

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER 2025 Sopris Lodge Assisted Living						10:15am Saturday Morning Guided Meditation 2:30pm Group Puzzle 3:30pm Watching Americas National Parks on Hulu
10:00am Reading the Morning Paper 2:30pm Balloon Volley Ball 3:00pm Hand Massages 2	11:00am Chair Yoga 2:00pm Watercolor Painting 3:00pm Día de los Muertos / Day of the Dead Artbound on Youtube 4:00pm Group Crossword 3	11:00am Chair Tai Chi 1:00pm Korean Drama Watch Club 2:00pm Making Alebrijes 3:00pm Eating Pan Dulce with Coffee 4:00pm Bingo! 4	11:00am Morning Exercise 2:00pm Making Pompom Garland 3:00pm Playing Backgammon 4:00pm Jeopardy 6:15pm Wednesday Movie Night 5	11:00am Drumming Exercise 2:00pm Sopris Knitting Circle 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL 5:00pm Thursday Night Football 6	11:00am Chair Stretching 2:00pm Spanish Class 3:00pm Oil Painting with Rachel Windh 5:30pm Day of the Dead Celebration in Town 6:15pm Friday Movie Night 7	10:15am Saturday Morning Guided Meditation 2:30pm Group Puzzle 3:30pm Watching Americas National Parks on Hulu 8
10:00am Reading the Morning Paper 2:30pm Balloon Volley Ball 3:00pm Hand Massages 9	11:00am Chair Yoga 2:00pm Watercolor Painting 3:00pm Wii Bowling Competition 4:00pm Group Crossword 10	11:00am Chair Tai Chi 1:00pm Korean Drama Watch Club 2:00pm Writing Thank You Cards 3:00pm Patriotic Sing Along 4:00pm Bingo! 11	11:00am Morning Exercise 1:30pm Target Trip 2:00pm Jeopardy 3:30pm AL Resident Council 6:15pm Wednesday Movie Night 12	11:00am Drumming Exercise 2:00pm Sopris Knitting Circle 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL 5:00pm Thursday Night Football 13	11:00am Chair Stretching 2:00pm Spanish Class 3:00pm Cranology Card Game with Jude 3:00pm Fall Coffee Cart 6:15pm Friday Movie Night 14	10:15am Saturday Morning Guided Meditation 2:30pm Group Puzzle 3:30pm Watching Americas National Parks on Hulu 15
10:00am Reading the Morning Paper 2:30pm Balloon Volley Ball 3:00pm Hand Massages 16	11:00am Chair Yoga 2:00pm Watercolor Painting 3:00pm December Movie and Activity Meeting 4:00pm Group Crossword 17	11:00am Chair Tai Chi 1:00pm Korean Drama Watch Club 2:30pm Carmel Apple Slices 4:00pm Bingo! 18	10:00am Carbondale Library Book Pop-Up 11:00am Morning Exercise 3:00pm Making Gratitude Trees 4:00pm Jeopardy 6:15pm Wednesday Movie Night 19	11:00am Drumming Exercise 2:00pm Sopris Knitting Circle 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL 5:00pm Thursday Night Football 20	11:00am Chair Stretching 11:30am Mings Lunch 2:00pm Spanish Class 3:00pm Oil Painting with Rachel Windh 3:30pm Music by Jimmy 6:15pm Friday Movie Night 21	10:15am Saturday Morning Guided Meditation 2:30pm Group Puzzle 3:30pm Watching Americas National Parks on Hulu 22
10:00am Reading the Morning Paper 2:30pm Balloon Volley Ball 3:00pm Hand Massages 23	11:00am Chair Yoga 2:00pm Watercolor Painting 3:00pm The Real Story of Thanksgiving on Youtube 4:00pm Group Crossword 24	11:00am Chair Tai Chi 1:00pm Korean Drama Watch Club 2:30pm Making Apple Pie Parfaits 4:00pm Bingo! 25	11:00am Morning Exercise 1:30pm Target Trip 3:00pm Flower Arranging 4:00pm Jeopardy 6:15pm Wednesday Movie Night 26	7:00am Watching the Macys Parade on Peacock 11:00am Drumming Exercise 2:00pm Sopris Knitting Circle 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL 5:00pm Thursday Night Football 27	11:00am Chair Stretching 2:00pm Spanish Class 2:30pm Making Picture Frame Collages 3:00pm Cranology Card Game with Jude 6:15pm Friday Movie Night 28	10:15am Saturday Morning Guided Meditation 2:30pm Group Puzzle 3:30pm Watching Americas National Parks on Hulu 29
10:00am Reading the Morning Paper 2:30pm Balloon Volley Ball 3:00pm Hand Massages 30						