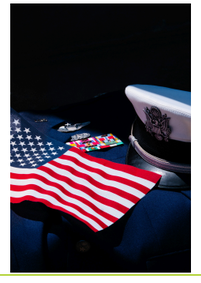
NOVEMBER 2026

THE RESIDENCE at Penniman Hill

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **10:00** Therapy Visits with Finn **10:30** Tai Chi for Arthritis **11:00** Communion Service **11:30** Spiritual Listening Group **1:15** Culinary: Leche Poke Cake **2:00** Remember: Day of the Dead **2:30** Culinary Creations Social **3:15** Cardio Drumming **4:00** Collective Crossword **6:00** Sunday Meditations	**02** **10:00** Strength in Motion **10:30** Lucky Numbers Circle **11:15** Snoezelen Therapy **1:15** Scenic Ride through the Blue Hills **1:30** Workshop: Paint by Number **2:30** Lemonade Social **3:15** Bocce Tournament **4:00** Lecture: All Souls Day **6:00** Music Listening Hour	**03** **10:00** Bayada Fitness **10:30** Workshop: Diwali Pomanders **11:15** Aromatherapy and Contemplations **12:00** Diwali Celebration **1:30** Floral Design Class **2:00** Word Challenge: Election Day **2:30** Root Beer Social **3:15** Barre Fitness Session **4:00** Lecture: India **6:00** Vocalist: Paul Coronella	**04** **10:00** Lower Body Strengthening **10:30** Guitarist: Matt Browne **11:15** Hand Massages **1:30** Workshop: Leaf Animals **1:30** Outing: Paul Revere Museum **2:00** Cooking Demonstration with Chef Crystal **2:30** Coffee and Conversations **3:15** Cardio Drumming **4:00** Workshop: Open Studio **6:00** Evening Nail Salon	**05** **10:00** Barre & Balance **10:30** Artist Led Acrylics Workshop **11:15** Wordshop: Monopoly **1:15** Higher or Lower **2:00** Rock n Roll Name That Tune **2:30** Happy Hour **3:15** Tai Chi for Arthritis **4:00** High Tea: Teas of India **4:00** Watch & Reflect: Guy Fawkes Day **6:00** Spa Session	**06** **10:00** Fitness & Rhythm **10:30** November Watercolor **11:15** Short Story Hour **1:30** Trivia: Basketball **2:00** Shootout **2:30** Mixology Social **3:00** Movement & Melodies **3:45** Vocalist: Paul Coronella **4:00** Welcome Social **4:15** Virtual Musicals: W. Side Story **6:00** Guided Breathing for Calm	**07** **10:00** Upper Body Strengthening **10:30** Modern Expressive Art Instructor **11:15** Music Appreciation: Joni Mitchell **1:30** Collective Games Group **2:30** Saturday Social **3:15** Hockey Tournament **4:00** Puzzle & Past time Portfolios: Girls Little League **6:00** Meditation Hour
08 **10:00** Therapy Visits with Finn **10:30** Tai Chi for Arthritis **11:00** Communion Service **11:30** Inspirational Stories **1:15** Culinary: Apple Crumble **2:00** On this Day Discussion: Diwali **2:30** Culinary Creations Social **3:15** Lengthen and Strengthen **4:00** New York Times Challenges **6:00** Gratitude Journaling	**09** **10:00** Dance and Movement **10:30** Collective Games Circle **11:15** Meditation & Sound Bath **1:15** Scenic Ride: World's End **1:30** Workshop: Recycling Week Pt 1 **2:30** Root Beer Social **3:15** Shut the Box Tournament **4:00** Discuss: Nat'l Recycling Week **6:00** Meditation & Sound Bath	**10** **10:00** Morning Discourse **10:30** Chaboom Fitness **11:15** Wordcraft Journaling **1:30** Taste & Travel: S. Korea **2:00** Word Challenge: Rebus **2:30** Wine & Cheese Social **3:15** Barre & Vitality **4:00** The Documentary Society: Marine Corps **4:15** Nail Salon **6:00** Vocalist: Paul Coronella	**11** **Veterans Day** **9:30** Sig Series: Veterans Ceremony & Breakfast **10:00** Theraband Stretch & Strengthen **10:30** Patriotic Choir Practice **11:00** St. Paul's Catholic Mass **1:30** Workshop: Tie Dye Stars **2:00** Lecture: Birds & Vermin **2:30** Tea Social **3:15** DrumFit: Rhythm & Energy **4:00** Veterans Day: Who am I? **6:00** Aromatherapy Session	**12** **10:00** Barre in Motion **10:30** Workshop: Leaf Press **11:15** Carry On Reading: Bing Crosby **1:15** Target Practice **2:00** Wordshop: Sammy Sosa **2:30** Happy Hour **3:15** Tai Chi for Arthritis **4:00** Tea & Conversations **4:15** In Focus: Grace Kelly **6:00** Guided Breathing for Calm	**13** **10:00** Low Intensity Cardio **10:30** Workshop: Fossils **11:15** Discuss: Big Ben **1:15** Spotlight: Audrey Hepburn **1:30** Trivia: November **2:00** Workshop: Fossils part 2 **2:30** Soda Float Social **3:00** Friday Flow & Throw **3:45** Pianist: Steve Lanzilotta **4:15** Friday Movie Matinee: The Spirit of St Louis **6:00** Nails & Hand Massages	**14** **10:00** Strength & Balance **10:30** Art Studio: Beadworking **11:15** Nail Salon **1:30** Language & Literacy Club: World Diabetes Day **2:30** Saturday Social **3:15** Rhythmic Movement and Vibrant Connections **4:00** Travel & Trivia: Massachusetts **6:00** Music & Listening Hour
15 **10:00** Therapy Visits with Finn **10:30** Tai Chi for Arthritis **11:00** Communion Service **11:30** Spiritual Listening Group **1:15** Culinary Creations: Cowboy Caviar **2:00** A Day to Remember: Steve Irwin Day **2:30** Culinary Creations Social **3:15** Cardio Drumming **4:00** Collective Crossword **6:00** Sunday Meditations	**16** **10:00** Strength in Motion **10:30** Lucky Numbers Circle **11:00** HealthTalk with Dr. Swaran Goswami **1:15** Scenic Ride: Wollaston Beach **1:30** Workshop: Aviation **2:30** Memory Lane Singers **3:00** Guest Speaker: Dana Zaiser **3:30** Lemonade Social **4:00** Bocce Tournament **6:00** Music Listening Hour	**17** **10:00** Bayada Fitness **10:30** Workshop: Acorn Eggs **11:15** Aromatherapy and Contemplations **1:30** Floral Design Class **2:00** Word Challenge: Extractions **2:30** Root Beer Social **3:15** Barre Fitness Session **4:00** Lecture: World Peace Day **6:00** Vocalist: Paul Coronella	**18** **10:00** Lower Body Strengthening **10:30** Choir Practice **11:00** Outing: Pilgrim Hall Museum **11:15** Hand Massages **1:30** Workshop: Polymer Putty **2:00** Sig Series: Art Showcase **2:30** Coffee and Conversations **3:15** Cardio Drumming **3:45** Jazz Trio Concert **4:00** Workshop: Open Studio **6:00** Evening Nail Salon	**19** **Happy Birthday Joyce Z.** **10:00** Barre & Balance **10:30** Watercolor Art Instructor **11:15** Wordshop: Airport Codes **1:30** Resident Council **2:00** Workshop: Sleep Sachets **2:30** Joyce's Birthday Social **3:15** Tai Chi for Arthritis **4:00** High Tea **4:00** Watch & Reflect: Cold War **6:00** Spa Session	**20** **10:00** Fitness & Rhythm **10:30** Workshop: Rose Emblem **11:15** Short Story Hour **1:30** Trivia: State Knowledge **2:00** Deadly Sixes Game **2:30** Mixology Social **3:00** Movement & Melodies **3:45** Violinist: Lynne Canavan **4:00** Gather & Toast **4:15** Musical: You're a Good Man, CB **6:00** Guided Breathing for Calm	**21** **Happy Birthday Jane D.** **10:00** Upper Body Strengthening **10:30** Art Studio: Watercolors **11:15** Music Appreciation: Nat King Cole **1:30** Collective Games Group **2:30** Jane's Birthday Social **3:15** Hockey Tournament **4:00** Puzzle & Past time Portfolios: World TV Day **6:00** Meditation Hour
22 **10:00** Therapy Visits with Finn **10:30** Tai Chi for Arthritis **11:00** Communion Service **11:30** Inspirational Stories **1:15** Culinary: Chex Mix **2:00** OTD Discussion: Wiley Post **2:30** Culinary Creations Social **3:15** Lengthen and Strengthen **4:00** New York Times Challenges **6:00** Gratitude Journaling	**23** **Happy Birthday AnnEllen W.** **10:00** Dance and Movement **10:30** Collective Games Circle **11:15** Meditation & Sound Bath **1:15** Scenic Ride: Plymouth **1:15** Spotlight: Lauren Bacall **2:00** Workshop: Feather Art **2:30** Annellen's Birthday Social **3:15** Shut the Box Tournament **4:00** Discuss: Wolfenoot **6:00** Meditation & Sound Bath	**24** **10:00** Parkinson's Fitness **10:30** Workshop: Tree Turkeys **11:15** Gratitude Journaling **1:30** Food For Thought: Stuffing **2:00** Trivia: Thanksgiving **2:00** Pain Management w/Bayada **2:30** Wine & Cheese Social **3:15** Barre & Vitality **4:00** The Doc Society: DB Cooper **4:15** Nail Salon **6:00** Vocalist: Paul Coronella	**25** **10:00** Theraband Stretch & Strengthen **10:30** Choir Practice **11:00** Outing: Match the Melody Ride **11:15** Nail Salon **1:30** Lecture: Thanksgivings Around the World **2:00** TURKEY Categories **2:30** Tea Social **3:15** DrumFit: Rhythm & Energy **4:00** Collective Crossword **6:00** Aromatherapy Session	**26** **Thanksgiving Day** **9:00** Macy's Day Parade **10:00** Barre in Motion **10:30** Workshop: Gratitude Rocks **11:15** Story: Bert's T-giving **1:15** Thanksgiving Trivia **2:00** Turkey Trot **2:30** Happy Hour **3:15** Tai Chi for Arthritis **4:15** Travel: The First Thanksgiving **6:00** Guided Breathing for Calm	**27** **Day after Thanksgiving Day** **10:00** Low Intensity Cardio **10:30** Workshop: Beaded Corn **11:15** Discuss: Native American Heritage **1:30** Trivia: Women's Liberation Day **2:00** LRC **2:30** Soda Float Social **3:00** Friday Flow & Throw **3:45** Vocalist: Kate Coronella **4:15** Friday Movie Matinee: Planes, Trains and Automobiles **6:00** Nails & Hand Massages	**28** **10:00** Strength & Balance **10:30** Art Studio: Beadworking **11:15** Nail Salon **1:30** Language & Literacy Club: Hamilton **2:30** Saturday Social **3:15** Rhythmic Movement and Vibrant Connections **4:00** Travel & Trivia: South America **6:00** Music & Listening Hour
29 **10:00** Therapy Visits with Finn **10:30** Tai Chi for Arthritis **11:00** Communion Service **11:30** Spiritual Listening Group **1:15** Culinary: Choco Cake **2:00** Discuss: Who am I? **2:30** Culinary Creations Social **3:15** Cardio Drumming **4:00** New York Times Challenges **6:00** Sunday Meditations	**30** **10:00** Strength in Motion **10:30** Lucky Numbers Circle **11:15** Snoezelen Therapy **1:15** Scenic Ride: Scituate Lighthouse **1:30** Workshop: Snowy Mason Jars **2:30** Lemonade Social **3:15** Bocce Tournament **4:00** Notable Quotables **6:00** Music Listening Hour				**Birthdays** 19th - Joyce Z. 21st - Jane D. 23rd - AnnEllen W.	**Principles** Arts & Culture Community Connections Continuous Learning Physical Fitness Self Care and Wellness

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