

ASSISTED LIVING | MEMORY CARE

NOVEMBER 2025

"Thankful, grateful, blessed."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PL - 7th Floor Pool Lounge B - Bistro CY - Courtyard FL - Front Lobby GA - Garden Room GR - Great Room JK - Josephine's Kitchen L - Library T - Theatre TH - Town Hall	Movie Matinee Daily at 3:15pm Evening Movie Daily at 7:15pm Popcorn is made on demand - please ask the staff member at the front desk for assistance The movie flyer is at the Concierge Desk	November 2 at 2 A.M. is the end of Daylight Saving Time. Set your clocks back one hour on Saturday night at bedtime!	Birthstones and flowers: November's birthstones are Citrine and Topaz. Its birth flowers are the Chrysanthemum and the Peony. November's Zodiac Signs are: Scorpio: October 23 to November 21 Sagittarius: November 22 to December 20	Historical events: The Berlin Wall began to fall in November. British archaeologist Howard Carter discovered King Tut's tomb in Luxor, Egypt, on November 4, 1922. President Abraham Lincoln delivered the Gettysburg Address on November 19, 1863.	The Full Beaver Moon November's Full Moon is traditionally called the Beaver Moon. Why this name? In the colonial era, this was the month to set one's beaver traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs. In 2025, November's Full Moon occurs on Wednesday, November 5.	9:00 AquaFit w/ the YMCA FL 10:00 Kroger/Tom Thumb/CVS 11:00 Intro to Art: Watercolor B 1:00 Bistro Games FL 1:00 Target shopping trip 2:00 Cardio Drumming Class GA 3:00 Dia de Los Muertos Celebration 7:15 Daily Movie:
P:30 Highland Park UMC - online FL 11:30 North Park Mall Shopping FL 1:30 Whole Foods shopping PL 3:00 Belmont Bridge 7:15 Daily Movie:	9:30 Belmont Balance 10:30 Zumba Gold w/Francesca 1:30 Noah's Ark Petting Zoo 1:00 Yoga with Heidi 2:00 Monday Bridge 7:15 Daily Movie:	9:30 Muscle Matters 10:30 Catholic Communion 1:00 Bistro Games 11 2:00 Boot Camp 13:00 Chef Chat! 7:15 Daily Movie:	9:30 Stretch FL 9:30 Urban Adventures/Japanese Gardens 110:30 Wordle! 2:00 Yoga with Heidi 2:00 Belmont Bridge 3:30 Current Events w/Randy 1 7:00 Prayer Group Fellowship 7:15 Daily Movie:	9:30 Cardio TH 10:30 Book Review w/Lindy Bell B 1:00 Bistro Games TH 2:00 Boot Camp PL 3:00 Belmont Bridge GR 4:00 Happy Hour 7:15 Daily Movie:	9:30 Core & Stability 10:30 Let's Talk Art - Salvador Dalí 2:00 Stretch with Heidi 3:00 Belmont Bridge 3:30 Bingo! Bingo! Bingo! 7:15 Daily Movie:	9:00 AquaFit w/ the YMCA FL 10:00 Kroger/Tom Thumb/CVS 11:00 Intro to Art: Watercolor B 1:00 Bistro Games FL 1:00 Target shopping trip 1:00 Cardio Drumming Class 7:15 Daily Movie:
9:30 Highland Park UMC - online FL 1:30 Walmart Market 3:00 Belmont Bridge 7:15 Daily Movie:	9:30 Belmont Balance 10:30 Zumba Gold w/Francesca 11 1:00 HPH Educational Series 12:00 Yoga with Heidi 23:00 Monday Bridge 3:30 Music w/Walker & Adams 7:15 Daily Movie:	9:30 Muscle Matters 10:30 Caregiver Support Group B 1:00 Bistro Games TH 2:00 Boot Camp TH 3:30 Resident Council Meeting JK 5:00 Dinner Music w/Bill Woods 7:15 Daily Movie:	9:30 Stretch 10:30 Wordle! 2:00 Yoga with Heidi 3:00 Belmont Bridge 4:00 Total Hearing Care Services 7:00 Prayer Group Fellowship 7:15 Daily Movie:	9:30 Cardio B 1:00 Bistro Games TH 2:00 Boot Camp PL 3:00 Belmont Bridge GR 4:00 Happy Hour FL 5:30 SCS - Trulucks 7:15 Daily Movie:	9:30 Core & Stability 10:30 Big Beats	9:00 AquaFit w/ the YMCA FL 10:00 Kroger/Tom Thumb/CVS GR 10:30 Uptown Violins Recital TH 11:00 Intro to Art: Watercolor B 1:00 Bistro Games FL 1:00 Target shopping trip TH 2:00 Cardio Drumming Class 7:15 Daily Movie:



ASSISTED LIVING | MEMORY CARE

NOVEMBER 2025

"Thankful, grateful, blessed."

	inamian, gratoran, bio			The state of the s	The state of the s
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Belmont Balance 10:30 Zumba Gold w/Francesca 11 2:00 Yoga with Heidi 21 3:00 Monday Bridge 7:15 Daily Movie:	9:30 Muscle Matters 10:30 Catholic Communion 10:30 Navigating the Holidays with Dementia B 1:00 Bistro Games TH 2:00 Boot Camp IK 5:00 Dinner music w/Giancarlo 7:15 Daily Movie:	9:30 Stretch 10:30 Wordle! 11:30 BLB - Breadwinners 2:00 Yoga with Heidi 3:00 Belmont Bridge 3:30 Current Events w/Randy 7:00 Prayer Group Fellowship 7:15 Daily Movie:	9:30 Cardio B 1:00 Bistro Games 1H 2:00 Boot Camp PL 3:00 Belmont Bridge GR 4:00 Happy Hour 7:15 Daily Movie:	9:30 Core & Stability 10:00 Painting to Gogh - Acrylic 11:30 November Birthday Lunch 2:00 Stretch with Heidi 3:00 Belmont Bridge 11:330 Bingo! Bingo! Bingo! 7:15 Daily Movie:	9:00 AquaFit w/ the YMCA FL 10:00 Kroger/Tom Thumb/CVS TH 11:00 Intro to Art: Watercolor 1:00 Bistro Games FL 1:00 Target shopping trip TH 2:00 Cardio Drumming Clas GR 3:00 Violin Performance w/Jane Escueta 7:15 Daily Movie:
9:30 Belmont Balance 10:30 Zumba Gold w/Francesca 11 2:00 Yoga with Heidi 2:00 Monday Bridge 7:15 Daily Movie:	9:30 Muscle Matters B 1:00 Bistro Games 1:00 Boot Camp 3:30 New Resident Orientation S:00 Dinner Music w/Bill Woods 7:15 Daily Movie:	9:30 Stretch 2:00 Yoga with Heidi 3:00 Belmont Bridge 7:00 Prayer Group Fellowship 7:15 Daily Movie:	Thanksgiving B 1:00 Bistro Games 3:00 Belmont Bridge 7:15 Daily Movie:	2:00 Stretch with Heidi 3:00 Belmont Bridge 7:15 Daily Movie:	9:00 AquaFit w/ the YMCA FL 10:00 Kroger/Tom Thumb/CVS B 1:00 Bistro Games FL 1:00 Target shopping trip 7:15 Daily Movie:
November is officially National Peanut Butter Lover's Month and Banana Pudding Lovers Month.	November got its name from the ancient Roman calendar, as it was the ninth month in the calendar and was called "novem" in Latin. Despite being moved to the eleventh spot in the Julian calendar, its name was never changed.	On November 2, 1936, the British Broadcasting Corporation (BBC) became the world's first regular public television service. Before this, there was no regular television service to watch. BBC broadcast from a studio at Alexandra Palace in London, England for two hours.	Some famous people whose birthdays are in November include - Mark Twain, Matthew McConaughey, Leonardo DiCaprio, Ryan Gosling, Jimmy Kimmel, Whoopi Goldberg, Owen Wilson, Scarlett Johansson, Miley Cyrus, Winston Churchill, Kurt Vonnegut and Ben Stiller.	Many people believe that the first Thanksgiving took place in 1621. A group of English colonists and Wampanoag People came together to share a feast that lasted for three days. President Abraham Lincoln made Thanksgiving Day official in 1863	
	9:30 Belmont Balance 10:30 Zumba Gold w/Francesca 2:00 Yoga with Heidi 3:00 Monday Bridge 7:15 Daily Movie: 9:30 Belmont Balance 10:30 Zumba Gold w/Francesca 2:00 Yoga with Heidi 3:00 Monday Bridge 7:15 Daily Movie: November is officially National Peanut Butter Lover's Month and	Monday Tuesday 17 III 9:30 Belmont Balance III 10:30 Zumba Gold	18 9:30 Belmont Balance 10:30 Zumba Gold w/Francesca 11 2:00 Yoga with Heidi 21 3:00 Monday Bridge 7:15 Daily Movie: 11 9:30 Muscle Matters 10:30 Stretch 10:30 Wordle! 10:30 Sumba Gold W/Francesca 12 2:00 Yoga with Heidi 22 2:00 Yoga with Heidi 23 3:00 Belmont Balance 14 10:30 Sumba Gold W/Francesca 15 2:00 Yoga with Heidi 25 5:00 Dinner music W/Giancarlo 7:15 Daily Movie: 25 1:00 Bistro Games 16 10:30 Zumba Gold W/Francesca 17 2:00 Yoga with Heidi 29 3:00 Belmont Balance 19 9:30 Stretch 10:30 Current Events W/Randy 10 7:00 Prayer Group Fellowship 7:15 Daily Movie: 26 10 9:30 Stretch 20 Prayer Group Fellowship 7:15 Daily Movie: 26 20 Yoga with Heidi 20 3:00 Boot Camp 21 3:00 Belmont Bridge 20 Yoga with Heidi 20 3:00 Boot Camp 21 3:00 Belmont Bridge 20 Yoga with Heidi 21 3:00 Belmont Bridge 20 Yoga with Heidi 22 2:00 Yoga with Heidi 23 3:00 Belmont Bridge 25 2:00 Yoga with Heidi 26 2:00 Yoga with Heidi 27 3:00 Prayer Group Fellowship 7:15 Daily Movie: 27 O Prayer Group Fellowship 7:15 Daily Movie: 28 Prayer Group Fellowship 7:15 Daily Movie: 29 O Yoga with Heidi 20 3:00 Belmont Bridge 20 Yoga with Heidi 21 3:00 Belmont Bridge 20 Yoga with Heidi 22 3:00 Stretch 23 3:00 Urrent Events W/Randy 25 3:00 Elmont Bridge 25 3:00 Elmont Bridge 25 3:00 Elmont Bridge 27:15 Daily Movie: 29 O Yoga with Heidi 21 3:00 Belmont Bridge 20 Yoga with Heidi 22 3:00 Frayer Group Fellowship 7:15 Daily Movie: 20 Yoga with Heidi 21 3:00 Belmont Bridge 22:00 Yoga with Heidi 22 3:00 Frayer Group Fellowship 7:15 Daily Movie: 20 Yoga with Heidi 21 3:00 Elmont Bridge 22:00 Yoga with Heidi 22 3:00 Elmont Bridge 23:00 Voga with Heidi 23 3:00 Belmont Bridge 25 3:00 Urrent Events W/Randy 25 3:00 Urrent Events W/Randy 26 3:00 Voga with Heidi 29 3:00 Voga with Heidi 20 3:00 Belmont Bridge 20 Yoga with Heidi 20 3:00 Belmont Bridge 20 Yoga with Heidi 20 Yoga with Heidi 21 3:00 Voga with Heidi 22 3:00 Voga with Heidi 23 3:00 Belmont Bridge 25 3:00 Voga with Heidi 26 3:00 Voga with Heidi 27 3:00 Voga with Heidi 28 3:00 Voga with Heidi 29 3:00	12 9:30 Belmont Balance 10:30 Zumba Gold wiFrancesca 10:30 Muscle Matters 10:30 Navigating the Holidays with Holidays with 10:30 Belmont Balance 10:30 Navigating the Holidays with 10:30 Belmont Balance 10:30 Strong menta	Monday Tuesday Wednesday Thursday Friday 12 9:30 Belmont Balance 10:30 Zumba Gold Worker 10:30 Wusglaing the Holidays with Holid Holidays with Holidays with Holid Holidays with Holiday Holidays with Holiday Holidays with