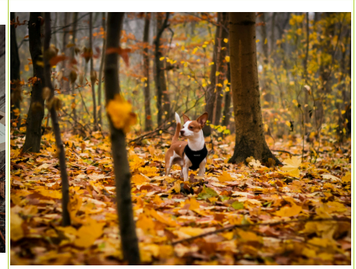
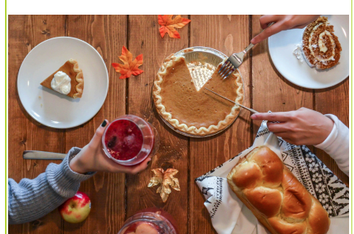
NOVEMBER 2026

THE RESIDENCE at Paine Estate

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **9:30** Televised Church Mass **10:00** This Day in History **10:30** Seated Strength and Conditioning **11:00** Card Players - UNO **1:30** Low Intensity Cardio **2:00** Wood Ornament Painting Craft **4:00** Sunday Afternoon Football **6:00** Music and Memories- Rock and Roll	**02** **9:30** Seated Cardio Workout Class **10:30** Inspiring Literature **11:00** Home Decor Workshop-Fall Decor **1:00** Cardio Workout Class **2:00** Travel and Discuss **3:00** Social Hour: Power up with Nutri-Blends **4:00** Nail Spa and Hand Massages **6:00** Feature Film- Cool Hand Luke	**03** **9:30** Upper Body Weight Training **10:15** This Day in History **11:00** Riddle Me This **11:30** Outing: Lunch-The Local **1:30** Cardio Club Workout Class **2:00** True or False Discussion Game **3:30** Expressive Color Exploration-Landscapes **6:00** Table Game Hour- Concentration Table Game	**04** **9:30** Barre & Balance **10:00** Collage Creations **11:00** Travel and Discuss- Moracco **1:00** Resistance Band Training **2:00** Live Violin Music **3:00** Community Conversation **3:30** Scenic Drive **6:00** Broadway Musical Showing- Guys and Dolls!	**05** **9:30** Bone Builders **10:00** Concentration Table Game **11:00** Inspiring Literature Hour **1:00** Lengthen and Strenghten **1:30** Nail Spa and Hand Massages **3:00** Tai Chi for Balance **4:00** NYT Bee **6:00** Our National Parks Documentary- Netflix, Episode 1	**06** **9:30** Barre & Balance **10:00** Interactive Lecture- Baby Boomers **11:00** Music Bingo **1:30** Strength & Stability **2:00** This or That Table Game **2:00** Live Music with Andy Campbell! **3:30** Intro to Painting Class- Wooden Crafts **4:00** Walking Group **6:00** Musical Moments- We Are the World	**07** **9:30** Bone Builders **10:00** Today in History **11:00** Aromatherapy **1:00** Dance and Movement **2:00** High Tea Social **3:00** Music Listening Hour- Aretha Franklin **4:00** Philosophy Through Humor **6:00** Board Games- Apples to Apples
08 **9:30** Televised Church Mass **10:00** This Day in History **10:30** Seated Strength and Conditioning **11:00** Concentration Table Game **1:30** Low Intensity Cardio **2:00** Intro to Still Life Painting Class **4:00** Sunday Afternoon Football **6:00** Music and Memories- Classical Music	**09** **9:30** Seated Cardio Workout Class **10:30** Poetry in Motion **11:00** Home Decor Workshop-Candle Making **1:00** Cardio Workout Class **2:00** Travel and Discuss **3:00** Social Hour: Power up with Nutri-Blends **4:00** Nail Spa and Hand Massages **6:00** Feature Film- Dragnet	**10** **9:30** Upper Body Weight Training **10:15** This Day in History **10:30** Live Music: Mark West **11:00** Riddle Me This **1:30** Cardio Club Workout Class **2:00** Outing: Coffee and Donuts **2:00** Speaker Series with Dawn **3:00** Town Hall Meeting **3:30** Expressive Color Exploration- Tie Dye Shirts **6:00** Table Game Hour- This or That Table Game	**11** **Veterans Day** **9:30** Barre & Balance **10:00** Scratch Art Table Craft **11:00** Travel and Discuss- Bahamas **1:00** Resistance Band Training **2:00** Culinary Creations- Olive Bread **3:00** Community Conversation **3:30** Scenic Drive **6:00** Broadway Musical Showing- Wicked	**12** **Happy Birthday Janet J.** **9:30** Bone Builders **10:00** Positive News Discussion **11:00** Poetry in Motion **1:00** Lengthen and Strenghten **1:30** Nail Spa and Hand Massages **3:00** Tai Chi for Balance **4:00** NYT Bee **6:00** Our National Parks Documentary- Netflix, Episode 2	**13** **9:30** Barre & Balance **10:00** Team Trivia Challenge **11:00** Interactive Lecture- Disney World **1:30** Strength & Stability **2:00** This or That Table Game **3:30** Intro to Painting Class- Landscapes **4:00** Walking Group **6:00** Musical Moments- Super Bowl Halftimes	**14** **9:30** Bone Builders **10:00** Today in History **11:00** Aromatherapy **1:00** Dance and Movement **2:00** High Tea Social **3:00** Music Listening Hour- The Beetles **4:00** Philosophy Through Humor **6:00** Board Games- Trouble
15 **9:30** Televised Church Mass **10:00** This Day in History **10:30** Seated Strength and Conditioning **11:00** Word Search Table Game **1:30** Low Intensity Cardio **2:00** Scratch Art Table Craft **4:00** Sunday Afternoon Football **6:00** Music and Memories- Jazz Music	**16** **9:30** Seated Cardio Workout Class **10:30** Inspiring Literature **11:00** Home Decor Workshop-Coaster Creations **1:00** Cardio Workout Class **2:00** Travel and Discuss **3:00** Social Hour: Power up with Nutri-Blends **4:00** Nail Spa and Hand Massages **6:00** Feature Film- The Great Outdoors	**17** **9:30** Upper Body Weight Training **10:15** This Day in History **11:00** Riddle Me This **11:30** Outing: Lunch, Legal Seafoods **1:30** Cardio Club Workout Class **2:00** True or False Discussion Game **3:30** Expressive Color Exploration- Reverse Color Patterns Art **6:00** Table Game Hour- Board Games	**18** **9:30** Barre & Balance **10:00** Paper Mache Table Craft **11:00** Travel and Discuss- China **1:00** Resistance Band Training **2:00** Culinary Creations- Upside Down Cake **3:00** Community Conversation **3:30** Scenic Drive **6:00** Broadway Musical Showing- CATs	**19** **9:30** Bone Builders **10:00** Concentration Table Game **11:00** SigSeries - Veteran's Brunch **11:00** Inspiring Literature Hour **1:00** Lengthen and Strenghten **1:30** Nail Spa and Hand Massages **3:00** Tai Chi for Balance **4:00** NYT Bee **6:00** Our National Parks Documentary- Netflix, Episode 3	**20** **9:30** Barre & Balance **10:00** Positive News Discussion **11:00** Interactive Lecture- United States Presidents **1:30** Strength & Stability **2:00** This or That Table Game **2:00** Golden Tones Live Group Music **3:30** Intro to Painting Class- Birdhouse Painting **4:00** Walking Group **6:00** Musical Moments- National Anthem	**21** **9:30** Bone Builders **10:00** Today in History **11:00** Aromatherapy **1:00** Dance and Movement **2:00** High Tea Social **3:00** Music Listening Hour- Elton John **4:00** Philosophy Through Humor **6:00** Board Games- Sorry!
22 **9:30** Televised Church Mass **10:00** This Day in History **10:30** Seated Strength and Conditioning **11:00** Team Trivia Hour Table Game **1:30** Low Intensity Cardio **2:00** Fall Leaves Painting Craft **4:00** Sunday Afternoon Football **6:00** Music and Memories- Musicals	**23** **9:30** Seated Cardio Workout Class **10:30** Poetry in Motion **11:00** Home Decor Workshop-Table Centerpiece Creation **1:00** Cardio Workout Class **1:30** Live Music: Steve King **2:00** Travel and Discuss **3:00** Social Hour: Power up with Nutri-Blends **4:00** Nail Spa and Hand Massages **6:00** Feature Film- Money Pit	**24** **9:30** Upper Body Weight Training **10:15** This Day in History **11:00** Riddle Me This **1:30** Cardio Club Workout Class **2:00** Outing: Coffee and Donuts **2:00** You be the Judge **3:30** Expressive Color Exploration **6:00** Table Game Hour- Word Search Table Game	**25** **9:30** Barre & Balance **10:00** Mason Jar Table Craft **11:00** Travel and Discuss- The Vatican **1:00** Resistance Band Training **2:00** Live Music with Judy Maggs **2:00** Culinary Creations- Milk Shakes **3:00** Community Conversation **3:30** Scenic Drive **6:00** Broadway Musical Showing- West Side Story	**26** **Thanksgiving Day** **9:30** Bone Builders **10:00** Positive News Discussion **11:00** Poetry in Motion **1:00** Lengthen and Strenghten **1:30** Nail Spa and Hand Massages **3:00** Tai Chi for Balance **4:00** NYT Bee **6:00** Our National Parks Documentary- Netflix, Episode 4	**27** **Day after Thanksgiving Day** **9:30** Barre & Balance **10:00** Team Trivia Challenge **11:00** Interactive Lecture- Thanksgiving **1:30** Strength & Stability **2:00** This or That Table Game **3:30** Intro to Painting Class- Fall Decorations Painting **4:00** Walking Group **6:00** Musical Moments- Singing Competitions	**28** **9:30** Bone Builders **10:00** Today in History **11:00** Aromatherapy **1:00** Dance and Movement **2:00** High Tea Social **3:00** Music Listening Hour- John Denver **4:00** Philosophy Through Humor **6:00** Board Games- Concentration
29 **9:30** Televised Church Mass **10:00** This Day in History **10:30** Seated Strength and Conditioning **11:00** Card Players - Rummy 500 **1:30** Low Intensity Cardio **2:00** Floral Art Craft **4:00** Sunday Afternoon Football **6:00** Music and Memories- Country Music	**30** **9:30** Seated Cardio Workout Class **10:30** Inspiring Literature **11:00** Home Decor Workshop-Mason Jar Craft **1:00** Cardio Workout Class **2:00** Travel and Discuss **3:00** Social Hour: Power up with Nutri-Blends **4:00** Nail Spa and Hand Massages **6:00** Feature Film- On Golden Pond					

Our Engagement program is built upon both our residents' interests and our Five Principles for Vitality:
Continued Learning – Arts & Culture – Physical Fitness – Community Connections – Wellness & Self Care

AN LCB SENIOR LIVING COMMUNITY