November 2026

Seabury Woods Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Enjoy a visit with friends and family. 10:30 Morning Fun w/ Staff 2pm Afternoon Movie w/ Staff Daylight Saving Time Ends	**2** 10:30 Communion (Catholic) w/Martha 10:45 Chronicle, Good News & Just for Laughs w/Kristen 11am Morning Exercise w/Kristen 1pm Baking w/Nancy 2:15 Snack & Chat w/Nancy 2:30 EZ Does it Trivia w/Nancy 3:30 Drumming w/Becky	**3** 10:30 Chronicle & The History of Election Day w/Michele 11am Morning Exercise w/Michele 1pm Music Room Social w/Michele 2pm Snack & Chat w/Michele 2:15 Computer Fun w/Michele 3pm Seabury's Got Talent w/Michele 4pm Riddles & More w/Michele 5:15 Dominoes w/Michele	**4** 10:30 Chronicle & Good News & Laugh Out Loud w/Kristen 10:45 Morning Exercise w/Kristen 1pm Afternoon Walk w/Michele 1:15 Crafts & Coloring w/Michele 2pm Snack & Chat w/Michele 2:15 Resident Choice Games w/Michele **3:15 Music w/Joe Miltch** 5:30 Bingo w/Michele	**5** 10:30 Chronicle, Good News & Just for Laughs w/Kristen **10:45 Bagpipes w/Karen** 1pm Bible Study w/Nancy 2pm Snack & Chat w/Nancy 2:30 Tabletop Bowling w/Nancy 3:30 Trivia Challenge w/Nancy 5:15 November Highlights w/Nancy	**6** 10:30 Chronicle, Good News & Just for Laughs w/Becky 10:45 Drumming w/Becky **1pm Hochstein Music Therapy w/Cassie** 2pm Worship Service w/Chaplains 3pm Happy Hour Snack & Chat w/Nancy 3:30 The Key Game w/Nancy	**7** 10:30 Chronicle, Good News & Just for Laughs w/Nancy 10:45 Stretch & Laugh out Loud w/Nancy 1pm Turkey Ticklers w/Nancy 2pm Saturday Afternoon at the Movies & a Snack w/RCA's
8 Enjoy a visit with friends and family. 10:30 Morning Fun w/ Staff **1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*** 2pm Afternoon Movie w/ Staff Diwali (Hindi)	**9** 10:30 Communion (Catholic) w/Martha 10:45 Chronicle, Good News & Just for Laughs w/Kristen 11am Morning Exercise w/Kristen 1pm Baking w/Nancy 2:15 Snack & Chat w/Nanc 2:30 Veterans Day Remembrance w/Nancy 3:30 Drumming w/Becky	**10** 10:30 Chronicle w/Michele 10:45 Chair Yoga w/Michele 1pm Baking w/Michele 2pm Snack & Chat w/Michele 2:15 Puzzles, Folding & Building w/Michele 3:15 Scrabble and Coloring w/Michele 4pm Trivia w/Michele 5:15 Dominoes w/Michele	**11** 10:30 Chronicle w/Kristen 10:45 Morning Exercise w/Kristen **12:30 Veterans Luncheon w/Rec Staff -CH** 2pm Snack & Chat w/Michele 2:15 Afternoon Exercise w/Michele 2:45 Let's Talk about Veterans Day w/Michele **3:15 Music w/Deb McCullough** 5:30 Bingo w/Michele Veterans Day Remembrance Day (Canada)	**12** 10:30 Chronicle, Good News & Just for Laughs w/Kristen **10:45 Bagpipes w/Karen** 1pm Afternoon Walk w/Nancy 1:15 Bible Study w/Nancy 2:15 Snack & Chat w/Nancy 2:30 Manicures w/Nancy 3:30 Needs & Wants w/Nancy 5:15 October Highlights w/Nancy	**13** 10:30 Chronicle, Good News & Just for Laughs w/Nancy 10:45 Morning Exercise w/Nancy **1pm Hochstein Music Therapy w/Cassie** 2pm Worship Service w/Patti 3pm Happy Hour Snack & Chat w/Nancy 3:30 Thanksgiving Fun Facts w/Nancy	**14** 10:30 Chronicle, Good News & Just for Laughs w/Nancy 10:45 Stretch & Laugh out Loud w/Nancy 1pm Card Games w/Nancy 2pm Saturday Afternoon at the Movies & a Snack w/RCA's
15 Enjoy a visit with friends and family. 10:30 Morning Fun w/ Staff **1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*** 2pm Afternoon Movie w/ Staff	**16** 10:30 Communion (Catholic) w/Martha 10:45 Chronicle, Good News & Just for Laughs w/Kristen 11am Morning Exercise w/Kristen 1pm Baking w/Nancy 2:15 Snack & Chat w/Nancy 2:30 Color a Turkey w/Nancy 3:30 Drumming w/Becky	**17** 10:30 Chronicle & Exercise w/Michele **11am Out to Lunch at Slayton Place w/Rec Staff** 1pm Matinee Movie w/Staff 3pm Snack & Chat w/Michele 3:15 Card Games w/Michele 4pm The Conversation Game w/Michele 5:15 Animal Animation w/Michele	**18** 10:30 Chronicle & Good News & Laugh Out Loud w/Kristen 10:45 Ring Toss w/Kristen 1pm Afternoon Exercise w/Michele 2pm Snack & Chat w/Michele 2:15 Resident Choice Games w/Michele **3:15 Music w/Judd Sunshine** 5:30 Bingo w/Michele	**19** 10:30 Chronicle, Good News & Just for Laughs w/Kristen **10:45 Bagpipes w/Karen** 1pm Afternoon Walk w/Nancy 1:15 Bible Study w/Nancy **2pm Armchair Travel w/Beth -LB** 3pm Snack & Chat w/Nancy 3:15 Craft Corner w/Nancy 5:15 Balloon Burst w/Nancy	**20** 10:30 Chronicle, Good News & Just for Laughs w/Nancy 10:45 Morning Exercise w/Nancy **1pm Hochstein Music Therapy w/Cassie** 2pm Worship Service w/Paul & Kevin 3pm Happy Hour Snack & Chat w/Nancy 3:30 Shake it Up w/Nancy	**21** 10:30 Chronicle, Good News & Just for Laughs w/Nancy 10:45 Stretch & Laugh out Loud w/Nancy 1pm Truth or Turkey w/Nancy 2pm Saturday Afternoon at the Movies & a Snack w/RCA's
22 Enjoy a visit with friends and family. 10:30 Morning Fun w/ Staff **1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*** 2pm Afternoon Movie w/ Staff	**23** 10:30 Communion (Catholic) w/Martha 10:45 Chronicle, Good News & Just for Laughs w/Kristen 11am Morning Exercise w/Kristen 1pm Baking w/Nancy 2:15 Snack & Chat w/Nancy 2:30 Turkey Craft w/Nancy 3:30 Yahtzee w/Kristen	**24** 10:30 Chronicle w/Michele 10:45 Let's Get Acquainted w/Michele 11am Morning Exercise w/Michele 1pm Computer Fun w/Michele 2pm Snack & Chat w/Michele 2:15 Sing A Long w/Michele 3:30 Seabury's Got Talent w/Michele 5:15 Dominoes w/Michele	**25** **10am Memories in the Making Art Class w/Dianna** 11am Chronicles & Morning Stretch w/Kristen 1pm Afternoon Walk w/Kristen 1:15 Turkey Trivia w/Kristen **2:30 November Birthday Party w/Rec Staff -DR** **3:15 Music w/Hilton** 5:30 Thanksgiving Bingo	**26** 8:30 Macy's Parade on NBC 10:30 Chronicle, Good News & Just for Laughs w/Michele 10:45 Morning Exercise w/Michel **11:30 Thanksgiving Feast** 12pm National Dog Show on NBC 1pm Tabletop Bowling w/Michele 1:30 Skee Ball w/Michele 4:30 Thanksgiving Football on Fox & CBS Thanksgiving Day (U.S)	**27** 10:30 Chronicle, Good News & Just for Laughs w/Becky 10:45 Drumming w/Becky 1pm Indoor Walk w/Kristen 1:15 True or False Game w/Kristen 2pm Happy Hour Snack & Chat w/Kristen 2:30 Ring Toss w/Kristen 3:30 Adult Coloring w/Kristen	**28** 10:30 Chronicle, Good News & Just for Laughs w/Michele 10:45 Morning Exercise w/Michele 1pm Indoor Walk w/Michele 1:15 Skee Ball w/Michele 2pm Saturday Afternoon at the Movies & a Snack w/RCA's
29 Enjoy a visit with friends and family. 10:30 Morning Fun w/ Staff 2pm Afternoon Movie w/ Staff	**30** 10:30 Communion (Catholic) w/Martha 10:45 Chronicle, Good News & Just for Laughs w/Kristen 11am Morning Exercise w/Kristen 1pm Baking w/Nancy 2:15 Snack & Chat w/Nancy 2:30 Manicures w/Nancy 3:30 Drumming w/Becky					

Questions? Contact Becky 426-4950. All activities take place in Memory Care unless otherwise noted. *Calendar is subject to change, please see daily sheet*

November 2026

Seabury Woods Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Enjoy a visit with friends and family. **1pm Bills vs. Ravens on CBS -LB** 1pm Euchre Pick Up Game – AC* 2:30 Read Aloud w/David -PDR Daylight Saving Time Ends	**2** 10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Becky -CH* **1:30 Who's on my Ballot? Voter Information Session & Mail in Ballot Help w/Becky & Kristin-CH** 3:30 Bible Study w/Nancy -CH 6pm Movie Night: Ferris Bueller's Day Off w/Robin -CH	**3** 10am Rosary Group w/Residents -CH 11am Piggy Bankers w/Kristen -CH **1:30 Transportation to Vote in Person w/Becky -meet in LB at 1:15** 2:45 Rummikub w/Kristen -AC & CH **3pm Chair Yoga w/Katie -COE* (meet in LB at 2:45)** 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB **8pm Virtual Meditation w/Katie**	**4** 10:30 MITE/Exercise w/Becky -CH* 1:30 Jeopardy w/Becky -CH **3:15 Music w/Joe Miltch -MC** 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB 5:30 Bingo w/Michele -MC	**5** 10:30 Drumming w/Becky -CH 1:30 Manicures w/Kristen -AC 2pm Book Discussion Group: What's your Favorite Genre? w/Becky -CH 3pm Mexican Dominoes w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB	**6** 10:30 MITE/Exercise w/Kristen-CH* **1pm Hochstein Music Therapy w/Cassie -MC** **1:15 All Saints Worship Service w/Hilary & Chaplains -CH** 2:15 Bingo w/Kristen & Becky -DR* 3:30 Happy Hour w/Kristen & Becky -LB* **6pm First Friday: Take out Supper Club w/Nancy -PDR**	**7** **10:30 Art for the Young at Heart w/Terese -CH*** 2pm Java Music/Discussion Group w/Nancy -CH* 3pm Open Games w/Residents -AC
8 Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* **1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*** 2:30 Read Aloud w/David -PDR Diwali (Hindi)	**9** 10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Becky -CH* 1:30 Travelogue: An Aviation Where in the World w/Kristen 3:30 Bible Study w/Nancy -CH 6pm Movie Night: What About Bob? w/Robin-CH **8:15 Bills at Vikings on ABC -LB**	**10** 10am Rosary Group w/Residents -CH 11am Piggy Bankers w/Kristen -CH 2:30 Rummikub w/Kristen -AC & CH **3pm Chair Yoga w/Katie -COE* (meet in LB at 2:45)** 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB **8pm Virtual Meditation w/Katie** **Zoom ID: 837 0003 9736**	**11** 10:30 MITE/Exercise w/Becky -CH* **12:30 Veterans Luncheon w/Rec Staff -CH** **3:15 Music w/Deb McCullough -MC** 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB 5:30 Bingo w/Michele -MC Veterans Day Remembrance Day (Canada)	**12** 9am Walking Group (weather permitting) w/Kristen -LB 10:30 Drumming w/Becky -C 1:30 Manicures w/Kristen -AC 3pm Mexican Dominoes w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB	**13** 10:30 MITE/Exercise w/Kristen -CH* **1pm Hochstein Music Therapy w/Cassie -MC** 1:15 Worship Service w/Patti -CH 2:15 Bingo w/Kristen & Becky -DR* 3:30 Happy Hour w/Kristen & Becky -LB*	**14** **10:30 Art for the Young at Heart w/Terese -CH*** 2pm Java Music/Discussion Group w/Nancy -CH* 3pm Open Games w/Residents -AC
15 Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* **1pm Bills at Raiders on CBS -LB** **1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*** 2:30 Read Aloud w/David -PDR	**16** 10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Becky -CH* **2pm Dining Mtg w/AJ -DR** 3:30 Bible Study w/Nancy -CH 6pm Movie Night: The Wizard of Oz w/Robin-CH	**17** 10am Rosary Group w/Residents -CH **11am Out to Lunch at Slayton Place w/Rec Staff -Meet in LB** 3pm Rummikub w/Kristen -AC & C 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB **8pm Virtual Meditation w/Katie** **Zoom ID: 837 0003 9736**	**18** 10:30 MITE/Exercise w/Becky -CH* 1:30 Tabletop Bowling w/Kristen -CH **3:15 Music w/Judd Sunshine -MC** 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB 5:30 Bingo w/Michele -MC	**19** 10:30 Drumming w/Becky -CH 1:30 Manicures w/Kristen -AC **2pm Armchair Travel w/Beth -LB** 3:15 Mexican Dominoes w/Kristen 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB **5pm Family & Caregiver Support Group w/Jen -CH**	**20** 10:30 MITE/Exercise w/Kristen -CH* **1pm Hochstein Music Therapy w/Cassie -MC** 1:15 Worship Service w/Paul & Kevin -CH 2:15 Bingo w/Kristen & Becky -DR* 3:30 Happy Hour w/Kristen & Becky -LB*	**21** **10:30 Art for the Young at Heart w/Terese -CH*** 2pm Java Music/Discussion Group w/Nancy -CH* 3pm Open Games w/Residents -AC
22 Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* **1pm Bills vs Dolphins on CBS -LB** **1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*** 2:30 Read Aloud w/David -PDR	**23** 10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Becky -CH* 1:30 Thanksgiving Craft w/Kristen 3:30 Bible Study w/Nancy -CH 6pm Movie Night: Planes, Trains & Automobiles w/Robin-CH	**24** 10am Rosary Group w/Residents -CH 11am Wheel of Fortune w/Kristen -CH **1:15 Resident Council Meeting (for all Residents) w/Staff -CH** 2:45 Rummikub w/Kristen -AC & CH **3pm Chair Yoga w/Katie -COE*** 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB **8pm Virtual Meditation w/Katie**	**25** 10:30 MITE/Exercise w/Becky -CH* **2:30 November Birthday Party w/Rec Staff -DR** **3:15 Music w/Hilton -MC** 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB 5:30 Thanksgiving Bingo w/Michele -MC	**26** 8:30 Macy's Parade on NBC -LB **11:45 Thanksgiving Feast w/Dining Staff -DR** 12pm National Dog Show on NBC -LB 2pm Kings in the Corner w/Michele -CH 4:30 Thanksgiving Football on Fox & CBS -LB **8:20pm Bills vs Chiefs on NBC -LB** Thanksgiving Day (U.S)	**27** 10:30 MITE/Exercise w/Kristen -CH* 2:15 Bingo w/Becky -DR* 3:30 Happy Hour w/Becky -LB*	**28** **10:30 Art for the Young at Heart w/Terese -CH*** 2pm Scrabble w/Michele -AC 3pm Open Games w/Residents -AC
29 Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* 2:30 Read Aloud w/David -PDR	**30** 10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Becky -CH* 1:30 Scrabble w/Kristen 3:30 Bible Study w/Nancy -CH 6pm Movie Night: Scrooged w/Robin-CH					

Questions? Contact Becky 426-4050. AC=Activity Center, CH=Chapel, COE=Church of the Epiphany, DR=Dining Room, LB=Lobby, MC=Memory Care, PDR=Private Dining Room *calendar is subject to change*