

# November 2025



| Sunday                                                                                                                                                                            | Monday                                                                                    | Tuesday                                                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                            | Thursday                                                                                                                       | Friday                                                                                                                               | Saturday                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| 26<br><br>Daylight Savings Time -<br>Fall Back 1 hour<br>1 PM Bridge (CR)<br>1 PM Sunday Matinee | 27                                                                                        | 28                                                                                                                                                                                                                                                                                                                                                                                               | 29<br>10 AM Chair Yoga (FR)<br>1 PM Bridge (CR)<br>2 PM Hearts (DR)<br>2 PM The Life & Music of<br>Fred Astaire (DL) | 30<br>10 AM Floor Yoga<br>12:50 PM Hannaford<br>1:00PM Mahjong (DRL)<br>4 PM Halloween Bingo<br>(DR)                           | 31<br>9 AM Coffee Talk (DRL)<br>10 AM Chair Yoga (FR)<br>1 PM Knitting or Not (L)<br>1:30 PM Dominos (DRL)                           | 1<br>1 PM Bridge (CR)                                            |
| 2                                                                                                                                                                                 | 3<br>10 AM Chair Yoga (FR/Z)<br>11 AM Resident Meeting<br>(DL/Z)<br>1:30 PM Dominos (DRL) | 4<br>10 AM Floor Yoga (FR)<br>10:45 AM Hannaford<br>1 PM Bridge (CR)<br>12 - 2 Pop Health (H)<br>4 PM Bocce @ the Jack (3:15<br>departure)                                                                                                                                                                                                                                                       | 5<br>10 AM Chair Yoga (FR/Z)<br>1 PM Bridge (CR)<br>2 PM Hearts (DR)                                                 | 6<br>10 AM Floor Yoga (FR)<br>12:50 PM Hannaford<br>1 PM Mahjong (DRL)                                                         | 7<br>9 AM Coffee Talk (DL)<br>10 AM Chair Yoga (FR/Z)<br>1 PM Knitting or Not (L)<br>1:30 PM Dominos (DL)                            | 8<br>1 PM Bridge (CR)                                            |
| 9<br>1 PM Bridge (CR)<br>1 PM Sunday Matinee                                                                                                                                      | 10<br>10 AM Chair Yoga (FR/Z)<br>1:30 PM Dominos (DL)                                     | 11<br><br>Veterans Day<br>10 AM Floor Yoga (FR)<br>10:45 AM Hannaford<br>1 PM Bridge (CR)<br>12 - 2 Pop Health (H)                                                                                                                                                                                            | 12<br>10 AM Chair Yoga (FR/Z)<br>1 PM Bridge (CR)<br>2 PM Hearts (DR)<br>4 PM Jazz Trio (DL)                         | 13<br>10 AM Floor Yoga (FR)<br>12:50 PM Hannaford<br>12:00 PM Antique<br>Appraisal Fair (DL)                                   | 14<br>9 AM Coffee Talk (DL)<br>10 AM Chair Yoga (FR/Z)<br>1 PM Knitting or Not (L)<br>1:30 PM Dominos (DL)                           | 15<br>9 AM - 1 PM<br>Arts & Crafts Fair (DR)<br>1 PM Bridge (CR) |
| 16<br>1 PM Bridge (CR)<br>1 PM Sunday Matinee                                                                                                                                     | 17<br>10 AM Chair Yoga (FR/Z)<br>1:30 PM Dominos (DRL)                                    | 18<br>10 AM Floor Yoga (FR)<br>10:45 AM Hannaford<br>1 PM Bridge (CR)<br>12 - 2 Pop Health (H)                                                                                                                                                                                                                                                                                                   | 19<br>10 AM Chair Yoga (FR/Z)<br>1 PM Bridge (CR)<br>2 PM Hearts (DR)                                                | 20<br>9:30 AM CMCA lesson<br>10 AM Floor Yoga (FR)<br>12:15 Waldo Tech School<br>Luncheon (11:45 depart)<br>12:50 PM Hannaford | 21<br>9 AM Coffee Talk (DL)<br>10 AM Chair Yoga (FR/Z)<br>Noon PSA Board Mtg (L)<br>1 PM Knitting or Not (L)<br>1:30 PM Dominos (DL) | 22<br>1 PM Bridge (CR)                                           |
| 23<br>1 PM Bridge (CR)<br>1 PM Sunday Matinee                                                                                                                                     | 24<br>10 AM Chair Yoga (FR/Z)<br>11 AM Dining Cmt (DL/Z)<br>1:30 PM Dominos (DL)          | 25<br>10 AM Floor Yoga (FR)<br>10:45 AM Hannaford<br>1 PM Bridge (CR)<br>12 - 2 Pop Health (H)                                                                                                                                                                                                                                                                                                   | 26<br>10 AM Chair Yoga (FR/Z)<br>1 PM Bridge (CR)<br>2 PM Hearts (DR)                                                | 27<br><br>Happy<br>Thanksgiving           | 28<br>9 AM Coffee Talk (DRL)<br>10 AM Chair Yoga (FR/Z)<br>1 PM Knitting or Not (L)<br>1:30 PM Dominos (DL)                          | 29<br>1 PM Bridge (CR)                                           |
| 30<br>1 PM Bridge (CR)<br>1 PM Sunday Matinee                                                                                                                                     | 1<br>10 AM Chair Yoga (FR/Z)<br>11 AM Resident Meeting<br>(DL/Z)<br>1:30 PM Dominos (DL)  | <div>Notes</div> <div>Legend:<br/>(CR)=Craft Room<br/>(FR)=Fitness Room<br/>(H)=Health Office 3rd Floor</div> <div>Yellow = Special Event<br/>(DR)=Dining Room<br/>(DL)=Dining Room Lounge<br/>(CY)=Courtyard (Z)=Zoom</div> <div>Cottage Trash - Tuesdays &amp; Fridays 8:30 AM<br/>Cottage Recycling &amp; Returnables - Thursdays<br/>Apartment Trash &amp; Recycling - Monday - Friday</div> |                                                                                                                      |                                                                                                                                |                                                                                                                                      |                                                                  |