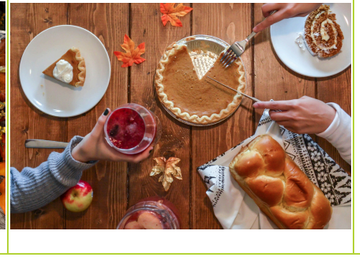
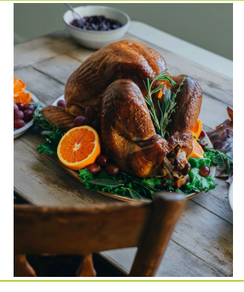
NOVEMBER 2026

THE RESIDENCE at Cedar Dell

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **9:15** Stretch & Flexibility **10:00** Catholic Mass **10:30** Watercolor Basics **11:00** Spiritual Visits, Sister **12:30** Scenic ride- Folliage **1:15** Art Skills **2:00** Word Extraction **2:30** Sundae Social **3:00** Cardio Circuits **4:00** Vocal Fusion Karaoke **6:00** Guided Meditation	**02** **9:15** Historical Moments **10:00** Low Intensity Aerobics **10:30** Baking Group- Brownies **1:15** Excursion **1:30** Chorus Practice **2:30** Tea Social **3:00** Walking For Strength **3:00** Arts and Culture- Paining pumpkins on canvas **6:00** Hand Massage	**03** **9:15** Important days in November **10:00** Tai Chi For Arthritis **11:00** Manicures and Hand Massages **1:15** Thera Band Training **1:15** Community Excursion **2:00** Tony & Pat Performs **2:00** Resident Council **2:30** Social Hour **6:00** Meditation & Aromatherapy	**04** **9:15** Coffee Connoisseurs **10:00** Barre & Balance **10:30** Music Knowledge **1:15** Weight Training Fitness **2:30** Musical Review Social **3:30** Jewelry Design Workshop **3:30** Spiritual Service **6:00** Spa Session: Manicures	**05** **9:15** Historical Moments **10:00** Yoga for Vitality **10:30** Gratitude Journaling **11:00** Classification Challenge **1:15** Weights for Strength **2:00** Craft Workshop **3:00** Great Moments in Literature **4:00** Travel & Discuss **6:00** Guided Imagery	**06** **9:15** Country of the month- Portugal **9:15** Positive News Discussion **10:00** Barre & Balance **11:00** Outing- Captain's Place **1:15** Tai Chi for Arthritis **2:00** Portuguese dessert- Malasadas **3:00** Hymnals Of Faith **3:30** Library, Book Exchange **3:45** Card Players **6:00** Sound Bowl Meditation	**07** **9:15** Conversation Abounds **10:00** Low Intensity- Cardio **10:30** Great Poets of America **10:30** Communion W/Sister Barbara **2:00** Resident Council **2:00** Weights for Strength **3:00** Virtual Museum Tour: **3:00** Bingo Challenge **6:00** Musical Moments
08 **7:00** Scenic ride- Westport **9:15** Stretch & Flexibility **10:00** Catholic Mass **10:30** Jewelry Design Workshop **11:00** Spiritual Visits, Sister **1:15** Art Skills **2:00** Classification Challenge **2:30** Sundae Social **3:00** Cardio Circuits **4:00** Vocal Fusion Karaoke **6:00** Guided Meditation	**09** **9:15** Historical Moments **10:00** Low Intensity Aerobics **10:30** Baking Group-Biscuits **11:00** Positive Affirmations **1:15** Excursion **1:30** Chorus Practice **2:30** Tea Social **3:00** Walking For Strength **4:00** Card Players Group **6:00** Hand Massage	**10** **9:15** Positive News Discussion **10:00** Tai Chi For Arthritis **10:30** Positive Affirmations **11:00** Manicures and Hand Massages **1:15** Thera Band Training **1:15** Community Excursion **2:30** Social Hour **3:00** 50 States Trivia **3:30** Great Poets of America **6:00** Meditation & Aromatherapy	**11** **Veterans Day** **9:15** Coffee Connoisseurs **10:00** Barre & Balance **10:30** Music Knowledge **11:00** Philosophy and Humor **12:30** Veterans Day Luncheon **1:15** Weight Training Fitness **2:30** Musical Review Social **3:00** Person of Interest **3:30** Spiritual Service **6:00** Spa Session: Manicures	**12** **9:15** Historical Moments **10:00** Yoga for Vitality **10:30** Hand Rejuvenation **11:00** Harmony with Pastor Al- Trad **1:15** Weights for Strength **2:00** Craft Workshop **3:15** Phrase Completion **4:00** Travel & Discuss **6:00** Guided Imagery	**13** **2:00** Into to Still Drawing **9:15** Positive News Discussion **10:00** Barre & Balance **11:00** Musical Moments **1:15** Tai Chi for Arthritis **3:00** Hymnals Of Faith **3:15** Short Stories **3:30** Library, Book Exchange **6:00** Sound Bowl Meditation	**14** **9:15** Conversation Abounds **10:00** Low Intensity- Cardio **10:30** Communion W/Sister Barbara **10:30** Short Stories **2:00** Weights for Strength **3:00** Virtual Museum Tour: **3:00** Bingo Challenge **6:00** Musical Moments
15 **9:15** Stretch & Flexibility **10:00** Catholic Mass **10:30** Watercolor Basics **10:30** Floral Design Workshop **11:00** Spiritual Visits, Sister **12:30** Scenic ride- Dunkin Donuts **1:15** Art Skills **2:00** Word Extraction **2:30** Sundae Social **3:00** Cardio Circuits **4:00** Vocal Fusion Karaoke **6:00** Guided Meditation	**16** **9:15** Historical Moments **10:00** Low Intensity Aerobics **10:30** Baking -Crock Pot French Toast **1:15** Excursion **1:30** Chorus Practice **2:00** Entertainment- Ian Motha **2:30** Tea Social **3:00** Walking For Strength **3:30** Arts and culture **6:00** Hand Massage	**17** **9:15** Positive News Discussion **10:00** Tai Chi For Arthritis **11:00** Manicures and Hand Massages **1:15** Thera Band Training **1:15** Community Excursion **2:00** Court Case Discussion **2:30** Social Hour **6:00** Meditation & Aromatherapy	**18** **9:15** Coffee Connoisseurs **10:00** Barre & Balance **10:30** Music Knowledge **1:15** Weight Training Fitness **2:00** Mass with Father valliere **2:30** Musical Review Social **3:30** Jewelry Design Workshop **3:30** Spiritual Service **6:00** Spa Session: Manicures	**19** **9:15** Historical Moments **10:00** Yoga for Vitality **10:30** Gratitude Journaling **11:00** Classification Challenge **1:15** Weights for Strength **2:00** Craft Workshop **3:00** Great Moments in Literature **4:00** Travel & Discuss **6:00** Guided Imagery	**20** **9:15** Positive News Discussion **10:00** Barre & Balance **10:30** Floral Design Workshop **11:00** Outing- Kham's Chinese **1:15** Tai Chi for Arthritis **2:00** Entertainment- Tony and Pat **2:00** Art Skills Development **3:00** Hymnals Of Faith **3:30** Library, Book Exchange **3:45** Card Players **6:00** Sound Bowl Meditation	**21** **9:15** Conversation Abounds **10:00** Low Intensity- Cardio **10:30** Great Poets of America **10:30** Communion W/Sister Barbara **2:00** Weights for Strength **3:00** Virtual Museum Tour: **3:00** Bingo Challenge **6:00** Musical Moments
22 **9:15** Stretch & Flexibility **10:00** Catholic Mass **10:30** Jewelry Design Workshop **11:00** Spiritual Visits, Sister **12:30** Scenic ride- New Bedford Harbor **1:15** Art Skills **2:00** Classification Challenge **2:30** Sundae Social **3:00** Cardio Circuits **4:00** Vocal Fusion Karaoke **6:00** Guided Meditation	**23** **9:15** Historical Moments **10:00** Low Intensity Aerobics **10:30** Baking Pumpkin **11:00** Positive Affirmations **1:15** Excursion **1:30** Chorus Practice **2:30** Tea Social **3:00** Walking For Strength **4:00** Card Players Group **6:00** Hand Massage	**24** **9:15** Positive News Discussion **10:00** Tai Chi For Arthritis **10:30** Positive Affirmations **11:00** Manicures and Hand Massages **1:15** Thera Band Training **1:15** Community Excursion **2:30** Social Hour **3:30** Great Poets of America **6:00** Meditation & Aromatherapy	**25** **9:15** Coffee Connoisseurs **10:00** Barre & Balance **10:30** Music Knowledge **11:00** Philosophy and Humor **1:15** Weight Training Fitness **2:30** Musical Review Social **3:00** Person of Interest **3:30** Spiritual Service **6:00** Spa Session: Manicures	**26** **Thanksgiving Day** **9:15** Historical Moments **10:00** Yoga for Vitality **10:30** Hand Rejuvenation **11:00** The History of Thanksgiving **1:15** Weights for Strength **2:00** Craft Workshop **3:15** Phrase Completion **4:00** Travel & Discuss **6:00** Guided Imagery	**27** **Day after Thanksgiving Day** **2:00** Into to Still Drawing **9:15** Positive News Discussion **10:00** Barre & Balance **10:30** Floral Design Workshop **11:00** Musical Moments **1:15** Tai Chi for Arthritis **3:00** Hymnals Of Faith **3:15** Short Stories **3:30** Library, Book Exchange **6:00** Sound Bowl Meditation	**28** **9:15** Conversation Abounds **10:00** Low Intensity- Cardio **10:30** Communion W/Sister Barbara **10:30** Short Stories **2:00** Weights for Strength **3:00** Virtual Museum Tour: **3:00** Bingo Challenge **6:00** Musical Moments
29 **Happy Birthday Bob R.** **9:15** Stretch & Flexibility **10:00** Catholic Mass **10:30** Watercolor Basics **11:00** Spiritual Visits, Sister **1:15** Art Skills **2:00** Word Extraction **2:00** Laughter and Comedy- Denni Mall **2:30** Sundae Social **3:00** Cardio Circuits **4:00** Vocal Fusion Karaoke **6:00** Guided Meditation	**30** **9:15** Historical Moments **10:00** Low Intensity Aerobics **10:30** Baking Group- **1:15** Excursion **1:30** Chorus Practice **2:30** Tea Social **3:00** Walking For Strength **3:30** Intellectual Puzzles **6:00** Hand Massage					**05**

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