Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 am 1:1 Room Calendar Distribution 10:00 am Coffee & Conversation 11:00 am Ecumenical Mass with Pastor Royes 2:30 pm Documentary Club Daylight Saving Time Ends	2 10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:30 pm – 4:00 pm Spa Day	3 10:00 am Coffee & Conversation 11:00 am Morning Exercise 1:00 pm Food Committee 2:00 pm Bingo 3:00 pm Women's Club	4 10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:30 pm – 4:00 pm Cozy Cocoa Social	5 10:00 am Coffee & Conversation 11:00 am Morning Exercise 2:00 pm Bingo 3:00 pm Baking Club	6 10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 1:30 pm Movie & Popcorn 2:00 pm – 3:30pm Men's club	7 10:00 am Coffee & Conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Creative Coloring
8 10:00 am Coffee & Conversation 11:00 am Ecumenical Service with Pastor Royes 2:00 pm Documentary Club 3:00 pm Word within A Word Diwali (Hindi)	9 10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:00 pm Yoga Session with Ms. Gupta 3:00 pm Sip and Paint: Pumpkin Patch	10 10:00 am Coffee & Conversation 11:00 am Morning Exercise 2:00 pm Resident Council Meeting 3:00 pm Bingo	11 10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 12:00 pm Honor our Heroes Luncheon 2:30 pm Star and Stripes Musical Celebration Veterans Day Remembrance Day (Canada)	12 10:00 am Coffee & Conversation 11:00 am Morning Exercise 2:00 pm Bingo 3:00 pm Thankful Tree Blessing	13 10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 1:30 pm Movie & Popcorn 2:00 pm – 3:30 pm Bible Study	14 10:00 am Coffee & Conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Spin the wheel Trivia
15 10:00 am Coffee & Conversation 11:00 am Ecumenical Service with Pastor Royes 2:00 pm Documentary Club 3:00 pm Crafts Sunday	16 10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:30 pm – 4:00 pm Spa Day	17 10:00 am Coffee & Conversation 11:00 am Morning Exercise 2:00 pm Bingo 3:00 pm Women's Club	18 10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:30 pm – 4:00 pm Friendsgiving Social	19 10:00 am Coffee & Conversation 11:00 am Morning Exercise 2:00 pm Bingo 2:30 pm November Birthday Party on The Cart	20 10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 1:30 pm Movie & Popcorn 2:00 pm – 3:30pm Men's club	21 10:00 am Coffee & Conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Creative Coloring
22 10:00 am Coffee & Conversation 11:00 am Ecumenical Service with Pastor Royes 2:00 pm Documentary Club 3:00 pm Who Am I	23 10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:00 pm – 3:00 Howard Performs with lite Refreshments	24 10:00 am Coffee & Conversation 11:00 am Morning Exercise 2:30 – 3:30 pm Bingo Auction	25 10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:00 pm Bingo 3:00 pm Thanksgiving Around the World	26 10:00 am Coffee & Conversation 11:00 am Morning Exercise 2:30 pm Harvest Pie Social Thanksgiving Day (U.S.)	27 10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 1:30 pm Movie & Popcorn 2:00 pm – 3:30 pm Bible Study	28 10:00 am Coffee & Conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Spin the wheel Trivia
29 10:00 am Coffee & Conversation 11:00 am Ecumenical Service with Pastor Royes 2:00 pm Documentary Club 3:00 pm Crafts Sunday	30 10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:00 pm Yoga Session with Ms. Gupta 3:00 pm Fall Coloring					

November 2026

Activities, Times, and Location are Subject to change
Beauty Salon Hours Tuesday 10:30 am – 2:00 pm

1 :1 Room visit 4:00 pm Monday - Friday
Mail Delivery & Packages 9:30 am, 1:30 pm and 4:00 pm – Daily



Activity Information: Activity Director - Irish Suarez CDP, ADC /Email: ISuarez@sterlingcarehealth.com / O: 301-530-1600 ext. 2197/2122 / C:202-907-1263.