November 2026

Independent Living

SUN	MON	TUE	WED	THUR	FRI	SAT
1 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) **2:00 Schwob Violin Recital (EC)** 7:15 Movie of the Week (T)	**2** 8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (AR) 1:30 Circuit Class (G) 2:00 Open Gym (G) 2:00 Wii Play (AR) 7:00 Mahjong (CR)	**3** 8:30 Walking (L) 9:30 Cornhole (EC) **10:00 Bus to Vote (L)** 10:00 Yoga (AR) 10:30 Healthcare Forum (EC) 11:00 Mobility & Balance (AR) **1:30 Catholic Mass (ACR)** **2:00 New Horizons in Space & Robotics (EC)** 4:00 Devotion Rev. Fugh (ACR)	**4** 8:30 Circuit Class (G) 9:15 Circuit Class (G) 9:30 Publix Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (AR) 10:30 SH Ops & Grounds Forum (ACR) 11:30 Sit and Be Fit (AR) 1:30 Circuit Class (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	**5** 8:30 Walking (L) 9:30 Cornhole (EC) 10:00 Yoga (AR) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 2:00 Food Forum (EC) **4:00 Opera Gala Recital (EC)** 4:00 Vocal Ensemble (AR) 7:00 Mahjong (CR)	**6** 8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) 10:00 Lecture Series (T) 10:30 Resident Connections Forum (ACR) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Open Gym (G) 2:00 Wii Play (AR) **4:00 Meet and Greet (EC)**	**7** 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) **2:00 NC Pharmacy Shopping Trip (Meet in Lobby)** 7:15 Movie of the Week (T)
8 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	**9** 8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) **10:30 Judi's Gems: Bible Study (EC)** 11:30 Sit and Be Fit (AR) 1:30 Circuit Class (G) 2:00 Open Gym (G) 2:00 Wii Play (AR) 7:00 Mahjong (CR)	**10** 8:30 Walking (L) 9:30 Cornhole (EC) 10:00 Yoga (AR) 11:00 Mobility & Balance (AR) **2:00 Craft Day (ACR)** 2:30 Chair Volleyball (EC) 4:00 Devotion Rev. Fugh (ACR) 5:00 Dinner Trip **5:00 Dinner Trip (L)**	**11** 8:30 Circuit Class (G) 9:15 Circuit Class (G) 9:30 Publix Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) **6:45 Whose Live Anyway? (RiverCenter)**	**12** 8:30 Walking (L) 9:30 Cornhole (Bistro Courtyard) 10:00 Yoga (AR) **10:00 Holiday Bazaar (EC)** 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 4:00 Vocal Ensemble (AR) 7:00 Mahjong (CR)	**13** 8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) 10:00 Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Open Gym (G) 2:00 Wii Play (AR) **4:00 Meet and Greet (EC)**	**14** 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) **6:45 Mystic Pizza (RiverCenter)** 7:15 Movie of the Week (T)
15 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	**16** 8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Open Gym (G) **2:00 Open House Meeting (ACR)** 2:00 Wii Play (AR) 7:00 Mahjong (CR)	**17** 8:30 Walking (L) 9:30 Cornhole (EC) 10:00 Yoga (AR) **10:30 Townhall (EC)** 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion Rev. Fugh (ACR)	**18** 8:30 Circuit Class (G) 9:15 Circuit Class (G) 9:30 Publix Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	**19** 8:30 Walking (L) 9:30 Cornhole (EC) 10:00 Yoga (AR) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) **2:00 Resident Birthday Party (EC)** 4:00 Vocal Ensemble (AR) 7:00 Mahjong (CR)	**20** 8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) 10:00 Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Open Gym (G) 2:00 Wii Play (AR) **4:00 Meet and Greet (EC)**	**21** 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) **6:45 Columbus Symphony Orchestra (RiverCenter)** 7:15 Movie of the Week (T)
22 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	**23** 8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) **10:30 Judi's Gems: Bible Study (EC)** 11:30 Sit and Be Fit (AR) 1:30 Circuit Class (G) 2:00 Open Gym (G) 2:00 Wii Play (AR) 7:00 Mahjong (CR)	**24** 8:30 Walking (L) 9:30 Cornhole (EC) 10:00 Yoga (AR) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion Rev. Fugh (ACR)	**25** 8:30 Circuit Class (G) 9:15 Circuit Class (G) 9:30 Publix Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	**26** **Thanksgiving** **No Activities or Fitness Today** 7:00 Mahjong (CR)	**27** **No Activities or Fitness Today**	**28** 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
29 10:00 Little Church at the End of the Hall (ACR) **11:00 A La Carte (DR)** 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	**30** 8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Open Gym (G) 2:00 Wii Play (AR) 7:00 Mahjong (CR)	**LOCATION KEY** AR - Aerobics Room ACR - Arts and Crafts Room CR - Card Room DR - Dining Room	EC - Event Center G - Gym L - Lobby P - Pool T - Theater			

Spring Harbor AT GREEN ISLAND