November 2026

The Mountain View Building

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Catholic Mass (R)CH2 9:00 Catholic Mass (R)CH3 10:00 Catholic Mass (R)CH233 10:30 Eucharist (R)TST 2:00 Skip Bo(S/C)AR 2:00 Scat Card Game(C)AR 2:25 Chiefs Vs. Broncos - CBS 4:00 Cards (S/C)AR Daylight Saving Time Ends	**2** 9:00 Booster Clinic (O)L 9:00 EPM Blood Pressure Clinic(V)AR 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:30 Book Club (S/C)Lib 10:45 Meditation (C)T 1:00 Aquacise (E)Pool 1:00 Wii Bowling Game (E)AR 2:00 Bible Study (R)P 2:30 LCR Dice Game (S/C)AR 6:30 Fast Track Game (S/C)P	**3** 9:00 King Soopers/Safeway (O)L 9:30 King Soopers/Safeway (O)L 10:00 Thera Bands Exercise (E)AR 10:30 Weights Exercise (E)AR 1:00 Bridge Card Game(S/C)P 1:00 Scat Card Game (S/C)AR 3:00 Happy Hour w/Live Music (M)AR 3:00 Touching Lives (R)TSAR 6:30 Up & Down the River Game(S/C)P 6:30 Residents Choice (P)T	**4** 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:00 Mah Jongg Game (S/C)P 10:45 Meditation (C)T 1:00 Aquacise (E)Pool 1:30 Abe Lincoln Presentation-TSAR 1:30 Cash Bingo Game (S/C)AR 6:30 Hand & Foot Card Game(S/C)AR	**5** 9:30 Weights Exercise (E)AR 10:30 Wii Games Exercise (S/C)AR 10:45 Blackjack Bunch Cards (S/C)AR 1:00 Better Balance Exercise(E)AR 1:30 Crafty Corner Arts (A)AR 2:00 Scat Card Game (S/C)AR 3:00 Resident Happy Hour(S)P 6:30 Mexican Train Dominoes (S/C)P	**6** 9:00 Aquacise (E)Pool 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:30 Scat Card Game (S/C)P 10:45 Meditation (C)T 11:30 Burns Pub (O)L 1:00 Skip Bo Card Game (S/C)AR 2:00 Rocky MTN Nuts & Chocolate For sale in the Lobby 2:00 Maj Jongg Game (S/C)P 6:30 Resident Bingo Game (S/C)AR	**7** 9:30 Coffee & Donuts (S)AR 11:00 Hand Weights (E)TSAR 12:30 Hand & Foot (S/C)AR 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)LB 6:30 Up & Down the River Game(S/C)AR
8 8:30 Catholic Mass (R)CH2 9:00 Catholic Mass (R)CH3 10:00 Catholic Mass (R)CH233 10:30 Eucharist (R)TST 11:00 Broncos Vs. Panthers - CBS 2:00 Skip Bo(S/C)AR 2:00 Scat Card Game(C)AR 2:30 Residents Choice (P)T 4:00 Cards (S/C)AR Diwali (Hindi)	**9** 10:30 Resident Assembly (M)AR 1:00 Aquacise (E)Pool 1:00 Wii Bowling Game (E)AR 2:00 Bible Study (R)P 2:30 LCR Dice Game (S/C)AR 6:30 Fast Track Game (S/C)P	**10** 9:00 Target & Dollar Tree (O)L 9:30 Target & Dollar Tree (O)L 10:00 Thera Bands Exercise (E)AR 10:30 Weights Exercise (E)AR 1:00 CH Book Mobile Library (V)P 1:00 Bridge (S/C)P 1:00 Scat Card Game (S/C)AR 3:00 Happy Hour w/Live Music(M)AR 3:00 Touching Lives (R)TSAR 6:30 Up & Down the River Game(S/C)P 6:30 Residents Choice (P)T	**11** 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:00 Mah Jongg Game (S/C)P 10:45 Meditation (C)T 1:00 Aquacise (E)Pool 2:00 Veterans Day Celebration (M)AR 6:30 Hand & Foot Card Game(S/C)AR Veterans Day Remembrance Day (Canada)	**12** 10:30 M&M Piano Performance (M)AR 1:00 Better Balance Exercise(E)AR 1:30 Crafty Corner Arts (A)AR 2:00 Scat Card Game (S/C)AR 3:00 Resident Happy Hour(S)P 6:30 Mexican Train Dominoes (S/C)P	**13** OnSite Dermatology 9:00 Aquacise (E)Pool 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:30 Scat Card Game (S/C)P 10:45 Meditation (C)T 11:30 Saigon Basil Restaurant (O)L 1:00 OnSite Hearing Clinic (V)TSLB 1:00 Skip Bo Card Game (S/C)AR 2:00 Maj Jongg Game (S/C)P 2:00 Circuit Training Program (E)FC 6:30 Resident Bingo Game (S/C)AR	**14** 9:30 Coffee & Donuts (S)AR 11:00 Hand Weights (E)TSAR 12:30 Hand & Foot (S/C)AR 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)LB 6:30 Up & Down the River Game(S/C)AR
15 8:30 Catholic Mass (R)CH2 9:00 Catholic Mass (R)CH3 10:00 Catholic Mass (R)CH233 10:30 Eucharist (R)TST 2:00 Skip Bo(S/C)AR 2:00 Scat Card Game(C)AR 2:30 Residents Choice (P)T 4:00 Cards (S/C)AR	**16** 9:00 VNA Foot Care Clinic (V) 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:45 Meditation (C)T 1:00 Active Minds Presents The Story of Toys (P)AR 1:00 Aquacise (E)Pool 1:00 Wii Bowling Game (E)AR 2:00 Bible Study (R)P 2:30 LCR Dice Game (S/C)AR 6:30 Fast Track Game (S/C)P	**17** 9:00 King Soopers/Safeway (O)L 9:30 King Soopers/Safeway (O)L 10:00 Thera Bands Exercise (E)AR 10:30 Weights Exercise (E)AR 1:00 Bridge Card Game (S/C)P 1:00 Scat Card Game (S/C)AR 3:00 Touching Lives (R)TSAR 3:00 Happy Hour w/Live Music (M)AR 6:30 Up & Down the River Game(S/C)P 6:30 Residents Choice (P)T	**18** 9:30 Seated Cardio Exercise (E)AR 10:00 REIKI sessions in the Theater Please sign up in Lobby 10:00 5 Stages of Grief brought to you by Abode Hospice- Bright Spring Health Services The Summit Activity Room 10:00 Chair Yoga Exercise (E)AR 10:00 Mah Jongg Game (S/C)P 1:00 Aquacise (E)Pool 1:30 Cash Bingo Game (S/C)AR 6:30 Hand & Foot Card Game(S/C)AR	**19** Elevated Fall Dinner 10:00 Gary Crow-Willard discusses Jersey Boys, a musical about the Four Seasons (P)AR 1:00 Better Balance Exercise (E)AR 1:30 Crafty Corner Arts (A)AR 2:00 Scat Card Game (S/C)AR 2:30 Chef Chat Meeting (L)DR 3:00 Resident Happy Hour (S)P 6:30 Mexican Train Dominoes (S/C)P	**20** 9:00 Aquacise (E)Pool 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:30 Scat Card Game (S/C)P 10:45 Meditation (C)T 11:30 Cheddar's Restaurant (O)L 1:00 Skip Bo Card Game (S/C)AR 2:00 Maj Jongg Game (S/C)P 2:00 Circuit Training Program (E)FC 6:30 Resident Bingo Game (S/C)AR	**21** 9:30 Coffee & Donuts (S)AR 11:00 Hand Weights (E)TSAR 12:30 Hand & Foot (S/C)AR 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)LB 6:30 Up & Down the River Game(S/C)AR
22 8:30 Catholic Mass (R)CH2 9:00 Catholic Mass (R)CH3 10:00 Catholic Mass (R)CH233 10:30 Eucharist (R)TST 2:00 Skip Bo(S/C)AR 2:00 Scat Card Game(C)AR 2:25 Raiders Vs. Broncos - CBS 2:30 Residents Choice (P)T 4:00 Cards (S/C)AR	**23** 10:30 Town Hall (M)AR 1:00 Aquacise (E)Pool 1:00 Wii Bowling Game (E)AR 2:00 Bible Study (R)P 2:30 LCR Dice Game (S/C)AR 6:30 Fast Track Game (S/C)P	**24** 9:00 Walmart & Sprouts (O)L 9:30 Walmart & Sprouts (O)L 9:30 Advanced Foot Care Clinic-TSS 10:00 Thera Bands (E)AR 10:30 Weights Exercise (E)AR 1:00 Parkinson's Support (M/S)TST 1:00 Bridge Card Game (S/C)Pub 1:00 Scat Cards (S/C)AR 3:00 Touching Lives (R)TSAR 3:00 Happy Hour w/Live Music (M)AR 6:30 Up & Down the River Game(S/C)P 6:30 Residents Choice(P)T	**25** 9:00 Family Hearing Clinic (V)LB 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:00 Mah Jongg Game (S/C)P 10:45 Meditation (C)T 1:00 Aquacise (E)Pool 1:30 Prize Bingo Game (S/C)AR 6:30 Hand & Foot Card Game(S/C)AR		**27** 9:00 Donation Station -AR 9:00 RR Aquacise (E)Pool 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:30 Scat Card Game (S/C)P 10:45 Meditation (C)T 11:30 North Side Tavern (O)L 1:00 Skip Bo Card Game (S/C)AR 1:00 Bronco Vs.Steelers- Prime Video 2:00 Maj Jongg Game (S/C)P 2:00 Circuit Training Program (E)FC 6:30 Resident Bingo Game (S/C)AR	**28** 9:30 Coffee & Donuts (S)AR 11:00 Hand Weights (E)TSAR 12:30 Hand & Foot (S/C)AR 2:00 Christian Worship Ch.20 2:00 Color Me Club (A)LB 6:30 Up & Down the River Game(S/C)AR
29 8:30 Catholic Mass (R)CH2 9:00 Catholic Mass (R)CH3 10:00 Catholic Mass (R)CH233 10:30 Eucharist (R)TST 2:00 Skip Bo(S/C)AR 2:00 Scat Card Game(C)AR 2:30 Residents Choice (P)T 4:00 Cards (S/C)AR	**30** 9:30 Seated Cardio Exercise (E)AR 10:00 Chair Yoga Exercise (E)AR 10:45 Meditation (C)T 11:00 Walker Clinic (V)L 1:00 Aquacise (E)Pool 1:00 Wii Bowling Game (E)AR 2:00 Bible Study (R)P 2:30 LCR Dice Game (S/C)AR 6:30 Fast Track Game (S/C)P					

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times, dates and programs are subject to change at any given time without notice