November 2026

Aldersly
Memory Care Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **8:00** Breakfast (MC) **10:30** Toni Dee Senior Fitness & Care Exercise Class (HH) **12:00** Lunch **3:00** The Happiness Hour (MCRA) **3:30** Afternoon Walks w/ Wubi **5:00** Dinner	**2** **8:00** Breakfast (MC) **10:30** Excercise w/ Ruth (ALRA) **10:30** Music w/ Leslie (MC) **12:00** Lunch **3:00** The Happiness Hour (MCRA) **5:00** Dinner	**3** **8:00** Breakfast (MC) **11:15** Exercise w/ the Activity Team (ALRA) **12:00** Lunch **2:00** Bingo! (MCRA) **3:00** The Happiness Hour (MCRA) **5:00** Dinner	**4** **8:00** Breakfast (MC) **10:00** Morning Scenic Drive **10:45** Story Time w/ Molly (MC) **12:00** Lunch **2:00** Afternoon Scenic Drive **3:30** Sing w/ Gerry (HH) **5:00** Dinner	**5** **8:00** Breakfast (MC) **10:00** Music W/Peter **11:00** Monthly Activity Forum (HH) **12:00** Creative Lunch (MDR) **12:00** Lunch **1:15** Tai Chi w/ AL (ALRA) **3:00** A Musical Afternoon w/ Mads Tolling (HH) **5:00** Dinner	**6** **8:00** Breakfast (MC) **9:30** Catholic Communion Service St. Raphael's Church (HH) **10:00** Andrew's Community Corner (Open Office Hours) **10:00** Fresh Flower Arrangements Class (ALRA) **10:45** Story Time w/ Molly (MC) **11:15** Exercise w/ the Activity Team (MCRA) **12:00** Lunch **3:00** The Happiness Hour (MCRA) **5:00** Dinner	**7** **8:00** Breakfast (MC) **11:00** Rhythm & Balance w/ Torri (HH) **12:00** Lunch **3:30** Marin Men's Chorus Musical Performance (HH) **5:00** Dinner
8 **8:00** Breakfast (MC) **10:30** Toni Dee Senior Fitness & Care Exercise Class (HH) **12:00** Lunch **3:00** The Happiness Hour (MCRA) **3:30** Afternoon Walks w/ Wubi **5:00** Dinner	**9** **8:00** Breakfast (MC) **10:30** Excercise w/ Ruth (ALRA) **10:30** Music w/ Leslie (MC) **12:00** Lunch **1:30** Sing w/ Spense (MCRA) **3:00** The Happiness Hour (MCRA) **5:00** Dinner	**10** **8:00** Breakfast (MC) **11:15** Exercise w/ the Activity Team (ALRA) **12:00** Lunch **2:00** Story Time with Janelle (MCRA) **3:00** The Happiness Hour (MCRA) **4:00** A Musical Afternoon w/ Ian Scarfe (HH) **5:00** Dinner	**11** Veterans Day **8:00** Breakfast (MC) **10:00** Morning Scenic Drive **10:45** Story Time w/ Molly (MC) **12:00** Lunch **2:00** Afternoon Scenic Drive **3:30** Sing w/ Gerry (HH) **5:00** Dinner	**12** **8:00** Breakfast (MC) **10:00** Music W/Peter **12:00** Lunch **1:15** Tai Chi w/ AL (ALRA) **3:00** The Happiness Hour (MCRA) **5:00** Dinner **5:00** Mortans Aften Dinner (MDR)	**13** **8:00** Breakfast (MC) **10:00** Fresh Flower Arrangements Class (ALRA) **10:45** Story Time w/ Molly (MC) **11:15** Exercise w/ the Activity Team (MCRA) **12:00** Lunch **2:00** Manicures w/ Gracie (MCRA) **3:00** The Happiness Hour (MCRA) **5:00** Dinner	**14** **8:00** Breakfast (MC) **10:00** Power of Music Presents Music from The Wizard of Oz performed by Students. (HH) **12:00** Lunch **2:00** Rhythm & Balance w/ Torri (HH) **3:00** The Happiness Hour (MCRA) **4:00** Mindful Masterpieces w/ Gracie (ALRA) **5:00** Dinner
15 **8:00** Breakfast (MC) **10:30** Toni Dee Senior Fitness & Care Exercise Class (HH) **12:00** Lunch **3:00** The Happiness Hour (MCRA) **3:30** Afternoon Walks w/ Wubi **5:00** Dinner	**16** **8:00** Breakfast (MC) **10:30** Excercise w/ Ruth (ALRA) **10:30** Music w/ Leslie (MC) **12:00** Lunch **3:00** The Happiness Hour (MCRA) **5:00** Dinner	**17** **8:00** Breakfast (MC) **10:00** Monthly Health & Wellness Meeting (HH) **11:15** Exercise w/ the Activity Team (ALRA) **12:00** Lunch **2:00** Bingo! (MCRA) **3:00** The Happiness Hour (MCRA) **5:00** Dinner	**18** **8:00** Breakfast (MC) **10:00** Morning Scenic Drive **10:45** Story Time w/ Molly (MC) **11:00** Coffee w/ Mike & Friends (HH) **12:00** Lunch **2:00** Afternoon Scenic Drive **3:30** Sing w/ Gerry (HH) **5:00** Dinner	**19** **8:00** Breakfast (MC) **10:00** Music W/Peter **10:30** Aldersly Resident Council Meeting **12:00** Creative Lunch (MDR) **12:00** Lunch **1:15** Tai Chi w/ AL (ALRA) **3:00** AL,MC Birthday Celebrations **5:00** Dinner	**20** **8:00** Breakfast (MC) **10:00** Fresh Flower Arrangements Class (ALRA) **10:45** Story Time w/ Molly (MC) **11:15** Exercise w/ the Activity Team (MCRA) **12:00** Lunch **3:00** The Happiness Hour (MCRA) **5:00** Dinner	**21** **8:00** Breakfast (MC) **11:00** Rhythm & Balance w/ Torri (HH) **12:00** Lunch **1:30** Gustavo Romero Classical Piano Performance (HH) **3:00** The Happiness Hour (MCRA) **4:00** Mindful Masterpieces w/ Gracie (ALRA) **5:00** Dinner
22 **8:00** Breakfast (MC) **10:30** Toni Dee Senior Fitness & Care Exercise Class (HH) **12:00** Lunch **2:30** Sing w/ Spense (MCRA) **3:00** The Happiness Hour (MCRA) **3:30** Afternoon Walks w/ Wubi **5:00** Dinner	**23** **8:00** Breakfast (MC) **10:30** Excercise w/ Ruth (ALRA) **10:30** Music w/ Leslie (MC) **11:00** MuttVille Dog Visits **12:00** Lunch **3:00** The Happiness Hour (MCRA) **5:00** Dinner	**24** **8:00** Breakfast (MC) **11:15** Exercise w/ the Activity Team (ALRA) **12:00** Lunch **2:00** Bingo! (MCRA) **3:00** The Happiness Hour (MCRA) **5:00** Dinner	**25** **8:00** Breakfast (MC) **10:00** Morning Scenic Drive **10:45** Story Time w/ Molly (MC) **12:00** Lunch **2:00** Afternoon Scenic Drive **3:30** Sing w/ Gerry (HH) **5:00** Dinner	**26** Thanksgiving Day **8:00** Breakfast (MC) **10:00** Music W/Peter **12:00** Lunch **12:00** Thanksgiving Lunch Celebration (MDR) **1:15** Tai Chi w/ AL (ALRA) **3:00** The Happiness Hour (MCRA) **5:00** Dinner	**27** **8:00** Breakfast (MC) **10:00** Andrew's Community Corner (Open Office Hours) **10:00** Fresh Flower Arrangements Class (ALRA) **10:45** Story Time w/ Molly (MC) **11:15** Exercise w/ the Activity Team (MCRA) **12:00** Lunch **2:00** Manicures w/ Gracie (MCRA) **3:00** The Happiness Hour (MCRA) **5:00** Dinner	**28** **8:00** Breakfast (MC) **11:00** Rhythm & Balance w/ Torri (HH) **12:00** Lunch **3:00** The Happiness Hour (MCRA) **4:00** Mindful Masterpieces w/ Gracie (ALRA) **5:00** Dinner
29 **8:00** Breakfast (MC) **10:30** Toni Dee Senior Fitness & Care Exercise Class (HH) **12:00** Lunch **3:00** The Happiness Hour (MCRA) **3:30** Afternoon Walks w/ Wubi **5:00** Dinner	**30** **8:00** Breakfast (MC) **10:30** Excercise w/ Ruth (ALRA) **10:30** Music w/ Leslie (MC) **12:00** Lunch **3:00** The Happiness Hour (MCRA) **5:00** Dinner					

Aldersly
LIFE IN BLOOM

Activity Types

- Arts and Crafts
- Emotional
- Entertainment
- Intellectual
- Meal
- Outing
- Physical
- Presentation
- Snack
- Social
- Spiritual

Locations

MDR = Main Dining Room
HH = Hendrix Hall
3FL = 3 Floor Lounge
Cafe = Cafe
BR = Board Room
SAR = Skagen Activity Room
RT = Roof Top
MSS = Mission Street Sidewalk
ALRA = Assisted Living Rec Area
MCRA = Memory Care Rec Area
ECA = Extended Care Area
BBL = Bocce Ball Lawn
AL = Assisted Living
MC = Memory Care
EC = Extended Care
CMPR = Cafe Multi Purpose Room

Happy Birthday!

