November 2026

Shelby – An Optalis Health & Rehabilitation Center

Activity Calendar Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 November Calendars & Activity Boards (Rooms) 11:00 Music Fun (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A) Daylight Saving Time Ends	**2** 10:00 November Cranium Crunches (A) 11:00 Social Game (A) 2:00 Ice Cream Social (DR) 3:00 Lucky Number Dice Game (DR) 6:30 Music Mondays w/ Michelle (A)	**3** 10:00 Daily Chronicle & Tuesday Talk (A) 11:00 Chair Boxing with Paul Eugene (DR) 1:00 Room Visits 2:30 Bingo (DR)	**4** **10:30 Pet Therapy Group (B)** 1:00 Friendly Room Visits 2:00 Ice Cream Social (DR) **2:30 Piano Music w/ Alan (DR)** 6:30 Humor & Comedy (A)	**5** 10:00 Morning Club (A) 11:00 Whole Brain Health Exercise & Trivia 1:00 Room Visits 2:30 Bingo (DR)	**6** 10:00 Guitar Music with Bobby (A) 11:00 Rosary (A) 2:00 Ice Cream Social (DR) 3:00 Friday Fun (A) 6:00 Friday Movie (Ch.27)	**7** 10:00 Jeopardy Trivia (A) 1:00 Friendly Room Visits 3:00 Card Groups (A)
8 9:00 Friendly Room Visits 10:30 Virtual Catholic Mass (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A) Diwali (Hindi)	**9** 10:00 Morning Club (A) 10:30 Group Crossword (A) 2:00 Ice Cream Social (DR) 3:00 Fall Foliage Art (DR) 6:30 Evening Sing-A-Long (A)	**10** 10:00 Puzzle Fun (DR) 11:00 Dance Workout with Paul Eugene (DR) 1:00 Room Visits 2:30 Bingo (DR)	**11** 10:00 Morning Club (A) 10:30 Veterans Day: Write Word Game (A) 2:00 Ice Cream Social (DR) **2:30 Veterans Day Patriotic Program (DR)** 6:30 Pet Therapy Visits (Rooms) Veterans Day Remembrance Day (Canada)	**12** 10:00 Fall Songs Music Tournament (A) 11:00 Workout to Music of 1950-60as (A) 1:00 Room Visits 2:30 Bingo (DR)	**13** 10:00 Better Then or Now? (A) 10:30 Chef's Table Discussion (A) 2:00 Ice Cream Social (DR) 3:00 Karaoke Fun (DR) 6:00 Friday Movie (Ch. 27)	**14** 10:30 Horse Race Game (A) 1:00 Friendly Room Visits 2:30 Social Game (A)
15 9:00 Friendly Room Visits 10:30 Non-Denominational Church Service (A) **2:00 Ice Cream Social (DR) and Piano Music w/ Nancy** 2:30 Weekend Games (A)	**16** 10:00 Morning Club (A) 11:00 Fitness with Paul Eugene (DR) 2:00 Ice Cream Social (DR) **2:00 Resident Council (A)** 3:00 A to Z Words in Flight (A) 6:30 Music Mondays w/ Michelle (A)	**17** 10:00 Daily Chronicle & Tuesday Talk (A) 10:30 Friends Fun Feud: Autumn Theme (A) 1:00 Room Visits 2:30 Bingo (DR)	**18** 10:00 Morning Club (A) 11:00 Mind/Body Fitness (DR) 2:00 Ice Cream Social (DR) 3:00 Thanksgiving Tree Craft (A) **6:30 Violin /Classic TV: Name That Tune (A)**	**19** **10:30 Morning Bingo (DR)** 1:00 Room Visits **2:30 Thanksgiving Nutrition Tips with Tea & Snacks (DR)**	**20** 10:00 Flight Trivia Game (A) 11:00 Rosary (A) 2:00 Ice Cream Social (DR) **2:30 November B-day Party & Music Entertainer: Richard** 6:00 Friday Movie (Ch. 27)	**21** 10:30 Who, What, Where? Clues Activity (A) 1:00 Friendly Room Visits 2:00 November Movie & Popcorn (A)
22 9:00 Friendly Room Visits 10:30 Faith & Fitness with Paul Eugene (A) 2:00 Ice Cream Social 2:30 Weekend Games (A)	**23** 10:00 Morning Club (A) 10:30 Connect Four Tournament (A) 2:00 Ice Cream Social (DR) 3:00 Mums in Mugs (Floral Arrangement) - DR 6:30 Karaoke Night (A)	**24** 10:00 Stick-Turkey Word Games (A) 11:00 "Hot" Turkey Toss & Exercise 1:00 Room Visits 2:30 Bingo (DR)	**25** 10:00 Morning Club (A) 10:30 Cooking Group: Mini-Pumpkin Pies (A) 2:00 Ice Cream Social (DR) **2:30 Saxophone Music w/ Jeffrey Breza (DR)** 6:30 Thanksgiving Poetry Night (A)	**26** 10:00 Thanksgiving Day Gratitude Activity (A) 12:30 Lions Club (DR) 2:00 Lions Club (DR) / Thanksgiving Puzzle Packets Thanksgiving Day (U.S)	**27** **10:00-11:30 Bowling Club (DR)** 2:00 Ice Cream Social (DR) 3:00 Crochet & Craft Club: Acorn Eggs (DR) 6:00 Friday Movie (Ch. 27)	**28** 10:30 Weekend Coloring & Music Fun (A) 1:00 Friendly Room Visits 2:30 Card Groups (A)
29 9:00 Friendly Room Visits 10:30 Non-Denominational Church Service (A) 2:00 Ice Cream Social 2:30 Weekend Games (A)	**30** 10:00 Morning Club (A) 10:30 Resident Choice (A) 2:00 Ice Cream Social (DR) 3:00 Sensory Stimulation "Thanksgiving Visits" (Rooms) 6:30 Music Mondays w/ Michelle (A)					

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A = Activity Room B = Bistro DR = Main Dining Room