November 2026

OPTALIS OF GROSSE POINTE WOODS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00-Daily Chronicles **IR** 11:00-Coffee & Donuts **AR** 1:00-Movie & Popcorn (*To Sleep With Anger, '90*) **2DR** Daylight Saving Time Ends	2 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 10:30-Chair Yoga **AR** 11:00-Guided Meditation **AR** 1:00-Scrabble **AR** 2:00-Acrylic Painting **AR**	3 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 10:30-Chair Aerobics **AR** 11:00-Nails & Rom-ComMovie **AR** 11:30-**Turn in Ballots to Sally!** 1:00-Fall Acrylic Painting **2DR** 2:30-BINGO **2DR** 5:00- Action Movie *The Rundown, '03* **AR RR** Election Day	4 9:00-Daily Chronicles **IR** 10:30- Coffee & Convo **AR** 11:00-Grabber Games **AR** 1:00-Trivia (Music) **AR** 2:00- Horror Movie Club *Ready or Not*, '19 **2DR** 3:30-Horror Movie Discussion**AR** 5:30-Adult Coloring **AR RR**	5 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 11:00-Stroll Patrol **CY*** 1:00-Fruit Salad **AR** 2:30-BINGO **2DR** 3:30-Fantasy Movie *King Arthur: Legend of the Sword, '17* **AR**	6 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 10:30-Chair Yoga **AR** 11:00-Guided Meditation **AR** 2:00-"Trust Exercise" **2DR** 3:30-Poetry for Neanderthals Game **AR**	7 10:00-Daily Chronicles **IR** 11:00-Rock Painting **AR** 1:00-Uno **AR** 2:00-Name That Tune! **AR**
8 10:00-Daily Chronicles **IR** 11:00-Coffee & Donuts **AR** 1:00-Movie & Popcorn *(Free Fire,*'16) **2DR** Diwali (Hindi)	9 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 10:30-Chair Yoga **AR** 11:30-Lunch Outing **Lobby** 2:00-Spades **AR** 3:00-Geriatric Tooth Fairy Visit **IR** 5:30-Watch Music Videos **AR** Geriatric Tooth Fairy Day	10 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 10:30-Chair Aerobics **AR** 1:00-Paint Wooden Fall Signs**AR** 2:30-BINGO **2DR** 3:00-Would You Rather? **2DR** 5:30-Jazz Corner **AR RR**	11 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 11:00-Don't Touch That Color! Game **AR** 1:00-Veterans Day Party **2** 2:00-Horror Movie Club *'Midsommar* '19 **2DR** 3:30-Horror Movie Discussion**AR** Veterans Day	12 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 11:00-Senior Poll **AR** 1:00-Happy Hour **AR** 2:30-BINGO **2DR** 3:30-Action Movie *District 9, '09* **AR** National Happy Hour Day	13 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 10:30-Chair Yoga **AR** 11:00-Guided Meditation **AR** 2:00-Cups! Game **AR** 3:30-LCR Game **AR**	14 10:00-Daily Chronicles **IR** 11:00-Pickle Items Taste Test **AR** 1:00-Simon Says **AR** 2:00-Dominoes **AR** National Pickle Day
15 10:00-Daily Chronicles **IR** 11:00-Coffee & Donuts **AR** 1:00-Movie & Popcorn *Bedazzled, '00*) **2DR**	16 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 10:30-Chair Yoga **AR** 11:00-Guided Meditation **AR** 1:00-Clue Game **AR** 2:00-Paper Sculptures **AR**	17 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 10:30-Chair Aerobics **AR** 11:00-Resident & Food Council **AR** 1:00-Popsicle Stick Art **AR** 2:30-BINGO **2DR** 5:00- Comedy Movie **AR RR**	18 9:00-Daily Chronicles **IR** 10:30- Coffee & Convo **AR** 11:00-What Fills Your Plate? **AR** 1:00-Apple Cider & Donuts **AR** 2:00- Horror Movie Club (*X, '22)* **2DR** 3:30-Horror Movie Discussion**AR** 5:30-Card Games **AR RR** National Apple Cider Day	19 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 11:00-Monopoly **AR** 1:00-Continue Monopoly **AR** 2:30-BINGO **2DR** 3:30-Stand Up Comedy Movie **AR** National Play Monopoly Day	20 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 10:30-Chair Yoga **AR** 11:00-Guided Meditation **AR** 2:00-Sticky Note Shakedown **AR** 3:30-Jenga **AR**	21 10:00-Daily Chronicles **IR** 11:00-Outside Time **CY*** 1:00-Baptist Church Service **2DR** 2:00-Movin' & Groovin' **AR**
22 10:00-Daily Chronicles **IR** 11:00-Coffee & Donuts **AR** 1:00-Movie & Popcorn (*Burnt*, '15) **2DR**	23 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 10:30-Chair Yoga **AR** 11:00-Guided Meditation **AR** 1:00-Easy Easy Easy Game **AR** 2:00-Grape Sculptures **AR**	24 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 10:30-Chair Aerobics **AR** 11:00-Learn About DB Cooper! **AR** 1:00-Popsicle Stick Art **AR** 2:30-BINGO **2DR** 5:00- (*Without a Paddle)* Movie **AR RR** DB Cooper Day	25 9:00-Daily Chronicles **IR** 10:30- Coffee & Convo **AR** 11:00-Thankful Tree **AR** 1:00-Make Your Own Parfait **AR** 2:00- Horror Movie Club *Thanksgiving,* '23 **2DR** 3:30-Horror Movie Discussion**AR** 5:30-Watch Music Videos **AR RR** National Parait Day	26 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 11:00-Watercolor Painting **AR** 1:00-Picnic Game **AR** 2:30-BINGO **2DR** 4:00-Watch (*Planes Trains and Automobiles,* '87) **AR** Thanksgiving Day (U.S.)	27 9:00-Daily Chronicles **IR** 10:00-Coffee & Convo **AR** 10:30-Chair Yoga **AR** 11:00-Guided Meditation **AR** 2:00-Human Slot Machine **2DR** 3:30-Uno **AR**	28 10:00-Daily Chronicles **IR** 11:00-Rock Painting **AR** 1:00-Stick Man **AR** 2:00-Charades **AR**
29 10:00-Daily Chronicles **IR** 11:00-Coffee & Donuts **AR** 1:00-Movie & Popcorn (*A Man Called Otto*, '24) **2DR**	30 9:00-Daily Chronicles **IR** 10:00- Coffee & Convo **AR** 10:30-Chair Yoga **AR** 11:00-Guided Meditation **AR** 1:00-Fall Craft 2:00-True Crime Doc (*The Suitcase Murder*, '26) **AR** 3:30-Spades **AR** 5:30-Watch Music Videos **AR**					

ACTIVITIES ARE SUBJECT TO CHANGE, WE APPRECIATE YOUR COOERATION- RR- RESIDENT RAN, AR- ACTIVITY ROOM, 2DR- 2ND FLOOR DINING ROOM, 1DR-1ST FLOOR DINING ROOM, CY- COURTYARD (Weather Permitting), L- LOBBY