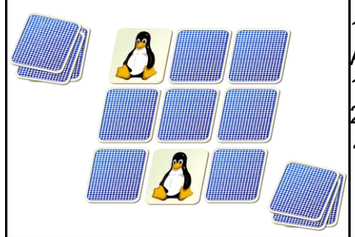
November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afternoon Activity 4:00 News and Views Daylight Saving Time Ends	**2** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Bowling!!! 4:00 News and Views	**3** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Table Talk 4:00 News and Views	**4** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afternoon Art!!! 4:00 News and Views	**5** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Name That Song!!! 4:00 News and Views	**6** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afternoon Activity 4:00 News and Views	**7** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afternoon Activity 4:00 News and Views
8 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afternoon Activity 4:00 News and Views Diwali (Hindi)	**9** 	**10** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afrernoon Workout 4:00 News and Views	**11**  Veterans Day Remembrance Day (Canada)		**13** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afternoon Activity 4:00 News and Views	**14** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afternoon Activity 4:00 News and Views
15 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afternoon Activity 4:00 News and Views	**16** The Matching Game 	**17** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00 Let Make a Parfait 4:00 News and Views	**18** 	**19** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00 Book Making!!! 4:00 News and Views	**20** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afternoon Activity 4:00 News and Views	**21** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afternoon Activity 4:00 News and Views
22 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afternoon Activity 4:00 News and Views	**23** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Ball Toss!!! 4:00 News and Views	**24** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afternoon Work Out!!! 4:00 News and Views	**25** Happy Thanksgiving Party 	**26**  Thanksgiving Day (U.S)	**27** 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afternoon Activity 4:00 News and Views	**28** 
29 10:00 Morning Workout 10:30 Morning Zen 11:00 Moring Cognitive Activity 11:30 Morning Snack 2:00Afternoon Activity 4:00 News and Views	**30** 					

Complete Care of Annapolis 900 Van Buren St 21403