November 2026
AL Assisted Living Activity Calendar

created with Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Begins **1** ***9:30 Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP]*** **11:00 Sunday Service with Pastor Patricia Saunders [AL LR]** 2:00 El Rojo Alex Parez Concert [AL LR] **7:00 Jigsaw Puzzle Time** 7:15 TC Movie [T]	*9:45 Sign-Up for Outings with Vicky* **2** **10:00 Chair Exercise With Vicky [AL DR]** **11:00 "What's In A Word?" - morning brain-stretch [AL LR]** **2:00 Musical with Rob Tomaro [AL LR]** **3:00 AL Council Meeting with Paul and Bonnie** **7:00 Jigsaw Puzzle Time [AL LR]**	**Election Day** *9:45 Sign up for Outings with Vicky* **3** 10:00 Chair Exercise with Vicky [AL DR] **10:30 Lunch Trip to Fogo de Chao Brazilian Steakhouse** **11:00 Lunch Trip to Fogo De Chao** **2:00 Afternoon What Is In A Word with Vicky [AL DR]** **2:30 Tuesday Poetry Club (AL - 3rd Fl.)** **7:00 Jigsaw Puzzle Time [AL LR]**	9:45 Sign-up for Reiki [LL] **4** **10:00 Chair Exercise [AL DR]** **11:00 Healthy Brain Workout What is in a word? [AL LR]** **2:00 Documentary Wonders of the World [AL DR]** **3:00 Cozy Tea and Coffee Bingo Afternoon [AL DR]** **7:00 Jigsaw Puzzle Time [AL LR]**	**10:00 Chair Exercise With Vicky [AL DR]** **5** **11:00 'What's In a Word' Word Game [AL DR]** ***1:00 Board Game OUISI with Dorinda and friends*** **2:00 Coffee & Conversation " I Know Why The Cage Birds Sing'- Get to Know Your Neighbors! [AL DR]** 3:00 Dining Services Meeting [AL DR] **7:00 Jigsaw Puzzle Time [AL LR]**	**10:00 Chair Exercise With Vicky [AL DR]** **6** **11:00 Morning Brain Stretch [AL DR]** **1:00 Market Store Lower Level with Vicky [LL]** **2:00 Filipino Folk Tales and Dances with Vicky [AL LR]** **3:00 'Sip & Paint with Devi " Workshop Armchair Travel To Phil Islands [AL DR]** **7:00 Jigsaw Puzzle Time [AL LR]**	**1:30 Dance for PD / Balance Exercise for Seniors [AUD]** **7** **2:00 Music Time: Sarah Fridrich Cancelled [AL LR]** 2:00 TC Movie [T] 7:00 Jigsaw Puzzle Time 7:15 TC Movie [T]
9:30 Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP] **8** **11:00 Sunday Service with Pastor Patricia Saunders [AL LR]** 2:00 TC Movie [T] **7:00 Jigsaw Puzzle Time**	*9:45 Sign-Up for Outings with Vicky* **9** **10:00 Chair Exercise With Vicky [AL DR]** **11:00 "What's In A Word?" - morning brain-stretch [AL LR]** **2:00 Sing - along Reading Lyrics in Review [AL LR]** **3:00 AL Activity Planning Meeting for December [AL DR]** **7:00 Jigsaw Puzzle Time [AL LR]**	*9:45 Sign up for Outings with Vicky* **10** 10:00 Lunch Trip to McCormick &Schmick Seafood 145 National Drive Oxon Hill MD 10:30 Lunch Trip to McCormick &Schmick Seafood 145 National Drive Oxon Hill MD **11:00 Lunch Trip to McCormick &Schmick Seafood 145 National Drive Oxon Hill MD** **2:00 Afternoon What Is In A Word with Vicky [AL DR]** **2:30 Tuesday Poetry Club (AL - 3rd Fl.)** **7:00 Jigsaw Puzzle Time [AL LR]**	**Veterans Day** **9:45 Sign up with Carmella Reiki [AL DR]** **11** **10:00 Chair Exercise [AL DR]** **10:30 Musical with Rebecca [AL LR]** **2:00 Music Time with Rob [AL LR]** **3:00 Cozy Tea and Coffee Bingo Afternoon [AL LR]** **7:00 Jigsaw Puzzle Time [AL LR]**	**10:00 Chair Exercise With Vicky [AL DR]** **12** **11:00 'What's In a Word' Word Game [AL DR]** 1:00 Board Game OUISI with Dorinda and Friends **2:00 Coffee & Conversation - Get to Know Your Neighbors! [AL DR]** **3:00 Reading Together and Conversation "Who Is Mahatma Gandhi? [AL DR]** **7:00 Jigsaw Puzzle Time [AL LR]**	**10:00 Chair Exercise With Vicky [AL DR]** **13** **11:00 Morning Brain Stretch [AL DR]** **1:00 Market Store Lower Level with Vicky [LL]** **2:00 Workshop Wellness Movement with DJ Mark [AL DR]** **3:00 Sip and Paint Doodle Daddle Art Activity with Karen, Carol, Vicky [AL DR]** **7:00 Jigsaw Puzzle Time [AL LR]**	**1:30 Dance for PD / Balance Exercise for Seniors [AUD]** **14** **2:00 Music Time: Rob Tomaro [AL DR]** 7:00 Jigsaw Puzzle Time 7:15 New Event Name
9:30 Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP] **15** **11:00 Sunday Service with Pastor Patricia Saunders [AL LR]** 2:00 Storytelling Sing A Song with Lady Belle [AL LR] **7:00 Jigsaw Puzzle Time** 7:15 TC Movie [T]	**10:00 Chair Exercise With Vicky [AL DR]** **16** **11:00 "What's In A Word?" - morning brain-stretch [AL LR]** **2:00 Music Time with Rob [AL LR]** **3:00 Jewelry Making with Victoria [AL DR]** **7:00 Jigsaw Puzzle Time [AL LR]**	*9:45 Sign up for Outings with Vicky* **17** 10:00 Chair Exercise with Vicky [AL DR] **10:30 Lunch Trip to Yardbird 901 New York Ave NW DC** **11:00 Lunch Trip to Yardbird New York Ave NW DC** **2:00 Afternoon What Is In A Word with Vicky [AL DR]** **2:30 Tuesday Poetry Club (AL - 3rd Fl.)** **7:00 Jigsaw Puzzle Time [AL LR]**	**9:45 Sign up with Carmella Reiki [AL DR]** **18** **10:00 Chair Exercise [AL DR]** **10:30 Musical Concert with Rebecca [AL LR]** **2:00 Documentary The Hidden Founders of American Democracy Native Americans [AL DR]** **3:00 Cozy Tea and Coffee Bingo Afternoon [AL DR]** **7:00 Jigsaw Puzzle Time [AL LR]**	**10:00 Chair Exercise With Vicky [AL DR]** **19** **11:00 'What's In a Word' Word Game [AL DR]** **2:00 Workshop TED Talk Youtube "What Makes Good Life?" by Robert Waldinger [AL DR]** **3:00 November Celebrants AL Birthday Party [AL DR]** **7:00 Jigsaw Puzzle Time [AL LR]**	**10:00 Chair Exercise With Vicky [AL DR]** **20** **11:00 Morning Brain Stretch [AL DR]** **1:00 Market Store Lower Level with Vicky [LL]** **2:00 Sip and Paint Watercolor with Carol and Vicky [AL DR]** **3:30 Afternoon Stretch Trivia Games and Fun Facts with Vicky [AL LR]** **7:00 Jigsaw Puzzle Time [AL LR]**	**1:30 Dance for PD / Balance Exercise for Seniors [AUD]** **21** 2:00 TC Movie [T] 7:00 Jigsaw Puzzle Time
9:30 Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP] **22** **11:00 Sunday Service with Pastor Patricia Saunders [AL LR]** 2:00 TC Movie [T] **7:00 Jigsaw Puzzle Time**	*9:45 Sign-Up for Outings with Vicky* **23** **10:00 Chair Exercise With Vicky [AL DR]** **11:00 "What's In A Word?" - morning brain-stretch [AL LR]** **2:00 Sing - along Singing Lyrics in Review [AL LR]** **3:00 Afternoon Stretch & Brain Games** **7:00 Jigsaw Puzzle Time [AL LR]**	*9:45 Sign up for Outings with Vicky* **24** 10:00 Chair Exercise with Vicky [AL DR] **10:30 Lunch Trip to Matchbox 750 E St NW DC** **11:00 Lunch Trip to Matchbox [AL LR]** **2:00 Afternoon What Is In A Word with Vicky [AL DR]** **2:30 Tuesday Poetry Club (AL - 3rd Fl.)** **7:00 Jigsaw Puzzle Time [AL LR]**	**9:45 Sign up with Carmella Reiki [AL DR]** **25** **10:00 Chair Exercise [AL DR]** **10:30 Brain Fitness and Memory Training Workshop with Dana [AL DR]** **2:00 Music Time with Reid [AL DR]** **3:00 Cozy Tea and Coffee Bingo Afternoon [AL LR]** **7:00 Jigsaw Puzzle Time [AL LR]**	**Thanksgiving** **7:00 Jigsaw Puzzle Time [AL LR]** **26**	**10:00 Chair Exercise With Vicky [AL DR]** **27** **11:00 Morning Brain Stretch [AL DR]** **1:00 Market Store Lower Level with Vicky [LL]** **2:00 Workshop on Wellness Movement with DJ Mark [AL DR]** **3:00 Sip and Paint Doodle Daadle with Carol, Karen, and Vicky [AL LR]** **7:00 Jigsaw Puzzle Time [AL LR]**	**1:30 Dance for PD / Balance Exercise for Seniors [AUD]** **28** 7:00 Jigsaw Puzzle Time 10:00 TC Movie [T]
9:30 Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP] **29** **11:00 Sunday Service with Pastor Patricia Saunders [AL LR]** 2:00 TC Movie [T] **7:00 Jigsaw Puzzle Time**	*9:45 Sign-Up for Outings with Vicky* **30** **10:00 Chair Exercise With Vicky [AL DR]** **11:00 "What's In A Word?" - morning brain-stretch [AL LR]** **2:00 Musical Time with Rob [AL LR]** **3:00 Sing - along Singing Lyrics in Review [AL LR]** **7:00 Jigsaw Puzzle Time [AL LR]**					

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