November 2026

Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 Women's Billiards (GR) 10:15 Dance/ Vickie Oates (MR) 2:00 Opera on Wheels (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A)	3 9:00 Audiology Associates (L) 9:00 Men's Coffee (SS) 10:00 Grocery Trip/ Publix 2:00 Speaker/ Vanderbilt Librarian Celia Walker (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR) 5:30 Birthday Dinner (DR)	4 9:00 Women's Billiards (GR) 10:30 Catholic Communion (L) 11:00 Richland Chorale Performance (MR) 2:00 Tech Help/ Nicolas Bolanos (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg (GR)	5 9:30 Women's Coffee (SS) 3:00 Trivia: Paul & Cindy (MR)	6 9:00 Women's Billiards (GR) 9:30 Bell Buckle Tn. Outing 2:00 Bible Study (GR) 4:30 Shabbat Service	7 7:30 Ping Pong (MR) 8:00 Men's Billiards (GR) 12:00 Art Sale to benefit Joy Kitchen (A) 4:00 Bocce Ball & BYOB
8 4:00 Mini Nutcracker Performance by Metro Parks Dance (MR)	9 9:00 Women's Billiards (GR) 10:15 Dance/ Vickie Oates (MR) 2:00 Lecture/ Jim O'Neill (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A)	10 9:00 Men's Coffee (SS) 10:00 Grocery Trip/ Kroger 2:00 Cabi Fashion Show/ Sale (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR)	11 9:00 Women's Billiards (GR) 10:30 Catholic Communion (L) 11:00 Moment of Silence for Veteran's Day (A) 11:30 Veteran's Day Brunch/ Music by Bill Sleeter (DR) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg (GR)	12 9:30 Women's Coffee (SS) 5:00 Tailgate Party/ Bill Sleeter (DR)	13 9:00 Women's Billiards (GR) 10:00 Take a Hike Day/ Shelby Bottoms 2:00 Bible Study (GR)	14 7:30 Ping Pong (MR) 8:00 Men's Billiards (GR) 4:00 Bocce Ball & BYOB
15	16 9:00 Women's Billiards (GR) 10:15 Dance/ Vickie Oates (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A) 7:15 Music/ Swing Society (A)	17 9:00 Men's Coffee (SS) 10:00 Grocery Trip/ Publix 11:00 Music/ Ollie Choir (A) 2:00 Lecture/ YWCA (MR) 3:00 Knit Time (A) 3:00 Whist Card Games (GR) 7:15 Blair/ Carolyn Huebl Students (MR)	18 9:00 Women's Billiards (GR) 10:15 Outing / Music For Seniors Presents: Metro Nash Chorus 10:30 Catholic Communion (L) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg (GR) 3:30 St. George's Communion (L)	19 9:30 Women's Coffee (SS) 2:00 Annual Meeting/ Tim Shelly (MR) 7:15 Music/ Richland Troubadours	20 9:00 Women's Billiards (GR) 10:30 Lunch Bunch/ The Eastern Peak 2:00 Bible Study (GR) 3:00 Book Club/ Alene Harris (MR)	21 7:30 Ping Pong (MR) 8:00 Men's Billiards (GR) 4:00 Bocce Ball & BYOB
22	23 9:00 Women's Billiards (GR) 10:15 Dance/ Vickie Oates (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A)	24 9:00 Men's Coffee (SS) 10:00 Grocery Trip/ Kroger 3:00 Knit Time (A) 3:00 Trivia: Lavonne & Debbie (MR) 3:00 Whist Card Games (GR)	25 9:00 Women's Billiards (GR) 10:30 Catholic Communion (L) 3:00 Bingo (GR) 3:30 Board Games (GR) 3:30 Mah-Jongg (GR)	26 11:15 Happy Thanksgiving Brunch!!!	27 9:00 Women's Billiards (GR) 2:00 Bible Study (GR)	28 7:30 Ping Pong (MR) 8:00 Men's Billiards (GR) 4:00 Bocce Ball & BYOB
29	30 9:00 Women's Billiards (GR) 10:15 Dance/ Vickie Oates (MR) 2:00 Resident Council (MR) 3:00 Bingo (GR) 3:30 Board Games (GR) 4:45 Cocktails & Conversations (A)					

November 2026

Exercise Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Chair Cardio (L) 10:15 Dance with Vickie (MR) 11:00 Strength, Mobility & Balance (MR) 2:00 STRENGTH & MOBILITY	3 8:00 Open Gym 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	4 8:00 Weight Management (GR) 8:30 Stretch (MR) 9:00 Gym Time (G) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Weights & Motion (G&H) 10:30 Weight Management 11:00 Strength, Mobility & Balance (MR) 11:30 Chair Yoga (MR) 12:00 Gym Time (G) 1:00 Meditation (MR) 2:00 STRENGTH & MOBILITY	5 8:00 Open Gym (G) 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	6 8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi with Rusty (MR) 10:00 Line Dance Class (MR) 11:00 Strength, Mobility & Balance (MR) 2:00 STRENGTH & MOBILITY	7
8	9 8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Chair Cardio (L) 10:15 Dance with Vickie (MR) 11:00 Strength, Mobility & Balance (MR) 2:00 STRENGTH & MOBILITY	10 8:00 Open Gym 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	11 8:00 Weight Management (GR) 8:30 Stretch (MR) 9:00 Gym Time (G) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Weights & Motion (G&H) 10:30 Weight Management 11:00 Strength, Mobility & Balance (MR) 11:30 Chair Yoga (MR) 12:00 Gym Time (G) 1:00 Meditation (MR) 2:00 STRENGTH & MOBILITY	12 8:00 Open Gym (G) 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	13 8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi with Rusty (MR) 10:00 Line Dance Class (MR) 11:00 Strength, Mobility & Balance (MR) 2:00 STRENGTH & MOBILITY	14
15	16 8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Chair Cardio (L) 10:15 Dance with Vickie (MR) 11:00 Strength, Mobility & Balance (MR) 2:00 STRENGTH & MOBILITY	17 8:00 Open Gym 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	18 8:00 Weight Management (GR) 8:30 Stretch (MR) 9:00 Gym Time (G) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Weights & Motion (G&H) 10:30 Weight Management 11:00 Strength, Mobility & Balance (MR) 11:30 Chair Yoga (MR) 12:00 Gym Time (G) 1:00 Meditation (MR) 2:00 STRENGTH & MOBILITY	19 8:00 Open Gym (G) 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	20 8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi with Rusty (MR) 10:00 Line Dance Class (MR) 11:00 Strength, Mobility & Balance (MR) 2:00 STRENGTH & MOBILITY	21
22	23 8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Chair Cardio (L) 10:15 Dance with Vickie (MR) 11:00 Strength, Mobility & Balance (MR) 2:00 STRENGTH & MOBILITY	24 8:00 Open Gym 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	25 8:00 Weight Management (GR) 8:30 Stretch (MR) 9:00 Gym Time (G) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Weights & Motion (G&H) 10:30 Weight Management 11:00 Strength, Mobility & Balance (MR) 11:30 Chair Yoga (MR) 12:00 Gym Time (G) 1:00 Meditation (MR) 2:00 STRENGTH & MOBILITY	26 8:00 Open Gym (G) 9:00 Mat Yoga (MR) 10:00 Sit, Be Fit (MR) 10:35 Get Fit (MR) 11:00 Open Gym (G) 12:30 Standing Tall (MR) 1:00 Standing Tall (A) (MR)	27 8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi with Rusty (MR) 10:00 Line Dance Class (MR) 11:00 Strength, Mobility & Balance (MR) 2:00 STRENGTH & MOBILITY	28
29	30 8:30 Stretch (MR) 9:00 Watercise (P) 9:30 Tai Chi (MR) 10:00 Chair Cardio (L) 10:15 Dance with Vickie (MR) 11:00 Strength, Mobility & Balance (MR) 2:00 STRENGTH & MOBILITY					