Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **9:30am** Hot Chocolate & Conversations **10:00am** Virtual catholic Mass **11:00am** Communion Service **1:00pm** Residents Choice **2:00pm** Card Games **3:00pm** Sunday Documentary /Residents Choice	2 **9:30am** Hot Chocolate & Conversations **10:00am** Chair Yoga **11:00am** Lunch Outing/First Watch **1:00pm** Word Unscramble **2:00pm** Ice Cream Social **3:00pm** Movie Matinee /The Blues Brothers	3 **9:30am** Hot Chocolate & Conversations **10:30am** Exercise w/Legacy **11:15am** Ring Toss **1:15pm** Bible Study w/Barb **2:00pm** Ice Cream Social **3:00pm** BINGO	4 **9:30am** Hot Chocolate & Conversations **10:00am** Morning Stretches **11:00am** Bean Bag Toss **1:00pm** Art/Crafts **2:00pm** Ice Cream Social **4:00pm** Word Puzzles	5 **9:30am** Hot Chocolate & Conversations **10:00am** Move to the Music **11:00am** Name That 5 **1:00pm** Lets Cook **2:00pm** Ice Cream Social **3:00pm** Bingo	6 **9:30am** Hot Chocolate & Conversations **10:00am** Mass **11:00am** Hangman **1:00pm** Garden Fun **2:00pm** Ice Cream Social **3:00pm** Entertainment Hour **4:00pm** Residents Choice	7 **9:30am** Coffee & Chat **10:00am** Chair Exercise **11:00am** Pass the Ball **1:00pm** Book Club Meeting **2:00pm** Guess the Word **3:00pm** Concert/Elvis
8 **9:30am** Hot Chocolate & Conversations **10:00am** Virtual Catholic Mass **11:00am** Communion Service **1:00pm** Residents Choice **2:00pm** Card Games **3:00pm** Sunday Documentary /Residents Choice	9 **9:30am** Hot Chocolate & Conversations **10:00am** Chair Yoga **11:00am** WHO's line is it **1:00pm** Outing/Dollar Tree **2:00pm** Ice Cream Social **3:00pm** Movie Matinee/Willy Wonka &The Chocolate Factory	10 **9:30am** Hot Chocolate & Conversations **10:30am** Exercise w/Legacy **11:00am** Painting/Fun Sheets **1:15pm** Bible Study w/Barb **2:00pm** Ice Cream Social **3:00pm** BINGO	11 **9:30am** Hot Chocolate & Conversations **10:00am** Morning Stretches **11:00am** Match the bottle **1:00pm** Art/Crafts **2:00pm** Ice Cream Social **3:00pm** Pictionary **4:00pm** Word Puzzles	12 **9:30am** Hot Chocolate & Conversations **10:00am** Move to the Music **11:00am** Cup Stack Challenge **1:00pm** Lets Cook **2:00pm** Ice Cream Social **3:00pm** BINGO	13 **9:30am** Hot Chocolate & Conversations **10:00am** Sit and fit **11:00am** Finish The Phrase **1:00pm** Garden Fun **2:00pm** Ice Cream Social **3:00pm** Entertainment Hour **4:00pm** Residents Choice	14 **9:30am** Coffee & Chat **11:00am** Pass the Ball **1:00pm** Book Club Meeting **2:00pm** The Price is Right **3:00pm** Concert/The Jacksons
15 **9:30am** Hot Chocolate & Conversations **10:00am** Virtual Catholic Mass **11:00am** Communion Service **1:00pm** Residents Choice **2:00pm** Card Games **3:00pm** Sunday Documentary /Residents Choice	16 **9:30am** Hot Chocolate & Conversations **10:00am** Chair Yoga **11:00am** Lunch Outing/Tonas Mexican Restaurant **1:00pm** General Knowledge Trivia **2:00pm** Ice Cream Social **3:00pm** Movie Matinee/The Deer Hunter	17 **9:30am** Hot Chocolate & Conversations **10:30am** Exercise w/Legacy **1:00pm** Name That Tune ! **1:15pm** Bible Study w/Barb **2:00pm** Ice Cream Social **2:30pm** Richmond Heights Library **3:30pm** BINGO	18 **9:30am** Hot Chocolate & Conversations **10:00am** Morning Stretches **11:00am** Art/Crafts **1:00pm** Scenic Drive/Downtown St Louis **2:00pm** Ice Cream Social **3:00pm** Chair Hockey **4:00pm** Word Puzzles	19 **9:30am** Hot Chocolate & Conversations **10:00am** Love on the Leash **11:00am** Move to the Music **1:00pm** Lets Cook **2:00pm** Ice Cream Social **3:00pm** BINGO	20 **9:30am** Hot Chocolate & Conversations **10:00am** Sit and fit **11:00am** Balloon Toss **1:00pm** Garden Fun **2:00pm** Ice Cream Social **3:00pm** Entertainment Hour **4:00pm** Residents Choice	21 **9:30am** Coffee & Chat **10:00am** Chair Exercise **11:00am** Pass the Ball **1:00pm** Book Club Meeting **2:00pm** Family Feud **3:00pm** Concert/Frank Sinatra
22 **9:30am** Hot Chocolate & Conversations **10:00am** Virtual Catholic Mass **11:00am** Communion Service **1:00pm** Residents Choice **2:00pm** Card Games **3:00pm** Sunday Documentary /Residents Choice	23 **9:30am** Hot Chocolate & Conversations **10:00am** Chair Yoga **11:00am** Outing/Pietro's **1:15pm** Residents Council **2:00pm** Ice Cream Social **3:00pm** Movie Matinee/Taxi Driver	24 **9:30am** Hot Chocolate & Conversations **10:30am** Exercise w/Legacy **11:00am** Painting/Fun Sheets **1:15pm** Bible Study w/Barb **2:00pm** Ice Cream Social **3:00pm** BINGO	25 **9:30am** Hot Chocolate & Conversations **10:00am** Morning Stretches **11:00am** Dancing thru Decades **1:00pm** Art/Crafts **2:00pm** Ice Cream Social **3:00pm** Charades **4:00pm** Word Puzzles	26 *All Day* **Happy Thanksgiving ! "Let us be grateful to people who make us happy; They are the charming gardeners who make our souls blossom"- Marcel Proust**	27 **9:30am** Hot Chocolate & Conversations **10:00am** Sit and fit **11:00am** Whose Line is it? **1:00pm** Garden Fun **2:00pm** Ice Cream Social **3:00pm** Entertainment Hour/Birthday Celebration **4:00pm** Residents Choice	28 **9:30am** Coffee & Chat **9:30am** Hot Chocolate & Conversations **10:00am** Chair Exercise **11:00am** Pass the Ball **1:00pm** Book Club Meeting **2:00pm** Press your Luck **3:00pm** Concert/Earth Wind and Fire
29 **9:30am** Hot Chocolate & Conversations **10:00am** Virtual Catholic Mass **11:00am** Communion Service **1:00pm** Residents Choice **2:00pm** Card Games **3:00pm** Sunday Documentary /Residents Choice	30 **9:30am** Hot Chocolate & Conversations **10:00am** Chair Yoga **11:00am** Where am I ? **12:45pm** Outing/St. Louis Science Center Omnimax **2:00pm** Ice Cream Social **3:00pm** Sing Along Karaoke **4:00pm** Residents Choice					

November 2026

Promenade Senior Living AL

Happy Thanksgiving!