided Activities While Group Is on Outing (AR) **9:30 AM** Shopping Outing: Dollar Tree **10:30 AM** Wise & Well: Exercise with Bayada (Gym) **1:00 PM** Bible Study with Brittney (Sunroom) **2:00 PM** Happy Hour with Dave **3:00 PM** Fit Minds (AR) **6:00 PM** Bingo	**14** **10:30 AM** Art From the Heart - Turkeys, Tots & Togetherness! **1:00 PM** Walking Club **1:30 PM** Movie Matinee and Popcorn **6:00 PM** Bingo

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 **9:00 AM** Spiritual Reflections (Pick Up in AR) **10:30 AM** Themed Bingo **12:30 PM** Catholic Communion **3:00 PM** Music with Mary (LR) **6:00 PM** Bingo	**16** **9:30 AM** Tai Chi with Donna (Sunroom) **10:30 AM** Wise & Well: Exercise with Bayada (Gym) **1:30 PM** Capture the "Turkey Bandit" (AR) **2:30 PM** Music Therapy with Jay **3:30 PM** Scrabble **6:00 PM** Bingo	**17** **8:30 AM** Hairdresser (Salon) **9:30 AM** Chair Yoga **10:30 AM** Drama Club **1:30 PM** Landmark Trivia **2:30 PM** Star of the Month – Jamie Lee Curtis **3:30 PM** Nail Spa & I Love Lucy **6:00 PM** Bingo	**18** **9:30 AM** Shopping Outing: Hobby Lobby **10:30 AM** Wise & Well: Exercise with Bayada (Gym) **1:30 PM** The Evolution of Stuffing (AR) **2:00 PM** Wine Down Wednesday with Bayada **3:30 PM** Paint & Sip (AR) **6:00 PM** Bingo	**19** **9:30 AM** Baking Cloud Parfaits **10:00 AM** Hymn Sing (LR) **1:30 PM** Mathew's Piano Performance **2:30 PM** Therapy Dog Visit with Apollo **3:00 PM** Cottage Mixer (Meet in Foyer) **6:00 PM** Bingo	**20** **9:30 AM** Self-Guided Activities While Group Is on Outing (AR) **9:30 AM** Shopping Outing: Thrift Store **10:30 AM** Wise & Well: Exercise with Bayada (Gym) **1:00 PM** Combating Elder Abuse with John Schwartz **2:00 PM** Happy Hour with District Music **3:00 PM** Fit Minds (AR) **6:00 PM** Bingo	**21** **10:30 AM** Art From the Heart **1:00 PM** Thanksgiving Dessert Event **3:30 PM** Movie Matinee and Popcorn **6:00 PM** Bingo
22 **9:00 AM** Spiritual Reflections (Pick Up in AR) **9:30 AM** Bible Study with Pastor Dave **10:30 AM** Themed Bingo **12:30 PM** Catholic Communion **6:00 PM** Bingo	**23** **9:30 AM** Nuts About Peanut Butter (AR) **10:30 AM** Wise & Well: Exercise with Bayada (Gym) **1:30 PM** Armchair Travel: The Rise and Legacy of the Roman Empire **2:30 PM** Baking Dr. Pepper Chocolate Cake **3:30 PM** Scrabble **6:00 PM** Mike Crites and The Half Notes (LR)	**24** **8:30 AM** Hairdresser (Salon) **9:30 AM** Songs that Take Us to New Heights (AR) **10:30 AM** Drama Club **1:30 PM** UNO **2:30 PM** Music Therapy with Jessica **3:30 PM** Food Committee and Resident Council **6:00 PM** Bingo	**25** **9:30 AM** Write Word **10:30 AM** Wise & Well: Exercise with Bayada (Gym) **1:30 PM** Birthday Cake Baking **2:00 PM** Wine Down Wednesday with Medicine Wind **3:00 PM** Lefty's Art Class (AR) **6:00 PM** Bingo	**Thanksgiving Day** **26** **9:30 AM** Pick Up Thanksgiving Day Fun Menu (AR) **10:30 AM** Station 1: Puzzles & Games **1:30 PM** Station 2: Get Creative (AR) **2:30 PM** Station 3: Reminisce & Connect (AR) **3:30 PM** Station 4: Be Thankful (AR) **6:00 PM** Bingo	**Day after Thanksgiving Day** **27** **9:30 AM** Country Store **10:30 AM** Wise & Well: Exercise with Bayada (Gym) **1:00 PM** Bible Study with Brittney (Sunroom) **2:00 PM** Happy Hour November Birthday Celebration **3:30 PM** Fit Minds (AR) **6:00 PM** Bingo	**28** **10:30 AM** Art From the Heart **1:00 PM** Walking Club **1:30 PM** Movie Matinee and Popcorn **6:00 PM** Bingo

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29 **9:00 AM** Spiritual Reflections (Pick Up in AR) **10:30 AM** Themed Bingo **12:30 PM** Catholic Communion **3:00 PM** Music with Mary (LR) **6:00 PM** Bingo	30 **9:30 AM** Tai Chi with Donna (Sunroom) **10:30 AM** Wise & Well: Exercise with Bayada (Gym) **1:30 PM** Top 5 Unsolved Mysteries (AR) **2:30 PM** Music Therapy with Jay **3:30 PM** Scrabble **6:00 PM** Bingo	01 	02 	03 	04 	05 

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MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **9:30 AM** Reading The Daily Chronicle **10:00 AM** Morning Tunes **2:30 PM** Spiritual Reflections **3:00 PM** Tovertafel Games	**02** **10:00 AM** Reading The Daily Chronicle **10:30 AM** Postcard Puzzles **2:00 PM** Mike Crites and the Half Notes **3:30 PM** Music Therapy with Jay **4:00 PM** Bloom & Color	**03** **10:00 AM** The Wellness Kitchen **11:00 AM** The Royal Treatment: Aromatherapy Massage **2:00 PM** Chair Exercise **3:00 PM** Giant UNO **4:00 PM** Pondering Prompts	**04** **8:30 AM** The Royal Treatment: Hairdresser **9:00 AM** Reading The Daily Chronicle **9:45 AM** Wise & Well: Exercise with Bayada **10:30 AM** Tovertafel Games **2:00 PM** Hot Potato **3:30 PM** Fall Picture Match	**05** **10:00 AM** Cottage Baking **10:30 AM** The Royal Treatment: Nail Spa **2:00 PM** Name That Tune **3:00 PM** Assisted Living Mixer Gardening **4:00 PM** Big Bowling	**06** **9:45 AM** Wise & Well: Exercise with Bayada* **10:30 AM** Bloom & Color **2:00 PM** Noodle Ball **3:15 PM** Rob Yeakle Performance	**07** **9:30 AM** Reading The Daily Chronicle **10:00 AM** Weekend Brunch Bites **10:30 AM** Tovertafel Exploration **2:30 PM** Movie Matinee with Refreshments
08 **9:30 AM** Reading The Daily Chronicle **10:00 AM** Morning Tunes **2:30 PM** Spiritual Reflections **3:00 PM** Tovertafel Games	**09** **10:00 AM** Reading The Daily Chronicle **10:30 AM** Sunshine Stretching **2:00 PM** Comfort & Care Spa **3:00 PM** Kickball **3:30 PM** Music Therapy with Jay **4:00 PM** Lucky Number Dice Game	**10** **10:00 AM** The Wellness Kitchen **11:00 AM** The Royal Treatment: Aromatherapy Massage **2:00 PM** Chair Exercise **3:00 PM** Forever Young: Immortal Jellyfish (AR) **4:00 PM** Pondering Prompts	**11** **Veterans Day** **8:30 AM** The Royal Treatment: Hairdresser **9:00 AM** Reading The Daily Chronicle **9:45 AM** Wise & Well: Exercise with Bayada **10:30 AM** Tovertafel Games **2:00 PM** Allegro Stands Together: Veterans Day Tribute **3:30 PM** High Low Card Game	**12** **10:00 AM** Cottage Baking **10:30 AM** The Royal Treatment: Nail Spa **2:00 PM** Turkey Hunting **3:00 PM** Fall Color Hunt **4:00 PM** Poetry Café	**13** **9:45 AM** Wise & Well: Exercise with Bayada* **10:30 AM** Bloom & Color **2:00 PM** District Music Performance **3:00 PM** Toss and Talk **4:00 PM** Spider Craft	**14** **9:30 AM** Reading The Daily Chronicle **10:00 AM** Weekend Brunch Bites **10:30 AM** Tovertafel Exploration **2:30 PM** Movie Matinee with Refreshments

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15 **9:30 AM** Reading The Daily Chronicle **10:00 AM** Morning Tunes **2:30 PM** Spiritual Reflections **3:00 PM** Tovertafel Games	16 **10:00 AM** Reading The Daily Chronicle **10:30 AM** Sunrise Cinema **2:00 PM** Mike Crites and the Half Notes **3:30 PM** Music Therapy with Jay **4:00 PM** Detective Puzzles	17 **10:00 AM** The Wellness Kitchen **11:00 AM** The Royal Treatment: Aromatherapy Massage **2:00 PM** Fall Leaf Craft **3:00 PM** Pet Adoption **4:00 PM** Pondering Prompts	18 **8:30 AM** The Royal Treatment: Hairdresser **9:00 AM** Reading The Daily Chronicle **9:45 AM** Wise & Well: Exercise with Bayada **10:30 AM** Tovertafel Games **2:00 PM** Golden Oldies Sing Along **3:30 PM** Guess The Fall Food	19 **10:00 AM** Cottage Baking **10:30 AM** The Royal Treatment: Nail Spa **2:30 PM** Mathew's Piano Performance **3:00 PM** Assisted Living Mixer Gardening **4:00 PM** Poetry Café	20 **9:45 AM** Wise & Well: Exercise with Bayada* **10:30 AM** Bloom & Color **2:00 PM** Name That Tune of Thanks **3:00 PM** Kickball **4:00 PM** Gratitude Circle	21 **9:30 AM** Reading The Daily Chronicle **10:00 AM** Weekend Brunch Bites **10:30 AM** Tovertafel Exploration **2:30 PM** Movie Matinee with Refreshments
22 **9:30 AM** Reading The Daily Chronicle **10:00 AM** Morning Tunes **2:30 PM** Spiritual Reflections **3:00 PM** Tovertafel Games	23 **10:00 AM** Reading The Daily Chronicle **10:30 AM** Sunshine Stretching **2:00 PM** Balloon Volleyball **3:00 PM** Bingo **3:30 PM** Music Therapy with Jay **4:00 PM** Comfort & Care Spa	24 **10:00 AM** The Wellness Kitchen **11:00 AM** The Royal Treatment: Aromatherapy Massage **2:00 PM** Chair Exercise **3:30 PM** Music Therapy with Jessica **4:00 PM** Pondering Prompts	25 **8:30 AM** The Royal Treatment: Hairdresser **9:00 AM** Reading The Daily Chronicle **9:45 AM** Wise & Well: Exercise with Bayada **10:30 AM** Harvest Ring Toss **2:00 PM** Hymn Sing **3:30 PM** High Low Card Game	26 **Thanksgiving Day** **10:00 AM** Cottage Baking **10:30 AM** The Royal Treatment: Nail Spa **2:00 PM** Thanksgiving Reminiscing **3:00 PM** Thanksgiving Activity Packets **4:00 PM** Poetry Café	27 **Day after Thanksgiving Day** **9:45 AM** Wise & Well: Exercise with Bayada* **10:30 AM** Bloom & Color **2:00 PM** Finish the Phrase **3:00 PM** Toss and Talk **4:00 PM** Guess Who Am I?	28 **9:30 AM** Reading The Daily Chronicle **10:00 AM** Weekend Brunch Bites **10:30 AM** Tovertafel Exploration **2:30 PM** Movie Matinee with Refreshments

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