November 2026

3 WEST ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 All Saints' Day Mass/Channel 61 11:15 Joy Squad Front Lobby 1:30 Resident Choice - TV Favorites & Music Daylight Saving Time Ends	2 9:00 Pop-in, Perk & Puzzle 9:30 Morning Exercise 10:00 Pretty Manicures 1:45 Making Bracelets with Sharon & Pritti - 3 West Dining Room 2:00 Group exercise 2:30 Happy Hour - 3 West 3:30 Resident Choice - TV Favorites & Music All Souls' Day	3 9:00 Pop-in, Perk & Puzzle 9:45 Mass/Chapel 10:30 Coffee Social 1:30 Bingo - 3 West 3:00 Group Exercise - 3 West 3:30 Resident Choice - TV Favorites & Music	4 9:00 Pop-in, Perk & Puzzle 9:15 Morning Exercise 9:45 Mass/Chapel 10:15 Table Games/Puzzles 1:45 Travelogue Singapore/Let's try some Mango Pudding ! 2:00 Group Exercise 3:30 Resident Choice- TV Favorites & Music	5 9:00 Pop-in, Perk & Puzzle 9:45 Mass/Chapel 10:15 Coffee Social 1:30 Bingo - 3 West 3:00 Group Exercise - 3 West 3:30 Resident Choice - TV Favorites & Music	6 9:00 Pop-in, Perk & Puzzle 9: 30 Morning Exercise 10:00 Finish The Line 10:30 Coffee With Friends (2E) 1:45 Classic Hits with Amy Albert 3:30 Resident Choice - TV Favorites & Music **NO HAPPY HOUR**	7 9:15 Pop-in Visits 10:30 Rosary - 2 East 3:00 Resident Choice - TV Favorites & Music
8 10:30 Mass/Chanel 6 1:30 Resident Choice - TV Favorites & Music Diwali (Hindi)	9 9:00 Pop-in, Perk & Puzzle 9:30 Morning Exercise 9:45 Trivia for Seniors 10:00 Pet Therapy/ Maggie 1:45 Jane Goodall and her Chimpanzees 2:00 Group Exercise 2:30 Happy Hour - 3 West 3:30 Resident Choice – TV Favorites & Music	10 9:00 Pop-in, Perk & Puzzle 9:45 Mass/Chapel 10:30 Coffee Social 1:30 Bingo - 3 West 3:00 Group Exercise - 3 West 3:30 Resident Choice - TV Favorites & Music	11 9:00 Pop-in, Perk & Puzzle 9:15 Morning Exercise 9:45 Mass/ Chapel 10:15 Elegant Horses Video 1:45 Honoring our Veterans 2:30 Room-Room Snacks 2:00 Group Exercise 3:30 Resident Choice - TV Favorites & Music Veterans Day	12 9:00 Pop-in, Perk & Puzzle 9:45 Mass/Chapel 10:15 Coffee Social 1:30 Bingo - 3 West 3:00 Group Exercise - 3 West 3:30 Resident Choice - TV Favorites & Music	13 9:00 Pop-in, Perk & Puzzle 9:30 Morning Exercise 10:00 Reminiscing / Finish The Line 10:00 Bible Study 2 East 10:45 Sing-Along 1:45 Flower Arrangements with Sharon 2:00 Group Exercise 2:30 Happy Hour - 3 West 3:30 Resident Choice - TV Favorites & Music	14 9:15 Pop-in Visits 10:30 Rosary - 2 East 1:30 Joy Squad Visit 1:30 Game Day - 2 West 3:00 Resident Choice - TV Favorites & Music All Carmelites Saints
15 10:30 All Carmelites Souls Mass/Chanel 61 1:30 Resident Choice - TV Favorites & Music	16 9:00 Pop-in, Perk & Puzzle 9:30 Morning Exercise 10:00 Resident Council 10:45 Food Committee - Carmel Hall 1:45 Table Games 3 West Dining Room 2:00 Group Exrecise 2:30 Happy Hour - 3 West 3:30 Resident Choice-TV Favorites &Music	17 9:00 Pop-in, Perk & Puzzle 9:45 Mass/Chapel 10:00 Pet Therapy with Winnie 10:30 Coffee Social 1:30 Bingo - 3 West 3:00 Group Exercise - 3 West 3:30 Resident Choice - TV Favorites & Music	18 9:00 Pop-in/ Perk Daily/Puzzle 9:15 Morning Exercise 9:45 Mass Chapel - Channel 10:00 Pretty Manicures 1:30 Thanksgiving Centerpieces with CCGC - 2 West 2:00 Group Exercise 3:30 Resident Choice - TV Favorites & Music	19 9:00 Pop-in, Perk & Puzzle 9:45 St Teresa de Avila Mass/Chapel 10:15 Coffee Social 1:30 Bingo - 3 West 3:00 Group Exercise - 3 West 3:30 Resident Choice - TV Favorites & Music	20 9:00 Pop-in, Perk & Puzzle 9:30 Morning Exercise 10:00 Reminiscing/Finish The Line 10:30 Coffee with Friends - 2 E 1:45 Table Games 2:00 Group Exercise 3:30 Resident Choice - TV Favorites & Music	21 9:15 Pop-in Visits 10:30 Rosary - 2 East 3:00 Resident Choice - TV Favorites & Music The Presentation of the Blessed Virgin Mary
22 10:30 Our Lord Jesus Christ, King of The Universe Mass/Chanel 61 1:30 Resident Choice - TV Favorites & Music	23 9:00 Pop-in, Perk & Puzzle 9:30 Morning Exercise 10:00 Pretty Manicures 1:45 Gratitude Cards 2:00 Group Exercise 2:30 Happy Hour - 3 West 3:30 Resident Choice - TV Favorites & Music	24 9:00 Pop-in, Perk & Puzzle 9:45 Mass/Chapel 10:30 Coffee Social 1:30 Friendsgiving - 3 West 3:00 Group Exercise - 3 West 3:30 Resident Choice - TV Favorites & Music	25 9:00 Pop-in, Perk & Puzzle 9:15 Morning Exercise 9:45 Mass/Chapel 10:15 Puzzles/Trivia 1:45 Sky- Land & Interactive Video 2:00 Group Exercise 3:30 Resident Choice - TV Favorites & Music	26 9:00 Pop-in, Perk & Puzzle 9:30 100th Annual Macy's Parade (NBC) 10:30 Thanksgiving Mass/Chapel 1:30 Bingo - 3 West 3:00 Group Exercise - 3 West 3:30 Resident Choice - TV Favorites & Music Thanksgiving Day (U.S.)	27 9:00 Pop-in, Perk & Puzzle 9:30 Morning Exercise 10:00 Reminiscing/Finish The Line 10:00 Bible Study - 2 East 10:30 Coffee with Friends 2 East 1:45 Where in the World Video 2:00 Group Exercise 2:30 Happy Hour - 3 West 3:30 Resident Choice - TV Favorites & Music	28 9:15 Pop-in Visits 10:30 Rosary - 2 East 3:00 Resident Choice - TV Favorites & Music
29 10:30 Our Lord Jesus Christ Mass/Chanel 61 1:30 Resident Choice - TV Favorites & Music First Sunday Advent	30 9:00 Pop-in, Perk & Puzzle 9:30 Morning Exercise 10:00 Pretty Manicures 1:45 Kicking off the Holidays Concert with Erik - Carmel Hall 3:30 Resident Choice - TV Favorites & Music **NO HAPPY HOUR**					

Activities and times subject to change. Thank you for your understanding. Mass on channel 61. Communion on the unit for those unable to attend Mass. Channel 63 Resident Information .Please ask your aid to assist you to activities and Mass.