

November 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
						11:00 Give/Take 3:00 S2age Bible Study (INS)	
2	3	4	5	6	7	8	
4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!	8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 10:00 Monday Morning Workout with April 2:00 Mindful Adult Coloring and Conversation 5:30 Monday Meals 6:30 Pitch Club!	8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 11:00 Jam Session (LOU) 12:30 Shuffleboard Club! 2:00 Singo Bingo with Jose from Archwell! 3:00 Custom Hearing - Free Hearing Clinic 6:30 Resident Movie Night (LOU)	8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 11:00 Mindfulness and Meditation (INS) 2:00 Nickel Bingo 4:00 Canasta Group (H&F) (CAF) 6:30 Sage Writers Group (INS)	8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 9:30 After Breakfast Stretching (CAF) 11:00 Cornhole Competition 1:00 Crafts & Conversations 4:00 Jam Session (CAF)	8:00 Walking with Leslie Workout! (YAS) 11:15 Van trip to First Lutheran for Lunch and Jazz Concert 1:00 Learn to Play Dominoes, with Joaquin! 4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!	3:00 S2age Bible Study (INS)	
9	10	11	12	13	14	15	
4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!	8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 10:00 Monday Morning Workout with April 11:00 Where Should We Begin? Conversation Group (INS) 5:30 Monday Meals 6:30 Pitch Club!	8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 11:00 Jam Session (LOU) 11:00 Celebrate Our Veterans 12:30 Shuffleboard Club! 12:30 Sage Mixed Doubles Shuffleboard Tournament 2:30 Sage Book Club (INS) 6:30 Resident Movie Night (LOU)	8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 11:00 Mindfulness and Meditation (INS) 2:00 Nickel Bingo 4:00 Canasta Group (H&F) (CAF) 5:30 Sage Supper Club	8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 9:00 Health at Home Foot Clinic (YAS) 9:30 After Breakfast Stretching (CAF) 1:00 Crafts & Conversations 4:00 Jam Session (CAF)	8:00 Walking with Leslie Workout! (YAS) 11:00 Sage Salon Reading (INS) 12:00 Hyvee Run! 1:00 Learn to Play Dominoes, with Joaquin! 4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!	3:00 S2age Bible Study (INS)	

Bold activity = Sign up mandatory

INS = Innovation Studio, CAF = Cafe, YAS = Yoga/Activities Studio, LOU = Lounge, LIB = Study/Library

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
16 4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!	17 8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 10:00 Monday Morning Workout with April 5:30 Monday Meals 6:30 Pitch Club!	18 8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 11:00 Jam Session (LOU) 11:00 Craft: Let's Make Magnets! 12:30 Shuffleboard Club! 6:30 Resident Movie Night (LOU)	19 8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 11:00 Mindfulness and Meditation (INS) 2:00 Nickel Bingo 4:00 Canasta Group (H&F) (CAF) 5:30 Sage Pre-Thanksgiving Dinner 6:30 Sage Writers Group (INS)	20 8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 9:30 After Breakfast Stretching (CAF) 1:00 Crafts & Conversations 2:00 Sally Jones: Teaching and Living in China (INS) 4:00 Jam Session (CAF) 5:00 Music Bingo Night! 7:00 Community Meeting	21 8:00 Walking with Leslie Workout! (YAS) 11:00 Walmart Outing 11:00 November Snack and Learn 1:00 Learn to Play Dominoes, with Joaquin! 4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!	22 3:00 S2age Bible Study (INS)	
23 4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!	24 8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 10:00 Monday Morning Workout with April 3:00 Margarita Monday 5:30 Monday Meals 6:30 Pitch Club!	25 8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 11:00 Jam Session (LOU) 12:30 Shuffleboard Club! 2:00 Tech Cafe (LIB) 6:30 Resident Movie Night (LOU)	26 8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 11:00 Mindfulness and Meditation (INS) 2:00 Nickel Bingo 4:00 Canasta Group (H&F) (CAF)	27 8:00 Walking with Leslie Workout! (YAS) 8:30 Chair Exercise with Aging Partners TV! (YAS) 9:30 After Breakfast Stretching (CAF) 1:00 Crafts & Conversations 4:00 Jam Session (CAF)	28 8:00 Walking with Leslie Workout! (YAS) 1:00 Learn to Play Dominoes, with Joaquin! 4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!	29 3:00 S2age Bible Study (INS)	
30 4:00 Canasta Group (H&F) (CAF) 7:00 Shuffleboard Club!							

Erin Glenn, Life Enrichment Coordinator – erin.glenn@tabitha.org (402) 484-9808

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