November 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
Daylight Savings Time Ends HAPPY BIRTHDAY MARGARET BURKE **1** 1:30 AFTERNOON THEATER -MAX (SIGN UP REQUIRED) (THEATER) 3:00 Bingo! (THE BISTRO) 5:00 POT LUCK DINNER -FIRST FLOOR APARTMENTS (THE PUB)	**2** 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 10:30 CATHOLIC BIBLE STUDY (Private Dining Room) 11:00 COFFEE & KITCHEN WITH FOREFRONT (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)	HAPPY ANNIVERSARY BRENT & JANE TARTER **3** 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:30 OLDIE BUT A GOODIE MOVIE- THE SOUND OF MUSIC (SIGN UP REQUIRED) (THEATER) 11:30 LUNCH AT BROCK'S BARBEQUE (SIGN UP REQUIRED) (MEET IN THE LOBBY) 1:00 FITNESS WITH SUE (Exercise Room) 1:30 MONTHLY BIRTHDAY/ANNIVERSARY PARTY (THE BISTRO) 2:00 FITT EXERCISE CLASS (Exercise Room) 7:00 BINGO	HAPPY BIRTHDAY CAROL MOFFETT RECYCLE DAY FOR COTTAGES **4** 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 1:00 NATIONAL CANDY DAY (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room) 2:00 HANDWORK EXTRAVAGANZA (THE BISTRO) 3:00 LINE DANCING WITH RENEE (Exercise Room)	HAPPY BIRTHDAY LUCY VANSON **5** 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 FORM & FUNCTIONAL FITNESS (Exercise Room) 10:30 THURSDAY TRAIL MIX TREAT (ARTS AND CRAFTS ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (COFFEE NOOK)	**6** 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:00 WEEKLY SHOPPING TRIP 1:00 FOREFRONT DINING MENU PLANNING MEETING (Private Dining Room) 1:30 FRESH FRUIT FRIDAYS (Bistro) 2:00 CLEAN UP THE GARDENS CONNER'S WAY (OUT IN THE GARDENS) 3:30 NATIONAL NACHOS DAY (THE PUB) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	**7** 1:30 AFTERNOON MOVIE- ROBOT & FRANK (SIGN UP REQUIRED) (THEATER)
8 1:30 AFTERNOON THEATER - MICHAEL(SIGN UP REQUIRED) (THEATER) 3:00 Bingo! (THE BISTRO) 5:00 POT LUCK DINNER -SECOND FLOOR APARTMENTS (THE PUB)	**9** 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:30 CATHOLIC BIBLE STUDY (Private Dining Room) 1:00 HANDIWORK GROUP (THE PUB) 1:30 RESIDENT COUNCIL MEETING (Private Dining Room) 2:30 BALLOON VOLLEYBALL WITH RENEE (Exercise Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)	**10** 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:30 OLDIE BUT A GOODIE MOVIE- THE WIZARD OF OZ(SIGN UP REQUIRED) (THEATER) 12:30 MAGNOLIA GRANGE TOUR (MEET IN THE LOBBY) 1:00 FITNESS WITH SUE (Exercise Room) 1:00 NATIONAL VANILLA CUPCAKE DAY (THE BISTRO) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 LADIES SOCIAL (THE PUB) 7:00 BINGO	Veterans Day **11** 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:30 VETERAN'S DAY CEREMONY (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 10:00 CVS FLU CLINIC (SIGN UP REQUIRED) (LOCATED IN OUR MEDICAL CLINIC) 10:30 LET'S TALK - DR. RODNEY KIBLER, PhD., L.S.P., L.P.C. (Private Dining Room) 1:00 LINE DANCING WITH RENEE (Exercise Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 5:00 VETERAN'S DAY DINNER (THE BISTRO)	**12** 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 FORM & FUNCTIONAL FITNESS (Exercise Room) 11:00 DIAMOND PAINTING CHRISTMAS CARDS (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 2:30 SPRINGDALE WELCOMES MUSICIANS OUT OF TIME (THE BISTRO) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (COFFEE NOOK)	**13** 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 HINGES & TWINGES (Exercise Room) 10:00 WEEKLY SHOPPING TRIP 1:30 FRESH FRUIT FRIDAYS (Bistro) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	HAPPY BIRTHDAY HALEY COLE **14** 1:30 AFTERNOON MOVIE- TOUCHBACK (SIGN UP REQUIRED) (THEATER)
15 1:30 AFTERNOON THEATER - RESERVE THE THEATER (SIGN UP REQUIRED) (THEATER) 3:00 Bingo! (THE BISTRO) 5:00 POTLUCK DINNER -THIRD FLOOR APARTMENTS (THE BISTRO)	HAPPY BIRTHDAY GIL DIAZ **16** 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 10:30 CATHOLIC BIBLE STUDY (Private Dining Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)	HAPPY BIRTHDAY KAY MILLER **17** 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:30 OLDIE BUT A GOODIE MOVIE- ANNE OF GREEN GABLES (SIGN UP REQUIRED) (THEATER) 1:00 FITNESS WITH SUE (Exercise Room) 1:30 SPRINGDALE BOOK CLUB (Private Dining Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 TECHNOLOGY MADE SIMPLE (THE PUB) 6:15 SPRINGDALE WELCOMES ME & MARTHA (THE BISTRO) 7:00 BINGO	RECYCLE DAY FOR COTTAGES **18** 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 10:30 ARTS CONNECT - BEGININNG CROCHET CLASS (ARTS AND CRAFTS ROOM) 1:00 LINE DANCING WITH RENEE (Exercise Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 WINE & CHEESE (THE PUB)	**19** 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 FORM & FUNCTIONAL FITNESS (Exercise Room) 10:30 ARTS CONNECT-PRINTMAKING PROGRAM (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM) 11:45 LUNCH BUNCH- DANTE'S PIZZA (SIGN UP REQUIRED) (MEET IN THE LOBBY) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (COFFEE NOOK)	HAPPY BIRTHDAY JOY TUCKER **20** 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB (MEET IN THE LOBBY) 9:30 MEN'S BREAKFAST WITH MIKE (SIGN UP REQUIRED) (Private Dining Room) 10:00 HINGES & TWINGES (Exercise Room) 10:00 WEEKLY SHOPPING TRIP 1:00 TRIP TO ASHTON CREEK VINEYARD (SIGN UP REQUIRED) (MEET IN THE LOBBY) 1:30 FRESH FRUIT FRIDAYS (Bistro) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	HAPPY BIRTHDAY DUKE DUKE **21** 1:30 AFTERNOON MOVIE- THE SECRET GARDEN(SIGN UP REQUIRED) (THEATER)
1:00 NATIONAL CASHEW DAY (THE BISTRO) **22** 1:30 AFTERNOON THEATER - RESERVE THE THEATER (SIGN UP REQUIRED) (THEATER) 3:00 Bingo! (THE BISTRO) 5:00 POTLUCK DINNER -FOURTH FLOOR APARTMENTS (THE PUB)	**23** 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 10:30 CATHOLIC BIBLE STUDY (Private Dining Room) 1:00 HANDIWORK GROUP (THE PUB) 1:30 NATIONAL CASHEW DAY (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 FOREFRONT DINING SERVICES MEETING (Private Dining Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)	HAPPY BIRTHDAY DIANNA SCOTT HAPPY BIRTHDAY KATHRYN GENTRY **24** 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:30 DEVOTIONS WITH PASTOR DON (Private Dining Room) 11:30 TURKEY HUNT (MEET IN THE BISTRO) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 TOWN HALL MEETING (THE BISTRO) 7:00 BINGO	**25** 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 10:30 OLDIE BUT A GOODIE MOVIE- MEET JOE BLACK (SIGN UP REQUIRED) (THEATER) 1:00 LINE DANCING WITH RENEE (Exercise Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 SPRINGDALE WELCOMES CRAIG ANDERS (THE BISTRO)	Thanksgiving **26** 12:00 THANKSGIVING LUNCH (SIGN UP REQUIRED) (THE BISTRO)	**27** 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:00 SPRINGDALE HANGING OF THE GREENS (MEET IN THE BISTRO) 10:00 WEEKLY SHOPPING TRIP 1:30 FRESH FRUIT FRIDAYS (Bistro) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	**28** 1:30 AFTERNOON MOVIE- MONA LISA SMILE (SIGN UP REQUIRED) (THEATER)
29 1:30 AFTERNOON THEATER -RESERVE THE THEATER (SIGN UP REQUIRED) (THEATER) 3:00 Bingo! (THE BISTRO) 5:00 POTLUCK DINNER -COTTAGES (THE PUB)	HAPPY BIRTHDAY DOTY LADNER **30** 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 10:30 CATHOLIC BIBLE STUDY (Private Dining Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)					

INDEPENDENT LIVING Sandra Beam, Director of Health Services 804-706-5677

LUCY CORR
CARE THAT CONTINUES WITH YOU