Independent Living NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 11:00 Neurobics Mental Exercises Pick-Up (AR) 4:30 Mexican Train (AR) **THE LEARNING CENTER CHRISTMAS GIFT DRIVE STARTS** Daylight Saving Time Ends	**2** 9:30 Gentle Stretching (FC) **10:00 BANK TRIP** 10:00-12:00 Bowling (GR) 10:00 Water Fitness (AC) 10:30 Balance (FC; sign-up only) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) 1:30 Food Committee Meeting (C) **1:45 WALMART** 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo (CL)	**3** 8:45 Back Stretch (FC; sign-up only) 9:15 Rock Steady (FC) **10:00 ALABAMA GENERAL ELECTIONS** 10:15 Circuit Training (FC) 10:30 Chorus (CL) 11:00 Fit & Tone (FC) **1:00 SMART SPACES PRESENTATION W/HOPE (CL)** 1:30 Resident Association Planning Committee (CR) 3:00 Line Dance (FC) 3:00 Bridge (CR) 7:00 Tuesday Trivia (CR)	**4** 8:30 Hearing Aid Cleaning (AR) 9:30 Balance (FC; sign-up only) 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) 2:30 Penny Auction (CL) 3:30 Great Course (CL) 3:30 Housekeeping Committee (CR2)	**5** 8:45 Back Stretch (FC; sign-up only) **9:00 FISHING @ PAT ARTHUR'S** 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (L) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) 2:00 Chair Yoga (FC) 3:00 Bridge & Bridge Lessons (CR) 3:00 Mexican Train (AR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L) 6:30 Mah Jongg (CR)	**6** 9:45 Basic Aerobics (FC) **10:00 JOYRIDE** **10:15 GREEN MOUNTAIN SOUP & PIE** 10:30 Balance (FC; sign-up only) 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR) **6:30 HUNTSVILLE SYMPHONY ORCHESTRA: *PICTURES FOR YOUR EARS*** **COMMUNITY CHRISTMAS DECORATING**	**7** 9:00 Pickleball (PX) 9:00 Saving Ways Donations Pickup (L) 3:00 Rummikub (AR) 7:00 Movie Night: *Hacksaw Ridge*, R (CL)
8 11:00 Neurobics Mental Exercises Pick-Up (AR) 4:30 Mexican Train (AR)	**9** 9:30 Gentle Stretching (FC) **10:00 KROGER** 10:00-12:00 Bowling (GR) 10:00 Water Fitness (AC) 10:30 Balance (FC; sign-up only) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) 1:30 Book Club (CL) **1:45 WALMART** 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo (CL)	**10** 8:45 Back Stretch (FC; Sign-up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 10:30 Chorus (CL) **10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD** 11:00 Fit & Tone (FC) 2:00 Resident Association Meeting (CL) 2:45 Blood Pressure Checks w/AMT (L) 3:00 Line Dance (FC) 3:00 Bridge (CR) 7:00 Tuesday Trivia (CR)	**11** **10:00 VETERANS DAY PROGRAM (CL)** **2:00 FAIRVIEW OVERVIEW PRESENTATION (CL)** Veterans Day	**12** 8:45 Back Stretch (FC; Sign-up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) **1:00 *LOST & SOME FOUND: TREASURES OF 1800S ALABAMA* W/JIM PHILLIPS (CL)** 2:00 Chair Yoga (FC) 3:00 Bridge & Bridge Lessons (CR) 3:00 Mexican Train (AR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L) 6:30 Mah Jongg (CR)	**13** 9:45 Basic Aerobics (FC) 10:30 Balance (FC; sign-up only) 11:00 Gentle Stretching (FC) **2:30 JEWELRY SALE W/TISH (CL)** 3:00 Rummikub (AR) **3:00 WINE & CHEESE: THANKFUL, GRATEFUL & BLESSED W/DISTRICT ONE BAND (CL)** 6:30 Hand & Foot (CR)	**14** 9:00 Pickleball (PX) 3:00 Rummikub (AR) 7:00 Movie Night: *Fences*, PG-13 (CL)
15 11:00 Neurobics Mental Exercises Pick-Up (AR) **3:00 SUNDAY CONCERT: LOUD & PROUD STUDIO PIANO RECITAL (CL)** 4:30 Mexican Train (AR)	**16** 9:30 Gentle Stretching (FC) **10:00 BANK TRIP** **10:00 LIBRARY TRIP** 10:00 Water Fitness (AC) 10:00-12:00 Bowling (GR) 10:30 Balance (FC; sign-up only) 11:00 Back Stretch (FC; sign-up only) **1:00-3:00 PARKWAY PLACE MALL** 1:30 Basic Aerobics (FC) **1:45 WALMART** 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo (CL)	**17** 8:45 Back Stretch (FC; sign-up only) 9:15 Rock Steady (FC) 10:15 Circuit Training (FC) 10:30 Chorus (CL) 11:00 Fit & Tone (FC) **12:00 LUNCH W/ANGIE: B WING, 1ST FLOOR (DR)** **1:00 ALL ABOUT PALLIATIVE CARE W/AFFINITY (CL)** 2:00 Landscaping Committee (CR) 3:00 Line Dance (FC) 3:00 Bridge (CR) **4:30 *FUTURE PROOF: THE SCIENCE OF HEALTHY AGING*, PART 3** 7:00 Tuesday Trivia (CR)	**18** 9:30 Balance (FC; sign-up only) 10:00 Water Fitness (AC) 10:00 Activities Committee (CR) 10:30 Gentle Stretching (FC) 11:00 Back Stretch (FC; sign-up only) 12:30 Acupressure Therapy (By appointment only) 1:30 Basic Aerobics (FC) **3:00 WINE & WELLNESS W/PREFERRED HOMECARE (L)** 3:30 Great Course (CL)	**19** 8:45 Back Stretch (FC; Sign-up only) 9:15 Rock Steady (FC) 10:00 Cocoa the Therapy Dog (L) 10:15 Circuit Training (FC) 11:00 Fit & Tone (FC) **1:00 SKETCH & PAINT (AR)** 2:00 Chair Yoga (FC) 3:00 Bridge (CR) 3:00 Mexican Train (GR) 3:30 Bible Study (CL) 6:30 Music w/Marge (L) 6:30 Mah Jongg (CR)	**20** 9:45 Basic Aerobics (FC) **10:00 JOYRIDE** 10:30 Balance (FC; sign-up only) **10:45 LUNCH @ MOZZA PIZZA & RELLA GYRO** 11:00 Gentle Stretching (FC) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR) **6:30 BROADWAY THEATER LEAGUE – *A BEAUTIFUL NOISE: THE NEIL DIAMOND MUSICAL*** **THE LEARNING CENTER CHRISTMAS GIFT DRIVE ENDS**	**21** 9:00 Pickleball (PX) 3:00 Rummikub (AR) 7:00 Movie Night: *12 Angry Men*, NR (CL)
22 11:00 Neurobics Mental Exercises Pick-Up (AR) 4:30 Mexican Train (AR)	**23** 9:30 Gentle Stretching (FC) **10:00 PUBLIX** 10:00 Water Fitness (AC) 10:00-12:00 Bowling (GR) 10:30 Balance (FC; sign-up only) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) **1:45 WALMART** 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo (CL)	**24** 8:45 Back Stretch (FC; sign-up only) **9:00-1:00 UNITED APPEAL SILENT AUCTION (G)** 9:15 Rock Steady (FC) 9:30 Catholic Mass (CL) 10:15 Circuit Training (FC) 10:30 Chorus (CL) 11:00 Fit & Tone (FC) **12:00 BIRTHDAY LUNCH (DR)** 1:30 Functional Pathways Presentation (CL) 3:00 Line Dance (FC) 3:00 Bridge (CR) 7:00 Tuesday Trivia (CR)	**25** 9:30 Balance (FC; sign-up only) 10:00 Water Fitness (AC) 10:30 Gentle Stretching (FC) 10:30 Chorus (CL) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) 2:00 Recycling Committee (CR) 3:30 Great Course (CL)	**26** HAPPY Thanks Giving	**27** 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)	**28** 9:00 Pickleball (PX) 3:00 Rummikub (AR) 7:00 Movie Night: *The Game Plan*, PG (CL)
29 11:00 Neurobics Mental Exercises Pick-Up (AR) **3:00 SUNDAY CONCERT: GRACE TOWNSON (L)** 4:30 Mexican Train (AR)	**30** 9:30 Gentle Stretching (FC) 10:00 Water Fitness (AC) 10:00-12:00 Bowling (GR) 10:30 Balance (FC; sign-up only) 11:00 Back Stretch (FC; sign-up only) 1:30 Basic Aerobics (FC) **1:45 WALMART** 2:30 Party Bridge (CR) 3:00 In Stitches (AR) 3:30 Bingo (CL)					

LEGEND:
AR = ARTS & CRAFTS ROOM
AL = ASSISTED LIVING
AC = AQUATIC CENTER
BR = BILLIARDS ROOM
C = CAFÉ
CH = CHAPEL
CL = CLUB ROOM
C3 = C WING, 3RD FLOOR
CR = CARD ROOM
CR2 = CONFERENCE ROOM
DR = DINING ROOM
FC = FITNESS CENTER
FP = FOUNTAIN PLAZA
G = GALLERY
L = LOBBY
PR = POKER ROOM
PX = PICKLEPLEX

Please sign up at the Front Desk no later than 2 days in advance for scheduled activities in blue. Bus loads 10 minutes prior to trips.