NOVEMBER 2026

THE RESIDENCE at Freeman Lake

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **10:00** Sun Salutation Exercise **10:30** Sunday Services **11:15** Aromatherapy Spa **1:30** Literature Listening Hour- The Hill will Climb by Amanda Gorman **2:00** Tea Time & refreshments **3:00** Virtual Museum- The Met, New York City **4:00** Stretch & Strengthen **6:00** Musical Moments **7:00** Evening Film- Royal Wedding	**02** **10:00** Barre & Balance **10:30** Paint & Pour Art Workshop Water Color Basis **11:00** Outing- Olive Garden **1:30** Resident Council **2:00** TED Talk Lecture Nature- Beauty-Gratitude **3:15** Cocktail Hour ft. Mark Stanzler **4:00** Tai Chi for Arthritis **6:00** Zen Breathing **7:00** Evening Film- A Beautiful day in the Neighborhood	**03** **10:00** Bone Builders **10:30** Holy Communion **11:00** Freeman Lake Walking Club **11:15** essential Oils Education **1:30** Cooking Corner - Cranberry Orange Shortbread Cookies **2:00** Corks & Curds Social **2:00** Catholic Mass **3:00** Cards Players Group **4:00** Core Endurance Class **6:00** Golden oldies Music **7:00** Evening Film- The Last Detail	**04** **10:00** Upper Body Weight Training **10:30** Brushstrokes **11:15** Mind/Body Stress Relief Workshop **1:30** Community Bingo **2:30** Cardio Druming **3:00** Smithsonian Discussion Group **3:15** Happy Hour ft. Linda Chase **4:00** Zumba Dance **6:00** Pianist- Martha Argerich **7:00** Evening Film- Mr. Blanding Build His Dream House	**05** **10:00** Upper Body Weight Training **10:30** Drawing Session- **11:15** Listening Hour- Rosemary Clooney **1:30** Watercolor Basis **2:00** Dan "The Singing Trooper" Veterans Performance **2:30** Discussion Groups- Good News of Today **3:00** Table Games **4:00** Resistance Bands Strength **6:00** Inspirational Passages **7:00** Evening Film- strangers on a Train	**06** **Happy Birthday Norman P.** **10:00** Barre & Balance **10:30** Literature Listening Hour **11:15** Philosophy Through Humor **1:00** Scenic Drive **1:30** Jay Schadler at Pearl Street **2:30** Intergenerational Programming **3:00** Scrabble Group **3:15** Social Hour ft. Paul Speidel **4:00** Tai Chi For Arthritis **6:00** Mindful Meditation **7:00** Evening Film-The Thirty-Nine Steps	**07** **10:00** Weightlifting for Density **10:30** Canvas Art **11:00** Nail Spa **1:30** Card making Workshop **2:30** Ice cream Social **3:00** Finish the Phrase **4:00** Full Body Stretch **6:00** Golden Old Music **7:00** Evening Film- Guess who's coming to Dinner
08 **10:00** Lengthen & Strengthen **10:30** Sunday Services **11:15** Mindful Meditation **1:30** Word Poetry **2:00** Sundae Bar Social **3:00** Virtual Museum- Musee d'Orsay, Paris **4:00** Stretch & Strengthen **6:00** Guided Meditation **7:00** Evening Film- The Odd Couple	**09** **Happy Birthday Betty L.** **10:00** Barre & Balance **10:30** Open Art Studio- **11:00** Outing- American Heritage Museum **1:30** Creative Studio w/ Bridget **2:00** TED Talk Lecture- Building the Seed Cathedral **3:15** Cocktail Hour **4:00** Tai Chi for Arthritis **6:00** Zen Breathing **7:00** Evening Film- Shadow of a Doubt	**10** **10:00** Low Intensity Cardio **10:30** Charcoal Art **10:30** Holy Communion **11:00** Freeman Lake Walking Club **11:15** Aromatherapy Session **1:30** Cooking Corner - Apple Pie Cheesecake Parfaits **2:00** Corks & Curds Social **3:00** Intellectuals Puzzles **4:00** Yoga Flow/ Stretch **6:00** Violinist- Augustin Hadelich **7:00** Evening Film- A Beautiful day in the Neighborhood	**11** **Veterans Day** **9:00** Veteran's Day Breakfast Celebration **10:00** Upper Body Weight Training **10:30** Brushstrokes **11:00** Floral Design Workshop **11:15** Spa Session Rejuvenate **1:30** Foreign Film Series and Discussion- **2:00** Community Bingo **2:30** Cardio Druming **3:15** Happy Hour **4:00** Strength & Stability **6:00** Violinist- Hilary Hahn **7:00** Evening Film- The fortune Cookie	**12** **10:00** Lower Body Conditioning **10:30** Great Poets of America **11:15** Reiki Session **1:30** Acrylics Art Class **1:30** Community Outing Groton Hill Concert **2:00** Cooking Demonstration w/Chef Joao **3:00** Jeopardy Labs **3:15** Cocktail and refreshments **4:00** Yoga Flow/ Stretch **6:00** Positive Affirmations **7:00** Evening Film- Blackmail	**13** **10:00** Barre & Balance **10:30** Open Art Studio **11:15** Sound Bowl Meditation **1:00** Scenic Drive **2:30** Discussion Groups- Good News of Today **3:15** Social Hour ft. Lucas Kamon **4:00** Tai Chi For Arthritis **5:30** Support Group **6:00** Mandalas **7:00** Evening Film- Royal Wedding	**14** **10:00** Strength and Conditioning **10:30** Jewelry Design Workshop **11:15** Rejuvenating Facials **1:30** Ceramics Workshop **2:30** Summer Sangria Social **3:00** Finish the Phrase **4:00** Yoga Flow/ Stretch **6:00** Music& Memories **7:00** Evening Film- The Big Sleep
15 **10:00** Sun Salutation Exercise **10:30** Sunday Services **11:15** Aromatherapy Spa **1:30** Literature Listening Hour- The Hill will Climb by Amanda Gorman **2:00** Hot Cocoa Social **3:00** Virtual Museum- The Louvre **4:00** Stretch & Strengthen **6:00** Musical Moments **7:00** Evening Film- The Apartment	**16** **10:00** Barre & Balance **10:30** Paint & Pour Art Workshop **11:00** Outing- Dunkin Donut **2:00** TED Talk Lecture- How to live Passionately **3:15** Cocktail Hour ft. Baldwin **4:00** Tai Chi for Arthritis **6:00** Zen Breathing **7:00** Evening Film- Irma La Douce	**17** **10:00** Bone Builders **10:30** Holy Communion **11:00** Freeman Lake Walking Club **11:15** essential Oils Education **1:30** Cooking Corner - Pumpkin Cheesecake Brownies **2:00** Corks & Curds Social **4:00** Core Endurance Class **6:00** Golden oldies Music **7:00** Evening Film- The Searchers	**18** **10:00** Upper Body Weight Training **10:30** Brushstrokes **11:15** Mind/Body Stress Relief Workshop **2:00** Walk in Their Shoes Simulation **2:00** Community Bingo **2:30** Cardio Druming **3:00** Smithsonian Discussion Group **3:15** Happy Hour **4:00** Zumba Dance **6:00** Pianist- Martha Argerich **7:00** Evening Film- Spellbound	**19** **10:00** Upper Body Weight Training **10:30** Drawing Session- **11:15** Listening Hour-Dolly Parton **1:30** Watercolor Basis **2:30** Discussion Groups- Topic- A Very Old Man With Enormous Wings **3:00** Table Games **3:15** Social Hour- Live performances **4:00** Resistance Bands Strength **6:00** Inspirational Passages **7:00** Evening Film- Shakespeare in Love	**20** **10:00** Barre & Balance **10:30** Literature Listening Hour **11:15** Philosophy Through Humor **1:00** Scenic Drive **2:30** Intergenerational Programming **3:00** Scrabble Group **3:15** Social Hour ft. Andy Ross **4:00** Tai Chi For Arthritis **6:00** Mindful Meditation **7:00** Evening Film- Shadow of a Doubt	**21** **10:00** Weightlifting for Density **10:30** Canvas Art **11:00** Nail Spa **1:30** Card making Workshop **2:30** Ice cream Social **3:00** Finish the Phrase **4:00** Full Body Stretch **6:00** Golden Old Music **7:00** Evening Film- Mrs. Brown
22 **10:00** Lengthen & Strengthen **10:30** Sunday Services **11:15** Mindful Meditation **1:30** Word Poetry **2:00** Tea Time & refreshments **3:00** Virtual Museum- British Museum London **4:00** Stretch & Strengthen **6:00** Guided Meditation **7:00** Evening Film- Going My Way	**23** **10:00** Barre & Balance **10:30** Open Art Studio- **11:00** Outing- Apple Picking **2:00** TED Talk Lecture-Where Joy Hide and How to find it **3:15** Cocktail Hour **4:00** Tai Chi for Arthritis **6:00** Zen Breathing **7:00** Evening Film- Hitchcock	**24** **10:00** Low Intensity Cardio **10:30** Charcoal Art **10:30** Holy Communion **11:00** Freeman Lake Walking Club **11:15** Aromatherapy Session **1:30** Cooking Corner - Brown Sugar Cinnamon Blondies **2:00** Corks & Curds Social **2:30** Resident Council Meeting **3:00** Intellectuals Puzzles **4:00** Yoga Flow/ Stretch **6:00** Violinist- Augustin Hadelich **7:00** Evening Film- Rope	**25** **10:00** Upper Body Weight Training **10:30** Brushstrokes **11:00** Floral Design Workshop **1:30** Foreign Film Series and Discussion- Driving Madeleine **2:00** Community Bingo **2:30** Cardio Druming **3:15** Happy Hour ft. Rich Araldi **4:00** Strength & Stability **6:00** Violinist- Hilary Hahn **7:00** Evening Film- 12 Angry Men (1997)	**26** **Thanksgiving Day** **10:00** Lower Body Conditioning **10:30** Great Poets of America **11:15** Reiki Session **1:30** Acrylics Art Class **2:30** Root Beer Float **3:00** Jeopardy Labs **4:00** Yoga Flow/ Stretch **6:00** Positive Affirmations **7:00** Evening Film- Saboteur	**27** **Day after Thanksgiving Day** **10:00** Barre & Balance **10:30** Open Art Studio **11:15** Sound Bowl Meditation **1:00** Scenic Drive **2:30** Discussion Groups- Good News of Today **3:15** Social Hour **4:00** Tai Chi For Arthritis **6:00** Mandalas **7:00** Evening Film- Every One Say i Love You	**28** **10:00** Strength and Conditioning **10:30** Jewelry Design Workshop **11:15** Rejuvenating Facials **1:30** Ceramics Workshop **2:30** Wine& Cheese Social **3:00** Finish the Phrase **4:00** Yoga Flow/ Stretch **6:00** Music& Memories **7:00** Evening Film- Gigi
29 **10:00** Sun Salutation Exercise **10:30** Sunday Services **11:15** Aromatherapy Spa **1:30** Literature Listening Hour- The Hill will Climb by Amanda Gorman **2:00** Milkshake social **3:00** Virtual Museum- The Vatican Museum **4:00** Stretch & Strengthen **6:00** Musical Moments **7:00** Evening Film- Mamma Mia	**30** **10:00** Barre & Balance **10:30** Paint & Pour Art Workshop **11:00** Outing- Movie Theaters **2:00** TED Talk Lecture- The Power of Vulnerability **2:00** Performance Senior Center **3:15** Cocktail Hour **4:00** Tai Chi for Arthritis **6:00** Zen Breathing **7:00** Evening Film- Notorious	**Birthdays** 6th - Norman P. 9th - Betty L.				

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