2026 November

ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Resident Led Indoor/Outdoor Walking Club (Lobby) 10:00am Coffee and Fellowship w/Brookwood Church (Art Studio) 10:30am Worship Services w/Brookwood Church (Theater) 1:30pm Bingo (Theater) 3:00 Domino Games (Art Studio) 6:00 Resident Run Movie (Theater)	2 11:00 Exercise with Amber (Gym) 1:00 Tech Help (Theater) 1:30 Movie Matinee: Seven Years in Tibet (Theater) 2:00 Floral Arranging (Dining Room) 3:30 Happy Hour (Lounge)	3 9:00 Voter Precinct Outing 11:00 Exercise (Gym) 2:00 Bingo Store (Art Studio) 3:30 Happy Hour (Lounge) 4:00 Trivia Tuesdays (Lounge) 5:30pm Classic Cinema: Dr No (Theater)	4) 10:30 Publix Grocery Shopping (Lobby) 11:00 Exercise with Amber (Gym) 1:30 Mexican Train Games (Cafe) 2:00 Cornhole/ Axe Throwing (Side Patio) 2:00 Fall Wreath Painting (Art Studio) 3:30 Happy Hour (Lounge)	5 10:00 Walking Club- Jemison Park (Lobby) 11:00 Exercise - (Gym) 2:00 Bible Study w/ Brookwood Church (Library) 2:00 Freestyle Painting (Art Studio) 2:30-National Donut Day (Cafe) 3:30 Happy Hour (Lounge)	6 9:00 Indoor/Outdoor Walking Club (Lobby) 9:30 Christmas Village Outing (Lobby) 11:00 Exercise (Gym) 1:30 Bingo (Theater) 3:30 Happy Hour (Lounge) 4:00 Name that Tune (Lounge)	7 8:45am Alzheimers Walk (Lobby) 11:00 Exercise - (Gym) 1:30 Movie Matinee: 2:30- Football Tailgate- (Lounge) 3:30 BYOB Happy Hour-(Lounge) 6:00 Evening Table Games- (Cafe)
8 9:30 Resident Led Indoor/Outdoor Walking Club (Lobby) 10:00am Coffee and Fellowship w/Brookwood Church (Art Studio) 10:30am Worship Services w/Brookwood Church (Theater) 1:30pm Bingo (Theater) 3:00 Domino Games (Art Studio) 6:00 Resident Run Movie (Theater)	9 10:30 Longhorn's Steakhouse Restaurant (Lobby) 11:00 Exercise with Amber (Gym) 1:30pm Pet Therapy w/ Hand in Paw(Cafe) 2:00 Live Music w/ Kevin Atkins (Theater) 3:30 Happy Hour (Lounge)	10 10:00 Walking Club- Overton Park(Lobby) 11:00 Exercise (Gym) 1:30 Tech Help (Theater) 2:00 Chef's Chat (Lounge) 3:00 Cupcake Social 3:30 Happy Hour w/ Bee Still Honey- (Lounge) 4:00 Trivia Tuesdays (Lounge) 5:30 Classic Cinema: Psycho (Theater)	11 VETERANS DAY 10:30 Belk Shopping (Lobby) 11:00 Exercise with Amber (Gym) 1:30 Mexican Train Games (Art Studio) 2:00 Cornhole/ Axe Throwing (Side Patio) 2:30 Smores Indoors (Cafe) 3:00 Programs Chat (Lounge) 3:30 Veterans Day Happy Hour (Lounge)	12 10:00 Walking Club- Cahaba River Walk (Lobby) 11:00 Exercise - (Gym) 1:30- Board Games and Puzzles (Cafe) 2:00 Bible Study w/ Brookwood Church (Library) 2:00 Freestyle Painting (Art Studio) 3:30 Happy Hour (Lounge)	13 9:00 Indoor/Outdoor Walking Club (Lobby) 10:00 Current Events (Library) 11:00 Exercise (Gym) 1:30 Bingo (Theater) 2:30 Pick and Play (Library) 3:30 Happy Hour(Lounge)	14 10:00 Tj Maxx and Lunch Outing(Lobby) 11:00 Exercise - (Gym) 1:30 Movie Matinee: The Odyssey 2:30- Football Tailgate- (Lounge) 3:30 BYOB Happy Hour-(Lounge) 6:00 Evening Table Games- (Cafe)
15 9:30 Resident Led Indoor/Outdoor Walking Club (Lobby) 10:00am Coffee and Fellowship w/Brookwood Church (Art Studio) 10:30am Worship Services w/Brookwood Church (Theater) 1:30pm Bingo (Theater) 3:00 Domino Games (Art Studio) 6:00 Resident Run Movie (Theater)	16 10:30 Pita Stop Restaurant (Lobby) 11:00 Exercise with Amber (Gym) 1:30 Movie Matinee: To Kill a Mockingbird 2:00 Community Outreach Project (Cafe) 3:30 Happy Hour (Lounge)	17 10:00 Walking Club- Jemison Park(Lobby) 11:00 Exercise (Gym) 2:00 Bingo Store (Art Studio) 3:30 Happy Hour (Lounge) 4:00 Trivia Tuesdays (Lounge) 5:30 Classic Cinema: Dr. Strangelove (Theater)	18 NATIONAL APPLE CIDER DAY 10:30 Grand River Outlet Mall Shopping (Lobby) 11:00 Exercise with Amber (Gym) 1:30 Mexican Train Games (Art Studio) 2:00 Apple Cider Testing 2:00 Autumn Trinket Craft (Library) 3:30 Happy Hour (Lounge)	19 10:00 Walking Club- Botanical Gardens (Lobby) 11:00 Exercise - (Gym) 1:30- Board Games and Puzzles (Cafe) 2:00 Bible Study w/ Brookwood Church (Library) 2:00 Freestyle Painting & Card Making (Art Studio) 3:30 Happy Hour w/ Your Choice Senior Care (Lounge)	20 9:00 Indoor/Outdoor Walking Club (Lobby) 10:00 Current Events (Library) 11:00 Exercise (Gym) 1:30 Bingo (Theater) 3:30 Happy Hour(Lounge) 4:00 Name that Tune(Lounge)	21 11:00 Exercise - (Gym) 1:00 Mamma Mia @ the BJCC 1:30 Movie Matinee: The Man Who Knew Too Much (Theater) 2:30- Football Tailgate- (Lounge) 3:30 BYOB Happy Hour-(Lounge) 6:00 Evening Table Games- (Cafe)
22 9:30 Resident Led Indoor/Outdoor Walking Club (Lobby) 10:00am Coffee and Fellowship w/Brookwood Church (Art Studio) 10:30am Worship Services w/Brookwood Church (Theater) 1:30pm Bingo (Theater) 3:00 Domino Games (Art Studio) 6:00 Resident Run Movie (Theater)	23 NATIONAL CASHEW DAY 10:30 Olive Garden Restaurant (Lobby) 11:00 Exercise with Amber (Gym) 12:30 Pumpkin Pie w/ Enhabit (Cafe) 2:00 Live Music w/ Adam Martin (Theater) 3:30 Happy Hour (Lounge)	24 10:00 Walking Club- Jemison Park(Lobby) 11:00 Exercise (Gym) 1:30 Tech Help (Theater) 3:30 Happy Hour (Lounge) 4:00 Trivia Tuesday (Lounge) 5:30 Classic Cinema: The Birds(Theater)	25 11:00 Exercise with Amber (Gym) 1:30 Resident Town Hall (Dining Room) 2:30 National Parfait Day(Cafe) 3:30 Happy Hour (Lounge)	26 11:00 Exercise - (Gym) 11:30 Thanksgiving Lunch 1:30- Board Games and Puzzles (Cafe) 2:00 Freestyle Painting (Art Studio) 3:30 Happy Hour (Lounge) Happy Thanksgiving!	27 9:00 Indoor/Outdoor Walking Club (Lobby) 10:00 Current Events (Library) 11:00 Exercise (Gym) 1:30 Bingo (Theater) 2:30 Pick and Play(Library) 3:30 Happy Hour(Lounge)	28 10:00 Burlington and Lunch Outing(Lobby) 11:00 Exercise - (Gym) 1:30 Movie Matinee: Micheal 2:30- Football Tailgate- (Lounge) 3:30 BYOB Happy Hour-(Lounge) 6:00 Evening Table Games- (Cafe)
29 9:30 Resident Led Indoor/Outdoor Walking Club (Lobby) 10:00am Coffee and Fellowship w/Brookwood Church (Art Studio) 10:30am Worship Services w/Brookwood Church (Theater) 1:30pm Bingo (Theater) 3:00 Domino Games (Art Studio) 6:00 Resident Run Movie (Theater)	30 10:30 Edgars Bakery Lunch Outing 11:00 Exercise with Amber (Gym) 1:00 Tech Help (Theater) 1:30 Movie Matinee: Escape From Alcatraz (Theater) 2:00 Floral Arranging (Dining Room) 3:30 Happy Hour (Lounge)	Staff Led Program Resident Led Program Special Event Bus Outing				

2026 November

MEMORY CARE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45am Church of the Highlands Worship Service 11:30am Soulful Sunday Movement 2:00pm Movie and Popcorn	2 9:30am Monday Morning Motion 10:00am Name that tune 11:00am Agility Games 2:00pm Crafts Corner 3:00pm This Day in History 4:00 pm Social Hour	3 9:30am Morning Pilates 10:00am This or That 11:00amDrum Circle w/Walker 1:30pm Modeling Clay 2:00pm Take a Stretch Tuesday 2:30pm Movie Theater Visit	4 9:30am Wednesday Walking Club 10:00am Hymn Sing-Along 11:00am Manicures 2:00pm What Am I Brain Teaser 3:00pm Patio/Garden Walk 3:30pm Singo Bingo	5 NATIONAL DONUT DAY 9:30am Wake Up and Move 10:00am Daily Devotion 11:00am Agility Games 11:30am Patio/Garden Walk 2:00pm 3:00pm Greatest Hits Sing-Along	6 NATIONAL SAXOPHONE DAY 9:30am Friday Flex and Feel Good 10:00am Music Therapy W/ Allison 1:30pm Picture Trivia Challenge 2:30pm The Pumpkin Patch 3:00pm Saxophone Sing-Along 3:30pm Building Block Knock Down	7 10:30am A Walk to Remember your love Ones 11:00am Football 2:00pm Book Club 3:00pm Balloon Keep Up
8 9:45am Church of the Highlands Worship Service 11:30am Soulful Sunday Movement 2:00pm Movie and Popcorn	9 9:30am Monday Morning Motion 10:00am Crafting with Ady's Big Army 11:00am Noodle Hockey 2:00pm Motown Magic 2:30pm This Day in History 4:00 pm Social Hour	10 9:30am Take a Stretch Tuesday 11:00am Piano W/Ms. Jan 2:00pm Cupcake Decorating 3:00pm Hymn Sing-Along 3:30pm Retro Board Games	11 VETERANS DAY 9:30am Wednesday Walking Club 10:00am Sing Your Heart Out 11:00am Manicures 2:00pm What Am I Brain Teaser 3:00pm Patio/Garden Walk 3:30pm Prize Bingo	12 9:30am Wake Up and Move 10:00am Daily Devotion 11:00am Finish the Lyric 11:30am Patio/Garden Walk 2:00pm Would You Rather? 3:00pm Greatest Hits Sing-Along	13 9:30am Friday Flex and Feel Good 10:00am Picture Trivia Challenge 11:00am Lunch Outing 2:30pm Movie Theatre & Popcorn 3:00pm Country Music Dancing 3:30pm Caregiver Appreciation Crafts	14 WORLD DIABETES DAY 10:30am Senior Stretch Session 11:00am Football 2:00pm Patio Walk/Garden 3:00pm Balloon Keep Up
15 9:45am Church of the Highlands Worship Service 11:30am Soulful Sunday Movement 2:00pm Movie and Popcorn	16 NATIONAL FAST FOOD DAY 9:30am Monday Morning Motion 10:00am Puzzle 11:00am Noodle Hockey 2:00pm Craft Corner 2:30pm This day In History 4:00pm Social Hour	17 NATIONAL WORLD PEACE DAY 9:30am Take a Stretch Tuesday 10:00am Picture Trivia Challenge 11:00am Drum Circle w/Walker 2:00pm Modeling Clay Art Creation 3:00pm Hymn Sing-Along 3:30pm Building Block Knock Down	18 NATIONAL APPLE CIDER DAY 9:30am Wednesday Walking Club 10:00am Hymn Sing-Along 11:00am Manicures 2:00pm What Am I Brain Teaser 3:00pm Patio/Garden Walk 3:30pm Bingo	19 9:30am Wake up and Move 10:00am Daily Devotion 11:00am Agility Games 11:30am Patio/Garden Walk 2:00pm Swinging 60's 3:00pm Greatest Hits Sing-Along	20 9:30am Friday Flex and Feel Good 10:00am Music Therapy W/Allisom 11:00am Picture Trivia Challenge 2:30pm Movie Theatre Popcorn 3:00pm Hymn Sing-Along 3:30pm Retro Board Games	21 10:30am Senior Stretch Session 11:00am Football 2:00pm Patio Walk/Garden 3:00pm Balloon Keep Up
22 9:45am Church of the Highlands Worship Service 11:30am Soulful Sunday Movement 2:00pm Movie and Popcorn	23 NATIONAL CASHEW DAY 9:30am Monday Morning Motion 10:00am Piano with Jan 1:00pm Pumpkin Pie W/Enhabit 2:00pm Watercolor Wonders 4:00 pm Social Hour	24 9:30am Take a Stretch Tuesday 10:00am Trivia Challenge 11:00am Tactile Tuesday 2:00pm Thanksgiving Craft 3:00pm Karaoke Corner 3:30pm Retro Board Games	25 9:30am Wednesday Walking Club 10:00am Sing Your Heart Out 12:00pm Monthly Birthday Party W/Adoration Hospice 2:00pm What Am I? 3:00pm Word Bingo	26 THANKSGIVING DAY ADD PSRADE!! 9:30am Wake up and Move 10:00am Daily Devotion 11:00am Famous Frat 11:30am Patio/Garden Walk 2:00pm Movie and Popcorn 3:00pm Greatest Hits Sing-Along	27 9:30am Friday Flex and Feel Good 10:00am Fall Scenic Drive 11:00am Picture Trivia Challenge 2:30pm Walking through the Pumpkin Patch 3:00pm Hymn Sing-Along 4:00pm Retro Board Games	28 10:30am Senior Stretch Session 11:00am Football 2:00pm Patio Walk/Garden 3:00pm Balloon Keep Up
29 9:45am Church of the Highlands Worship Service 11:30am Soulful Sunday Movement 2:00pm Movie and Popcorn	30 9:30am Monday Morning Motion 10:00am Would You Rather? 11:00am Noodle Hockey 2:00pm Craft Corner 2:30pm Parachute Games 4:00 pm Social Hour			All Activities Are Subject to Change	LONGLEAF LIBERTY PARK	