NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00- Morning Stretch- B 10:30- Coffee Social- B 1:30- Heritage House Calls 2:30- Short Stories Book Club-AR 3:30- Favorite Authors Chat- B **Daylight Saving Time Ends**	**2** 10:00- Strength Training- B 10:30- Manicure Monday- B 1:30- Relaxation Stations- AR 2:00- Armchair Travel: National Parks in Autumn- TH 3:00- Cooking Club: Deviled Eggs- AR	**3** 10:00- Exercise w/ Spiro- B 10:30- Pet Therapy- B 1:15- Communion & Rosary- IL Dining Room on 1st Fl 2:00- Flower Arranging- AR 3:30- UNO- AR	**4** 10:00- Morning Stretch- B 11:00- Holiday Card Making- B 1:30- Midday Matinee-TH 2:00- Name 5 Game- B 3:00- Pumpkin Seed Roasting and Tasting- AR	**5** 10:00-Strength Training- B 10:30- Donut Social- B 1:30- Bingo in 2nd Floor Dining Room 2:30- Music w. Richard Shaten 4:00- Heritage House Calls	**6** 10:00- Exercise w. Spiro- B 10:30- Chai Tea and Word Games- B 1:15- Scenic Bus Ride 2:00- Resident Led UNO- AR 3:30- Happy Hour-B	**7** 10:00- Morning Stretch- B 10:30- Positive Stories & Coffee- B 1:00- Heritage Hikers 2:00- Bingo in the Bistro 3:30- Pinecone Bird Feeders- AR
8 10:00- Strength Training- B 10:30- Coffee Social- B 1:30- Turkey Toss- B 2:30- S.T.E.M Experiments- AR 3:30- Packers and Popcorn-AR	**9** 10:00- Meditation- EC 10:30- Manicure Monday- B 1:00- Heritage Hikers 2:00- Armchair Travel: Hidden Gems of Louisiana- TH 3:30- Mulled Cider Social- B	**10** 10:00- Stretch It Out- B 10:30- Good News Group- B 1:30- Midday Matinee- TH 2:00- Flower Arranging- AR 3:30- Jigsaw & Word Puzzles with Tea- B	**11** 10:00- Strength Training- B 10:30- Bingo in the Bistro 1:00- Heritage Hikers 2:00- Armed Forces Themed Jeopardy- B 3:30- Sundaes for Veterans -B **Veterans Day**	**12** 10:00-Morning Stretch- B 10:30- Coffee Social- B 1:30- Leaf Garland Craft-AR 2:30- Music w. Tom Kastle- B 4:00- Heritage House Calls	**13** 10:00- Exercise w. Spiro-B 10:30- Gratitude Garland-B 1:30 Turkey Hunting- B 2:30- Happy Hour- B 3:30- Coloring Club- B	**14** 10:00- Strength Training- B 10:30- Positive Stories & Coffee- B 1:00- Heritage House Calls 2:00- Bingo in the Bistro 3:30- Pickle Tasting for National Pickle Day- B
15 10:00- Morning Stretch- B 10:30- Coffee Social- B 12:00- Packers V.S. Vikings- B 2:30- Armchair Travel: Japan in Autumn- B 3:30- S'mores Social- B	**16** 10:00- Exercise w/ Spiro-B 10:30- Manicure Monday-B 1:30- Yahtzee- AR 2:00- Midday Matinee- TH 2:00- Bread Making- AR	**17** 10:00- Strength Training- B 10:30- Pet Therapy- B 1:15- Communion & Rosary- IL Dining Room on 1st Fl 2:00- Flower Arranging- AR 3:30- Button Art- AR	**18** 10:00- Morning Stretch- B 11:00-Lunch & Holiday Shopping Outing- B 1:15- Hymns and Communion- AR 2:00- Resident Led UNO- AR 3:30- Bingo in the Bistro	**19** 10:00- Strength Training- B 10:30- Coffee Social- B 1:30- Monopoly Day Fun- AR 2:30- Music w. Cameron Webb-B 4:00- Heritage House Calls	**20** 10:00- Exercise w. Spiro 10:30- Mulled Cider Social- B 1:30- Pumpkin Pie Baking- AR 2:30- Happy Hour: November Birthday Party-B 3:30- Jeopardy Trivia-B	**21** 10:00- Morning Stretch- B 10:30- Positive Stories & Coffee- B 1:00- Heritage Hikers 2:00- Bingo in the Bistro 3:30- Family Recipes of the Past-B
22 10:00- Strength Training- B 10:30- Coffee Social- B 1:30- Heritage House Calls 2:30- Armchair Travel: Mediterranean Harvest- B 3:30- Trivia-B	**23** 10:00- Morning Stretch-B 10:30- Manicure Monday- B 1:30- Snickerdoodle Baking- AR 2:30- Hot Apple Cider & Thanksgiving Traditions Chat- AR 3:30- Snickerdoodle Tasting- AR	**24** 10:00- Exercise w/ Spiro- B 10:30- Turkey Toss-B 1:00- Heritage House Calls 2:00- Flower Arranging- AR 3:30- Name 5 Word Game- B	**25** 10:00- Yogurt Parfait Bar-B 10:30- Bingo in the Bistro 1:00- Heritage Hikers 2:00- Midday Matinee- TH 3:30- Crafting Corner- AR	**26** 9:30- Macy's Thanksgiving Parade Watch Party- B 10:30- Coffee Social- B 1:00- Resident Led Games- AR 2:00- Midday Matinee- TH **Thanksgiving Day**	**27** 10:00- Morning Stretch- B 10:30- Coffee & Crosswords-B 1:30- Native American Tribes of the USA- TH 1:45- Scenic Bus Ride 3:30- Happy Hour-B	**28** 10:00- Strength Training- B 10:30- Positive Stories & Coffee- B 1:00- Heritage House Calls 2:00- Bingo in the Bistro 3:30- UNO- AR
29 10:00- Stretch It Out- B 10:30- Coffee Social- B 1:30- Relaxation Stations- AR 2:30- Mulled Cider Social- B 3:30- Holiday Wishes Chat- B	**30** 10:00- Morning Stretch- B 10:30- Manicure Monday- B 1:30- Christmas Decorating 2nd Floor 2:00- Midday Matinee- TH 3:30- Christmas Decorating- 1st Floor		**Happy Birthday:** 3rd- Sandy S. 4th- Nancy K. 5th- Nyla P. 20th- Mitzi K. 22nd- Vince I. 23rd- Jerry G.			**Location Key:** B- Bistro on 1st Floor TH- Theater on 2nd Floor EC- 1st Floor- All Welcome AR- Activity Room- 2nd Floor IL DR- Independent Dining Room on 1st Floor

HSL Middleton Assisted Living & Enhanced Care

Community Life Enrichment Calendar

SPECIAL EVENTS

Lunch & Holiday Shopping in Middleton- 11/18

Armchair Travel: see calendar for dates and times

**All activities are subject to change when necessary. Residents' families are invited to participate in community events.*

HERITAGE SENIOR LIVING

Aspire | Lincoln Village