November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Independent Leisure Materials will be located on the First and Second Floor "Bored Walls". Daylight Saving Time Ends	2 10:30 November Calendars 1:00 Room Visits 2:00 Card Club (BB) 4:30 Headbandz Game (BB) 6:30 Sequence (BB)	3 10:30 Spa Day (A) 1:00 Room Visits 4:30 Wii Games (A) 6:30 Pokeno (BB)	4 9:30 Chaplain Sally 10:30 Communion 1:00 Room Visits 2:00 Ice Cream Social (BB) 6:30 Bingo (BB)	5 10:30 Morning Tea (A) 2:00 Blankets with Care	6 10:30 Morning Tea (A) 1:00 Room Visits 2:00 Card Club (BB)	7 2:00 Marvelous Marvin's Bible Study Group (BB) 4:30 Sequence (BB) 6:30 Open Activities
8 4:30 Bowling (BB) 6:30 Resident Choice Game (BB) Diwali (Hindi)	9 10:30 Morning Tea (A) 1:00 Room Visits 2:00 Card Club (BB)	10 10:30 Spa Day (A) 1:00 Room Visits 4:30 5 Clues (BB) 6:30 Poker (BB)	11 9:30 Chaplain Sally 10:30 Veterans Day Brunch 2:00 Ice Cream Social (BB) 6:30 Bingo (BB) Veterans Day Remembrance Day (Canada)	12 10:30 Morning Tea (A) 1:00 Room Visits 4:30 Family Feud (BB) 6:30 Men's Club (BB)	13 10:30 Morning Tea 1:00 Room Visits 2:00 November Coloring Activity (A) 4:30 Bunco (BB) 6:30 Popcorn & Movie (BB)	14 9:30 Room Visits 10:30 Toss n Talk Exercise (BB) 2:00 Marvelous Marvin's Bible Study (BB) 3:30 Resident Choice Game (BB)
15 9:30 Room Visits 11:00 Virtual Church Service (BB) 2:00 Pokeno (BB) 3:30 Trivia with Mikala (BB)	16 10:30 Morning Tea (A) 1:00 Room Visits 2:00 Mixed Media Craft (BB) 4:30 Pictionary 6:30 Alphabet Game (BB)	17 10:30 Spa Day (A) 1:00 Room Visits 4:30 I Should Have Known That Trivia (BB) 6:30 Pokeno (BB)	18 9:30 Chaplain Sally 10:30 Communion 1:00 Room Visits 2:00 Ice Cream Social (BB) 6:30 Bingo (BB)	19 10:30 Morning Tea (A) 1:00 Room Visits 2:15 Bobby the Guitarist (BB) 4:30 Jeopardy (BB) 6:30 Autumn Wreath (BB)	20 10:00 Chronicles 11:00 Chair Yoga (BB) 1:00 Room Visits 2:00 Fall Tree Painting (BB) 4:00 LRC (BB)	21 2:00 Marvelous Marvin's Bible Study Group (BB) 4:30 Sequence (BB) 6:30 Open Activities
22 4:30 Bowling (BB) 6:30 Resident Choice Game (BB)	23 10:30 Chronicles (BB) 1:00 Room Visits 2:00 Bunco (BB) 4:00 20 Questions (BB)	24 10:30 Spa Day (A) 1:00 Room Visits **2:00 Resident Council (BB)** 4:30 Thanksgiving Trivia (BB) 6:30 Poker (BB)	25 9:30 Chaplain Sally 10:30 Communion 1:00 Room Visits 2:00 Ice Cream Social (BB) 6:30 Bingo (BB)	26 1:00 Lions Game (BB) Thanksgiving Day (U.S.)	27 10:00 Chronicles 11:00 Chair Yoga (BB) 1:00 Room Visits 2:00 5 Clues (BB) 4:00 Big Spoons (BB)	28 9:30 Room Visits 10:30 Resident Choice Game (BB) 2:00 Marvelous Marvin's Bible Study (BB) 3:00 Music & Card Games with Val (BB)
29 9:30 Room Visits 10:30 Resident Choice Game (BB) 2:00 Card Club (A) 3:00 Movie & Popcorn (BB)	30 10:00 Chronicles (BB) 11:00 Chair Exercise (BB) 1:00 Room Visits 4:30 Alphabet of Gratitude (BB) 6:30 Men's Club (BB)					

WD = West Wing Dining Room
BB = Bello Bistro Dining Room (2nd Floor)
ED = East Wing Dining Room
A = Activity Room (2nd Floor)

Optalis Health & Rehabilitation of Sterling Heights

Activities Calendar Subject to Change