

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025 Be present in all things and thankful for all things – Maya Angelou						¹ 9:30am News and Views A 10:30am Chair Volley Ball A 1:00pm Games w/Blaine M 2:30pm Bingo C 3:45pm Ted Talks C <i>Sleep Is Your Superpower</i>
² 10:00am Java & Jokes B 1:00pm Painting A 2:00pm Devotional Hour M <i>New!</i> 3:00pm Music Hour C <i>André Rieu live in Malta</i> 5:00pm Seahawks Game B Daylight Saving Time Ends	³ 10:00am Safeway O 1:00pm Cornhole A 2:30pm Bingo C <i>New!</i> 3:30pm Tech Help C <i>How to use A.I demo</i>	⁴ 9:30am Exercise A 10:30am Regency Store B 1:00pm Activity Meeting C 2:00pm Shuffle Board A 3:00pm Happy Hour D/B Cornhole	⁵ 9:15am Exercise A 10:00am Catholic Communion M 2:00pm Movie C <i>Man on The Inside (Series)</i> <i>New!</i> 3:00pm Game Group B	⁶ 9:30am Exercise A 10:30am Bible Study M <i>New!</i> 12:00pm Free Hugs L 1:00pm Short Stories M 2:00pm Trivia A <i>New!</i> 3:00pm Hobby Group B	⁷ 9:30am Exercise A 10:30am News & Views A 1:15pm Stretch Class A 2:00pm Air Hockey A 3:00pm Happy Hour D/B Bob Cerelli – Love Songs	⁸ 9:30am News and Views A 10:30am Chair Volley Ball A 1:00pm Games w/Blaine M 2:30pm Bingo C 3:45pm Ted Talks C <i>Brain-Changing Benefits of Exercise</i>
⁹ 10:00am Java & Jokes B 1:00pm Painting A 1:05pm Seahawks Game B 2:00pm Devotional Hour M <i>New!</i> 3:00pm Music Hour C <i>The 3 Tenors</i>	¹⁰ 10:00am Uwajimaya O 1:00pm Cornhole A 2:30pm Bingo C 3:30pm Social Hour B Cookies	¹¹ 7:30am Pancakes for Veterans & 1 st Responders D 9:30am Exercise A 10:30am Regency Store B 1:00pm Shuffle Board A 3:00pm Happy Hour D/B Ben Brown Veterans Day Remembrance Day (Canada)	¹² 9:15am Exercise A 10:30am BAM (museum) O 10:00am Catholic Communion M 2:00pm Movie C <i>Man on The Inside (Series)</i> <i>New!</i> 3:00pm Game Group B	¹³ 9:30am Exercise A 10:30am Bible Study M 1:00pm Short Stories M 2:00pm Trivia A <i>New!</i> 3:00pm Hobby Group B	¹⁴ 9:30am-11am Autumn Harvest Family Brunch D 1:15pm Stretch Class A 2:00pm Air Hockey A 3:00pm Happy Hour D/B	¹⁵ 9:30am News and Views A 10:30am Chair Volley Ball A 1:00pm Games w/Blaine M 2:30pm Bingo C 3:45pm Ted Talks C <i>Why You're Depressed or Anxious</i>
¹⁶ 10:00am Java & Jokes B 1:00pm Painting A 1:05pm Seahawks Game B 2:00pm Devotional Hour M <i>New!</i> 3:00pm Music Hour M <i>Andrea Bocelli</i>	¹⁷ 10:00am World Market O 1:00pm Cornhole A 2:30pm Bingo C <i>New!</i> 3:30pm NOVA C <i>Secrets of the Forest</i>	¹⁸ 9:30am Exercise A 10:30am Regency Store B 1:00pm Shuffle Board A <i>New!</i> 2:00pm Write Time A 3:00pm Happy Hour D/B Trivia Night	¹⁹ 9:15am Exercise A 10:00am Catholic Communion M 2:00pm Movie C <i>Man on The Inside (Series)</i> <i>New!</i> 3:00pm Game Group B	²⁰ 9:00am Mobile Library B 9:30am Exercise A 10:30am Bible Study M <i>New!</i> 11:00am Free Hugs L 1:00pm Short Stories M 2:00pm Trivia A <i>New!</i> 3:00pm Hobby Group B	²¹ 9:30am Exercise A 10:30am News & Views A 1:15pm Stretch Class A 2:00pm Air Hockey A 3:00pm Happy Hour D/B	²² 9:30am News and Views A 10:30am Chair Volley Ball A 1:00pm Games w/Blaine M 10am-4pm Merry Market C
²³ 10:00am Seahawks Game B 1:00pm Painting A 2:00pm Devotional Hour M <i>New!</i> 3:00pm Music Hour M <i>Phantom of the Opera</i>	²⁴ 10:00am Casino O 1:00pm Cornhole A 2:00pm Bingo C 3:30pm Social Hour B Hot Cocoa	²⁵ 9:30am Exercise A 10:30am Regency Store B 1:00pm Shuffle Board A <i>New!</i> 2:00pm Book Club M 3:00pm Happy Hour D/B Ben Brown	²⁶ 9:15am Exercise A 10:00am Catholic Communion M 2:00pm Movie C <i>Man on The Inside (Series)</i> <i>New!</i> 3:00pm Game Group B	²⁷ 9:30am Exercise A 10:30am Bible Study M 1:00pm Short Stories M 2:00pm Trivia A <i>New!</i> 3:00pm Hobby Group B Thanksgiving Day (U.S.)	²⁸ 9:30am Exercise A 10:30am News & Views A 1:15pm Stretch Class A 2:00pm Air Hockey A 3:00pm Happy Hour D/B Special Cocktail	²⁹ 9:30am News and Views A 10:30am Chair Volley Ball A 1:00pm Games w/Blaine M 2:30pm Bingo C 3:45pm Ted Talks C <i>Study on Happiness</i>
³⁰ 10:00am Java & Jokes B 1:00pm Painting A 1:05pm Seahawks Game B 2:00pm Devotional Hour M <i>New!</i> 3:00pm Music Hour M <i>Cabaret</i>	Notes: I hope you enjoy the new activity additions. Thank you for your ideas! Free Hugs – Need a hug? Come on down to the Lobby! Game Group – Scrabble, checkers, chess, you choose. Hobby Group – Bring your preferred hobby, whether its knitting, coloring, crosswords. Nova and Music Hour – See educational documentaries and listen to amazing music. Tech Help – Demo on techie sort of things, or maybe you need help with your device. Write Time – A space to do some creative writing, poetry, biography, or whatever you like					