November 2026

Sherwood Oaks Oak Grove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Sit and Stretch 1 10:45 Sit and Stretch 2 2:00 Afternoon Movie 1 2:00 Afternoon Movie 2 1:00 **Pittsburgh Steelers Game** Daylight Saving Time Ends	**2** 9:30 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Number “11” Quiz and November Highlights 1 2:45 Number “11” Quiz and November Highlights 2	**3** 9:30-10:00 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 **Stretch and Stability** 1 1:30 Sing Along 2 2:45 Sing Along 1	**4** 9:30 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Candy Day 1 2:45 Candy Day 2	**5** 9:30-10:00 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 **Stretch and Stability** 1 1:30 Shake Loose A Memory 2 2:45 Shake Loose A Memory 1	**6** 9:30 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Funny Couple Friday 1 2:45 Funny Couple Friday 2	**7** 10:00 ABC Fitness 1 10:45 ABC Fitness 2 2:00 Afternoon Movie 1 2:00 Afternoon Movie 2
8 10:00 Sit and Stretch 1 10:45 Sit and Stretch 2 2:00 Afternoon Movie 1 2:00 Afternoon Movie 2 Diwali (Hindi)	**9** 9:30 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Craft Corner 1 2:45 Craft Corner 2	**10** 9:30-10:00 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 **Stretch and Stability** 1 2:00 **Music with Patrick** 1 All residents from OG 1,2 are invited! 3:00-3:30 **Protestant Communion Visits** 1,2	**11** 9:30 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 **Veterans Day Program** AUD/CR 1, 2 3:00 Patriotic Music 1 3:30 Patriotic Music 2 Veterans Day Remembrance Day (Canada)	**12** 9:30-10:00 Visits/Chronicles 10:00 Fun and Fitness 1 10:30 Fun and Fitness 2 1:30 **Stretch and Stability** 1 1:30 Music with Roberta 2 2:30 Music with Roberta 1	**13** 9:30 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Big Ben Day 1 2:45 Big Ben Day 2	**14** 10:00 Saturday Stretch 1 10:45 Saturday Stretch 2 2:00 Afternoon Movie 1 2:00 Afternoon Movie 2
15 10:00 Sit and Stretch 1 10:45 Sit and Stretch 2 2:00 Afternoon Movie 1 2:00 Afternoon Movie 2 8:20 **Pittsburgh Steelers Game**	**16** 9:30 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Name That Song to Movies 1 2:45 Name That Song to Movies 2	**17** 9:30-10:00 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 **Stretch and Stability** 1 1:30 Games and Gab 2 2:15 Games and Gab 1	**18** 9:30 Visits/Chronicles 10:00 **Morning Music with Gene** 1 10:45 Fun and Fitness 2 1:30 Thankful Pumpkin Project 1 3:00 **Ukulele Sing-long** 2	**19** 9:30-10:00 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 **Stretch and Stability** 1 1:30 Name that Tune of Thanks 2 2:45 Name that Tune of Thanks 1	**20** 9:30 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Chef’s Corner: Pumpkins and Making Pumpkin Mousse 1 2:30 Chef’s Corner: Pumpkins and Making Pumpkin Mousse 2	**21** 10:00 Saturday Stretch and Good News Stories 1 10:45 2 2:00 Afternoon Movie 1 2:00 Afternoon Movie 2
22 10:00 Sit and Stretch 1 10:45 Sit and Stretch 2 2:00 Afternoon Movie 1 2:00 Afternoon Movie 2 4:25 **Pittsburgh Steelers Game**	**23** 9:30 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Craft Corner with Nancy 1 2:45 Craft Corner with Nancy 2	**24** 9:30-10:00 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 **Stretch and Stability** 1 1:30 Thanksgiving Pictionary/Jokes and Puns 2 2:45 Thanksgiving Pictionary/Jokes and Puns 1	**25** 9:30 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 2:00 **Karaoke sing-along** 1 All residents from OG 1,2 are welcome! 3:15 Hi Neighbor Visits 2	**26** 9:30-10:00 Visits/Chronicles 10:00 Thanksgiving Stories and Stretch 1 10:45 Thanksgiving Stories and Stretch 2 1:30 Hi Neighbor Visits and Mandala Art 1 2:00 Hi Neighbor Visits and Mandala Art 2 Thanksgiving Day (U.S)	**27** 9:30 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Pandoras Box 1 2:00 Pandoras Box 2 3:00 **Pittsburgh Steelers Game**	**28** 10:00 Saturday Stretch and Chronicles 1 10:45 Saturday Stretch and Chronicles 2 2:00 Afternoon Movie 1 2:00 Afternoon Movie 2
29 10:00 Sit and Stretch 1 10:45 Sit and Stretch 2 2:00 Afternoon Movie 1 2:00 Afternoon Movie 2	**30** 9:30 Visits/Chronicles 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Bingo 1 2:45 Bingo 2					

Activities are subject to change.