November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Hydration Cart 9:30 Group Discussion 10:00 Morning Activity 11:00 Group Sensory 2:00 CATHOLIC VISISTS Communion - Rosary 4:00 Welcome Committee Daylight Saving Time Ends	2 8:30 Hydration Cart 9:30 Thai Chi Exercise 10:00 Painting Creation 11:00 Hollywood Trivia 2:00 Afternoon Bingo 3:00 Scrabble game / Trivia 4:00 one to one Visits	3 8:30 Hydration Cart 9:30 ELECTION DAY 10:00 Finish the Phrase 11:00 Sharing of ideas/Trivia 2:00 FLOOR BOWLING 3:00 Social Hour - Coffee 4:00 Tell us a Story	4 8:30 Hydration Cart 9:30 News Discussion - Trivia 10:00 Beach Ball Exercise 11:00 Do you Remember 2:00 Horse Racing Game 3:00 Jewelry Class Sensory 4:00 Coffee & cake Social	5 8:30 Hydration Cart 9:30 Newsday - Social 10:00 Physical Activity 11:00 Word Search - Trivia 2:00 ICE CREAM FLOAT 3:00 Social Hour - Music 4:00 Finish that tune	6 8:30 Hydration Cart 9:30 Group Discussion 10:00 Morning Social/Trivia 11:00 Group Sensory - Social 2:00 GROUP ACTIVITY Happy Hour - Music 4:00 Music Relaxation	7 8:30 Hydration Cart 9:30 1-1 Floor Bowling 10:00 Hand Massage Manicures 2:00 POWER & DELIVERANCE Church - Bible Study 4:00 Welcome Committee
8 8:30 Hydration Cart 9:30 Morning Social 10:00 Racket Ball - Tennis 11:00 Geographic Trivia 2:00 CATHOLIC VISITS 3:00 Social Hour Coffee 4:00 What would you do Diwali (Hindi)	9 8:30 Hydration Cart 9:30 Group Exercise 10:00 Physical Activity 11:00 Name that tune 2:00 Family Afternoon BINGO 3:00 Social Hour - Music	10 8:30 Hydration Cart 9:30 Morning Activity 10:00 Physical Activity 11:00 Deal or No deal 2:00 Taco Tuesday Music - Group Social 4:00 The Covenant (Movie)	11 8:30 Hydration Cart 9:30 Morning Exercise 10:00 1-1 Activity - Trivia 11:00 Veterans Day Luncheon 2:00 GAME DAY - POKER BLACKJACK - POKENO 4:00 Music Relaxation Veterans Day	12 8:30 Hydration Cart 9:30 News and Views 10:00 Group Sensory 11:00 Zumba Class 2:00 MUSIC KARAOKE 3:00 Social Hour - Coffee 4:00 1-1 Room Visits	13 8:30 Hydration Cart 9:30 Seniors Aerobics 10:00 Newsday - Discussion 11:00 Outburst Trivia 2:00 CATHOLIC MASS 3:00 Social Hour - Music 4:00 Music Relaxation	14 8:30 Hydration Cart 9:30 Morning Discussion 10:00 Jewelry Class 11:00 Hollywood Trivia 2:00 Ebenezer Christian Church - Bible Study 4:00 Welcome Committee
15 8:30 Hydration Cart 9:30 News and Views 10:00 Physical Games 11:00 Name that Movie star 2:00 CATHOLIC VISITS 3:00 Fun day Football 4:00 1-1 Room Visits	16 8:30 Hydration Cart 9:30 Seniors Aerobics 10:00 12 Months trivia 11:00 Roll The Dice Trivia 2:00 AFTERNOON BINGO 3:00 Social Hour / Music 4:00 Do you Remember	17 8:30 Hydration Cart 9:30 Group Exercise 10:00 Old Time Trivia 11:00 Name that Movie star 2:00 Everything Ice Cream 3:00 Down Memory Lane 4:00 Stress Relaxation	18 8:30 Hydration Cart 9:30 Group Exercise 10:00 Left Right Center 11:00 1-1 Activity - Sensory 2:00 The price is Right 5:30 FAMILY THANKSGIVNG DINNER PARTY	19 8:30 Hydration Cart 9:30 Group Exercise 10:00 Group Activity -Trivia 11:00 Music Sensory - Bocci 2:00 November Birthday Party - Music 3:00 Do you Remember	20 8:30 Hydration Cart 9:30 News and Views 10:00 Physical Games 11:00 Name that Movie star 2:00 Friday Happy Hour 3:00 Table talk discussion 4:00 Group Sensory	21 8:30 Hydration Cart 9:30 Daily News/Exercise 10:00 1-1 Manicure / Music 11:00 What would you do 2:00 FAMILY BINGO 3:00 Social Hour Coffee 4:00 Table game - Music
22 8:30 Hydration Cart 9:30 Word Search - Trivia 10:00 Basketball Exercise 11:00 Parachute with Music 2:00 RELIGION WITH REY 4:00 Afternoon Movies	23 8:30 Hydration Cart 9:30 Physical Games 10:00 Group Discussion 11:00 Group Activity 2:00 Afternoon Bingo 3:00 Coffee social - Music 4:00 1-1 Room Visits	24 8:30 Hydration Cart 9:30 Morning Exercise 10:00 Ball Toss / Sensory 11:00 American Trivia 2:00 BINGO FOR PRIZES 3:00 Social Hour Coffee 4:00 Welcome Committee	25 8:30 Hydration Cart 9:30 Balloon Volleyball 10:00 Group Exercise 11:00 International Trivia 2:00 HORSE RACING GAME 3:00 Room Visits - Trivia 4:00 Coffee and tea Social	HAPPY THANKSGIVING 26 9:30 Morning Social 10:00 Physical Games 11:00 Thanksgiving Day Parade (TV) 2:00 DOUBLE THE $$ BINGO 4:00 Social Hour -Music Thanksgiving Day (U.S.)	27 8:30 Hydration Cart 9:30 YOGA on TV / Exercise 10:00 Parachute with Music 11:00 Finish that tune 2:00 BLACK FRIDAY AUCTION - HAPPY HOUR 4:00 1-1 Room Visits	28 8:30 Hydration Cart 9:30 Racket Ball/Tennis 10:00 Group Activity 11:00 1980's 1990's Trivia 2:00 Afternoon BINGO 4:00 Coffee social Hour
29 8:30 Hydration Cart 9:30 Word Search - Trivia 10:00 Basket ball Exercise 11:00 Parachute with Music 2:00 CATHOLIC VISITS 3:00 Music Relaxation 4:00 Afternoon Movies	30 8:30 Hydration Cart 9:30 Group Physical Games 10:00 Crossword Puzzle 11:00 Group Activity 2:00 RESIDENT COUNCIL 3:00 Coffee and Cake social 4:00 Yahtzee - Social					



ROSS CENTER FOR NURSING & REHABILITATION

ALL PROGRAMS ARE SUBJECT TO CHANGE