# NOVEMBER 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **1**<br>**10:00** Exercise EC1 (RL)<br>**11:00** Catholic Mass Pub<br>**1:00** Heritage Hikers<br>**2:00** Sundaes on Sunday EC2AR<br>**3:15** Movie Matinee THR<br>**Daylight Saving Time Ends** | **2**<br>**9:30** Quilting PR (RL)<br>**9:30** IL Exercise Pub<br>**10:30** Chair Yoga EC1<br>**2:00** Sheepshead Pub (RL)<br>**2:30** Art on a Cart EC1<br>**3:30** Monday Meditation EC2AR | **3**<br>**9:30** IL Exercise Pub<br>**10:30** Chair Exercise EC1<br>**11:00** Sing Fit EC1<br>**1:00** Walmart/Dollar Tree Bus Trip<br>**2:00** Bingo EC1<br>**3:10** Cooking EC2AR | **4**<br>**9:30** IL Exercise Pub<br>**10:30** Tai Chi EC1<br>**11:00** Manicures EC1<br>**2:00** $5 Bingo Pub (RL)<br>**3:30** Wine Down Wednesday Pub | **5**<br>**9:30** IL Exercise Pub<br>**10:30** Chair Exercise EC1<br>**11:00** Wii Bowling EC2AR<br>**1:15** Peaceful Meditations EC2AR<br>**2:00** Bingo EC1<br>**3:15** Trivia EC2AR | **6**<br>**9:30** IL Exercise Pub<br>**10:30** Chair Exercise EC1<br>**11:00** Morning with Managers EC1<br>**1:15** Armchair Travel: Aviation Where in the World? EC2AR<br>**2:30** **Happy Hour: Peter Irving** | **7**<br>**10:00** Exercise EC1 (RL)<br>**11:00** Rosary EC2AR<br>**1:15** Bingo EC1<br>**2:45** Movie Matinee w/ Popcorn THR |
| **8**<br>**10:00** Exercise EC1 (RL)<br>**11:00** Catholic Mass Pub<br>**1:00** Heritage Hikers<br>**2:00** Sundaes on Sunday EC2AR<br>**3:15** Movie Matinee THR<br>**4:25** Packers vs. Patriots (Pub) | **9**<br>**9:30** Quilting PR (RL)<br>**9:30** IL Exercise Pub<br>**10:30** Chair Yoga EC1<br>**2:00** Lutheran Service THR<br>**2:00** Sheepshead Pub (RL)<br>**2:30** Art on a Cart EC1<br>**3:30** Activity Room Fun! EC2AR | **10**<br>**9:30** IL Exercise Pub<br>**10:30** Chair Exercise EC1<br>**10:30** Water Aerobics Pool<br>**11:00** Sing Fit EC1<br>**12:30** Bus Trip to Hobby Lobby<br>**2:00** Bingo EC1<br>**3:10** Cooking EC2AR | **11**<br>**9:30** IL Exercise Pub<br>**10:30** Chair Exercise EC1<br>**11:00** Manicures EC1<br>**12:00** Veterans Day Recognition<br>**2:00** $5 Bingo Pub (RL)<br>**3:30** Wine Down Wednesday<br>**Veterans Day** | **12**<br>**9:30** IL Exercise Pub<br>**10:30** Chair Exercise EC1<br>**11:00** Peaceful Coloring EC2AR<br>**1:15** **Holistic Wellness: Mental Health in Senior Populations EC2AR**<br>**2:00** Bingo EC1<br>**3:15** Trivia EC2AR | **13**<br>**9:30** IL Exercise Pub<br>**10:30** Chair Exercise EC1<br>**11:00** Peaceful Meditation EC2AR<br>**1:15** Wii Sports EC2AR<br>**2:30** **Happy Hour: Garbage Pickers** | **14**<br>**10:00** Exercise EC1 (RL)<br>**11:00** Rosary EC2AR<br>**1:15** Bingo EC1<br>**2:45** Movie Matinee w/ Popcorn THR |
| **15**<br>**10:00** Exercise EC1(RL)<br>**11:00** Catholic Mass Pub<br>**12:00** Packers vs. Vikings (Pub)<br>**1:00** Heritage Hikers<br>**2:00** Sundaes on Sunday EC2AR<br>**3:15** Movie Matinee THR | **16**<br>**9:30** Quilting PR (RL)<br>**9:30** IL Exercise Pub<br>**10:30** Chair Exercise EC1<br>**2:00** Sheepshead Pub (RL)<br>**2:30** Art on a Cart EC1<br>**3:30** Monday Meditation EC2AR | **17**<br>**9:30** IL Exercise Pub<br>**10:30** Chair Exercise EC!<br>**11:00** Sing Fit EC1<br>**1:00** **Heritage Chili Cookoff! EC1**<br>**2:00** Bingo EC1<br>**3:10** Pumpkin Decorating | **18**<br>**9:30** IL Exercise Pub<br>**10:30** Chair Yoga EC1<br>**1:00-2:00** **Gorgeous Grandmas EC1**<br>**2:00** $5 Bingo Pub (RL)<br>**3:30** Wine Down Wednesday Pub | **19**<br>**9:30** IL Exercise Pub<br>**10:30** Chair Exercise EC1<br>**11:00** Wii Bowling EC2AR<br>**1:15** AL Resident Council (EC1)<br>**2:00** Bingo EC1<br>**3:15** Trivia EC2AR | **20**<br>**9:30** IL Exercise Pub<br>**10:30** Tai Chi EC1<br>**11:00** Morning with Managers EC1<br>**1:15** Peaceful Meditation EC2AR<br>**2:30** **Happy Hour: Craig Siemsen** | **21**<br>**10:00** Exercise EC1 (RL)<br>**11:00** Rosary EC2AR<br>**1:15** Bingo EC1<br>**2:45** Movie Matinee w/ Popcorn THR |
| **22**<br>**10:00** Exercise EC1 (RL)<br>**11:00** Catholic Mass Pub<br>**1:00** Heritage Hikers<br>**2:00** Sundaes on Sunday EC2AR<br>**3:15** Movie Matinee THR | **23**<br>**9:30** Quilting PR (RL)<br>**9:30** IL Exercise Pub<br>**10:30** Tai Chi EC1<br>**2:00** Lutheran Service THR<br>**2:00** Sheepshead Pub (RL)<br>**2:30** Art on a Cart EC1<br>**3:30** Activity Room Fun! EC2AR | **24**<br>**9:30** IL Exercise Pub<br>**10:30** Water Aerobics Pool<br>**10:30** Chair Exercise EC1<br>**11:00** Technology Class & Coffee EC2AR<br>**1:15** IL Resident Council Pub<br>**2:00** Bingo EC1<br>**3:10** Cooking EC2AR | **25**<br>**9:30** IL Exercise Pub<br>**10:30** Tai Chi EC1<br>**11:00** Manicures EC1<br>**1:00** Mending with Mary (PR)<br>**2:00** $5 Bingo Pub (RL)<br>**3:30 Wine Down Wednesday & Friendsgiving Pub**<br>**5:00** Packers vs. Rams (Pub) | **26**<br>**9:30** IL Exercise Pub<br>**10:30** Chair Exercise EC1<br>**11:00** Trivia EC2AR<br>**1:30** Bingo EC1<br>**2:45** Yahtzee EC1<br>**Thanksgiving Day** | **27**<br>**9:30** IL Exercise Pub<br>**10:30** Chair Exercise EC1<br>**11:00** Peaceful Meditation EC2AR<br>**1:15** Wii Sports EC2AR<br>**2:30** **November Birthday & Happy Hour: Josh Quinn** | **28**<br>**10:00** Exercise EC1 (RL)<br>**11:00** Rosary EC2AR<br>**1:15** Bingo EC1<br>**2:45** Movie Matinee w/ Popcorn THR |
| **29**<br>**10:00** Exercise EC1 (RL)<br>**11:00** Catholic Mass Pub<br>**1:00** Heritage Hikers<br>**2:00** Sundaes on Sunday EC2AR<br>**3:15** Movie Matinee THR | **30**<br>**9:30** Quilting PR (RL)<br>**9:30** IL Exercise Pub<br>**10:30** Chair Exercise EC1<br>**2:00** Sheepshead Pub (RL)<br>**2:30** Art on a Cart EC1<br>**3:30** Monday Meditation EC2AR | | | | | |

**Birthdays**

**Robert C 11/11**
**Joanne M 11/12**
**Jack K 11/13**
**Donald H 11/15**
**Shirley P 11/18**
**Joseph K 11/22**
**Donna B 11/25**
**Lynn S 11/26**
**Bernice SP 11/28**

**Key**

**EC1- 1st Floor Enhanced Care Dining Room**
**PR- Puzzle Room**
**EC2AR- 2nd Floor Activity Room**
**THR- Theater**

**Independent/Assisted/Enhanced Living**

Community Life Enrichment Calendar

**SPECIAL EVENTS**

Family Social: Heritage Chili Cookoff! 11/17 at 1PM
Educational Presentation: Mental Health in Senior Populations 11/12 at 1:15PM
**All activities are subject to change when necessary. Residents' families are invited to participate in community events.*

HERITAGE SENIOR LIVING
Aspire | Lincoln Village