

Discovery and Harmony Activity Calendar

November 2025

| Monday                                                                                                                                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                                                                                                                                              | Saturday                                                                              |
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| <p>Note: If an activity is only scheduled for <b>Discovery</b> group, you will see it noted with the letter <b>D</b> or <b>H</b> for <b>Harmony</b>. All other activities will be done in both groups. Your loved one is also welcome to join the other group if they prefer doing that activity instead of what their group is doing.</p>                                                   |                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                      | <br><b>11-2 Mike L.</b><br><b>11-24 Leonard</b><br><b>11-26 Fred</b>                                                                                                                                                                                             |    |
| <p><b>3 Pet Therapy</b></p> <p>10:00 Coffee Klatch/ News &amp; Discussion<br/>11:00 <u>Love on a Leash: Pet Therapy</u><br/>11:00 <u>Alternate: Create Joy w/ Frankie</u><br/>11:40 Music and Movement<br/>12:00 Lunch and Social Hour<br/><b>D</b>12:45 Funny Pet videos &amp; Pet Trivia<br/><b>H</b>12:45 Picture Bingo Bash</p>                                                          | <p><b>4 Trivia Tuesday</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/><b>D</b>11:00 Jeopardy Challenge<br/><b>H</b>11:00 Movie Picture Match Game<br/>11:40 Move and Groove Exercises<br/>12:00 Lunch and Social Hour<br/><b>D</b>12:45 Bean Bag Cup toss<br/><b>H</b>12:45 Football Toss &amp; Trivia</p>                          | <p><b>5 National Donut Day</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/>11:00 Word Game Challenge w/ Jess<br/>11:00 Donut Hole Bean Bag Toss<br/>11:45 Stretch &amp; Restore Exercises<br/>12:00 Lunch and Social Hour<br/>12:45 <u>Connor Performs: Piano</u><br/>12:45 <u>Alt: Tribute to Vivian Leigh</u></p>                                  | <p><b>6 Phil on the Guitar</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/><b>D</b>11:00 International Music Circle<br/><b>H</b>11:00 Word Game &amp; Trivia<br/>11:45 Sit and Get Fit Exercises<br/>12:00 Lunch and Social Hour<br/>12:45 <u>Phil on the Guitar</u><br/>12:45 <u>Alt: Thanksgiving Art w/Jess</u></p>               | <p><b>7 John Monday Performs</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/>11:00 Music Memories &amp; Trivia<br/>11:00 Golf Center Pieces Project<br/>11:40 Move &amp; Groove Exercises<br/>12:00 Lunch and Social Hour<br/>12:45 <u>John Monday Performs</u><br/>12:45 <u>Alt: Dominoes Club</u></p>                          |    |
| <p><b>10 National Vanilla Cupcake Day</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/><b>D</b>11:00 <u>Core Class w/ Jess—Word Game</u><br/><b>H</b>11:00 Reminiscing &amp; Trivia<br/>11:40 Sittercises<br/>12:00 Lunch and Social Hour<br/><b>D</b>12:45 Name that Musical<br/><b>H</b>12:45 Ping Pong Table Toss</p>                                                   | <p><b>11 Veterans Day</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/>11:00 <u>Mini Horses Visit: Romeo&amp;Ziggy</u><br/>11:40 Move and Groove Exercises<br/>12:00 Lunch and Social Hour<br/>12:45 <u>Honor Our Veterans w/ Jess</u><br/>12:45 <u>Alt: Creative Crafts w/ Jo</u></p>                                                | <p><b>12 St. Patrick's Kindergarteners visit</b></p> <p>10:00 Coffee Klatch<br/>10:20 News &amp; Discussion<br/>10:45 <u>Kindergarteners Visit</u><br/><b>D</b>11:25 <u>Band Exercise Class w/ Jess</u><br/><b>H</b>11:25 Move &amp; Groove w/ Jo<br/>12:00 Lunch and Social Hour<br/>12:45 <u>Tribute to Grace Kelly</u><br/>12:45 Alternate: Table Top Activities</p> | <p><b>13 World Kindness Day</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/><b>D</b>11:00 <u>Sweet Treats w/ Jess</u><br/><b>H</b>11:00 <u>Friendship Bracelet Making</u><br/>11:45 Sit and Get Fit Exercises<br/>12:00 Lunch and Social Hour<br/>12:45 <u>DJ Dance Party w/ Jess</u><br/>12:45 <u>Alt: Painting Class w/ Jo</u></p> | <p><b>14 Music Friday</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/>11:00 Move &amp; Groove Exercises<br/>11:00 <u>Creative Crew w/ Lori</u><br/>11:30 <u>Tigran Performs: Piano</u><br/>12:00 Lunch and Social Hour<br/>12:45 <u>Phil on the Guitar</u><br/>12:45 <u>Alt: Cornucopia Art w/ Jess</u></p>                      |  |
| <p><b>17 Connor Performs</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/><b>D</b>11:00 <u>Connor Performs: Piano</u><br/><b>H</b>11:00 <u>Alt: Scrabble w/ Jo</u><br/>11:40 Sittercises<br/>12:00 Lunch and Social Hour<br/><b>D</b>12:30 <u>Decorate Placemats Project</u><br/><b>H</b>12:30 <u>Egg Carton Ping Pong Toss</u><br/><b>Group 2, 8th graders visit!</b></p> | <p><b>18 Apple Cider Day</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/><b>D</b>11:00 <u>Fall Art w/ Jess</u><br/><b>H</b>11:00 <u>Leaf Painting &amp; Fall Trivia</u><br/>11:40 Stretch &amp; Restore Exercises<br/>12:00 Lunch and Social Hour<br/>12:45 <u>Phil on the Guitar</u><br/>12:45 <u>Alt: Painting Class w/ Jo</u></p> | <p><b>19 Pet Therapy</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/>11:00 <u>Love on a Leash: Pet Therapy</u><br/>11:00 Alternate Activity w/ Paola<br/>11:40 Ageless Grace Exercises<br/>12:00 Lunch and Social Hour<br/>12:45 <u>Ukulele Strummers &amp; Singers</u><br/>12:45 <u>Alt: Book Club w/ Jo</u></p>                                    | <p><b>20 Gratitude Month</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/><b>D</b>11:00 <u>Decorate Placemats Project</u><br/><b>H</b>11:00 <u>Gratitude Wall Activity</u><br/>11:00 Ageless Grace Exercises<br/>12:00 Lunch and Social Hour<br/>12:45 Name that Tune<br/><b>H</b>12:45 Virtual Travel Trip: Alaska</p>               | <p><b>21 Family Stories Month</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/>11:00 <u>Reminisce Thanksgiving &amp; trivia</u><br/>11:00 <u>Creative Crew w/ Lori</u><br/>11:40 Fitness Friday<br/>12:00 Lunch and Social Hour<br/>12:45 <u>Show n Tell: Family Photos</u><br/>12:45 <u>Alt: Unlikely Animal Friendships</u></p> |  |
| <p><b>24 Phil on the Guitar</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/><b>D</b>11:00 <u>Yoga w/ Beth</u><br/><b>H</b>11:00 Balloon Volleyball<br/>11:40 Sittercises<br/>12:00 Lunch and Social Hour<br/>12:45 <u>Phil on the Guitar</u><br/>12:45 <u>Alt: Word Game w/ Jess</u></p>                                                                                  | <p><b>25 National Parfait Day</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/><b>D</b>11:00 <u>Connections Word Game</u><br/><b>H</b>11:00 Balloon Swat<br/>11:40 Move &amp; Groove Exercises<br/>12:00 Lunch and Social Hour<br/>12:45 <u>Dolly Dance Party!</u><br/>12:45 <u>Alt: Bottle Crafting w/ Jo</u></p>                    | <p><b>26 National Cake Day</b></p> <p>10:00 Coffee Klatch<br/>10:30 News &amp; Discussion<br/><b>D</b>11:00 <u>Social Circle—Thanksgiving edition</u><br/><b>H</b>11:00 <u>Baking w/ Jo</u><br/>11:40 Sit &amp; Get Fit Exercises<br/>12:00 Lunch and Social Hour<br/>12:45 <u>Connect 4 Game</u><br/><b>H</b>12:45 Gratitude Activity</p>                              |                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                     |  |