Canyon Winds
Senior Living Community

Elements

# Elements Neighborhood

## NOVEMBER 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>**9:00** DAILY CHRONICLES<br>**10:00** VIRTUAL CHURCH (YOUTUBE)<br>**11:00** GOSPEL SING A LONG<br>**2:00** MOVIE AND POPCORN<br>**5:00** SENSORY BINS | **2**<br>**10:30** MORNING MAGAZINE TIME<br>**11:00** THE COLORING CORNER<br>**11:20** HYDRATION AND SNACKS<br>**2:30** MOVIE AND POPCORN<br>**6:00** READING GROUP | **3**<br>**10:30** TONE IT UP TUESDAY<br>**11:00** HYDRATION AND SNACK<br>**11:15** SMOOTHIE BAR<br>**1:00** COME FEEL THE BEAT, MUSIC HOUR with HALLIE HARDY<br>**2:00** TRIVIA<br>**3:00** BINGO | **4**<br>**10:30** WORKOUT WEDNESDAY<br>**11:00** HYDRATION AND SNACK<br>**11:30** CORN HOLE<br>**2:00** POLISH AND PAMPER<br>**3:00** BEAUTY SHOP<br>**6:00** HAND MASSAGE | **5**<br>**10:30** WARM COOKIE SOCIAL<br>**11:00** PUZZLE PALS<br>**2:00** SHOT AND AIM<br>**3:00** AFTERNOON SNACK AND HYDRATION<br>**3:15** BINGO<br>**6:00** MYSTERY BAG | **6**<br>**10:30** PETAL PLACEMENT<br>**11:15** HYDRATION AND SNACKS<br>**11:30** CATEGORY GAME (WHITEBOARD)<br>**2:00** CHEF<br>**2:30** HAPPY HOUR with LIVE MUSIC by LEE FORD (ADR)<br>**3:00** BALLOON TOSS<br>**6:00** HAND MASSAGE | **7**<br>**10:30** SIT AND FIT<br>**11:00** BOWLING<br>**2:30** REMINISCE AND RECALL<br>**3:15** CARD GAMES<br>**6:00** MOVIE MATINEE |
| **8**<br>**9:00** DAILY CHRONICLES<br>**10:00** VIRTUAL CHURCH (YOUTUBE)<br>**11:00** GOSPEL SING A LONG<br>**2:00** MOVIE AND POPCORN<br>**5:00** SENSORY BINS | **9**<br>**10:30** FLIP THROUGH FUN<br>**11:00** THE COLORING CORNER<br>**11:20** HYDRATION AND SNACKS<br>**1:00** ACTIVITY hosted by ANNETT<br>**2:30** MOVIE AND POPCORN<br>**6:00** READING GROUP | **10**<br>**10:30** FUN FITNESS<br>**11:00** HYDRATION AND SNACK<br>**11:15** SMOOTHIE SOCIAL<br>**1:00** COME FEEL THE BEAT, MUSIC HOUR with HALLIE HARDY<br>**2:00** QUIZ SOCIAL<br>**3:00** BINGO | **11**<br>**10:30** JOY RIDE JOURNEY<br>**11:00** HYDRATION AND SNACK<br>**11:30** WORDS OF THE ALPHABET (WHITEBOARD)<br>**2:00** MANICURE TIME<br>**3:00** BEAUTY AND BLISS<br>**6:00** COMFORT HAND CARE | **12**<br>**10:30** AROMA HOUR<br>**11:00** HELPING HANDS LAUNDRY CLUB<br>**2:00** PIE TASTING<br>**3:00** HYDRATION STATION<br>**3:15** BINGO<br>**6:00** DISCOVERY BOXES | **13**<br>**10:30** FRESH FLOWER ARRANGING<br>**11:15** HYDRATION AND SNACKS<br>**11:30** GUESS THE LETTER (WHITEBOARD)<br>**2:00** CHEF<br>**2:30** HAPPY HOUR & ENTERTAIMENT<br>**3:30** BALLOON TOSS<br>**6:00** THERAPEUTIC HAND CARE | **14**<br>**10:30** SIT AND FIT<br>**11:00** TRIVIA<br>**2:30** CRAFT CORNER<br>**3:30** NOODLE BALL<br>**6:00** MOVIE MATINEE |
| **15**<br>**9:00** DAILY CHRONICLES<br>**10:00** VIRTUAL CHURCH (YOUTUBE)<br>**11:00** GOSPEL SING A LONG<br>**2:00** MOVIE AND POPCORN<br>**5:00** SENSORY BINS | **16**<br>**10:30** RELAX AND READ<br>**11:00** THE COLORING CORNER<br>**11:20** HYDRATION AND SNACKS<br>**2:30** MOVIE AND POPCORN<br>**6:00** READING GROUP | **17**<br>**10:30** SITTERCISE<br>**11:00** HYDRATION AND SNACK<br>**11:15** FRUIT BLEND CAFE<br>**1:00** COME FEEL THE BEAT, MUSIC HOUR with HALLIE HARDY<br>**2:00** KNOWLEDGE BOWL<br>**3:00** BINGO | **18**<br>**10:30** SITTERCISE<br>**11:15** HYDRATION AND SNACK<br>**11:30** COURTYARD CHAIR VOLLEYBALL<br>**2:00** MOVIE MATINEE<br>**6:00** GENTLE HAND THERAPY | **19**<br>**10:45** BAKING<br>**11:30** READY SET STACK!<br>**2:00** THE PUTTING GREEN<br>**3:00** AFTERNOON SNACK AND HYDRATION<br>**3:15** BINGO<br>**6:00** SENSORY BINS | **20**<br>**10:30** ARRANGE FLOWERS<br>**11:15** HYDRATION AND SNACKS<br>**11:30** FRI-YAY FAVORITES<br>**1:00** LIVE MUSIC BY BILLY FREDERICK<br>**2:00** CHEF<br>**2:30** HAPPY HOUR with LIVE MUSIC by BILLY FREDERICK<br>**3:30** BALLOON TOSS<br>**6:00** COMFORT HAND CARE | **21**<br>**10:30** SIT AND FIT<br>**11:00** MORNING WALK<br>**2:30** KICKBALL IN THE COURTYARD<br>**3:30** RING TOSS<br>**6:00** MOVIE MATINEE |
| **22**<br>**9:00** DAILY CHRONICLES<br>**10:00** VIRTUAL CHURCH (YOUTUBE)<br>**11:00** GOSPEL SING A LONG<br>**2:00** MOVIE AND POPCORN<br>**5:00** SENSORY BINS | **23**<br>**10:30** BROWSE AND CHAT<br>**11:00** THE COLORING CORNER<br>**11:20** HYDRATION AND SNACKS<br>**2:30** MOVIE AND POPCORN<br>**6:00** READING GROUP | **24**<br>**10:30** SEATED STRETCH AND STRENGTH<br>**11:00** HYDRATION AND SNACK<br>**11:15** SMOOTHIE PARLOR<br>**1:00** COME FEEL THE BEAT, MUSIC HOUR with HALLIE HARDY<br>**2:00** BRAIN GAMES<br>**3:00** BINGO | **25**<br>**10:30** AROUND THE TOWN ADVENTURE<br>**11:20** HYDRATION AND SNACK<br>**11:30** WORDS OF THE ALPHABET (WHITEBOARD)<br>**2:00** PRETTY NAILS AND SMILES<br>**3:00** GLAMOUR HOUR<br>**6:00** SOOTHING HAND CARE | **26**<br>**10:45** BAKING WORKSHOP<br>**11:30** PUZZLE PALS<br>**2:00** FINISH THE PHRASE<br>**3:00** AFTERNOON SNACK AND HYDRATION<br>**3:15** BINGO<br>**6:00** ACTIVITY BOXES | **27**<br>**10:30** FLOWER DESIGN TIME<br>**11:15** HYDRATION AND SNACKS<br>**11:30** WOULD YOU RATHER<br>**2:00** CHEF<br>**3:00** SUNSET SIPS<br>**3:30** BALLOON TOSS<br>**6:00** EXPLORATION BIN | **28**<br>**10:30** SIT AND FIT<br>**11:00** TRIVIA<br>**2:30** GUESS THE ANIMAL BY SOUND<br>**3:00** BINGO<br>**6:00** MOVIE MATINEE |
| **29**<br>**9:00** DAILY CHRONICLES<br>**10:00** VIRTUAL CHURCH (YOUTUBE)<br>**11:00** GOSPEL SING A LONG<br>**2:00** MOVIE AND POPCORN<br>**5:00** SENSORY BINS | **30**<br>**10:30** MAGAZINE TIME<br>**11:00** THE COLORING CORNER<br>**11:20** HYDRATION AND SNACKS<br>**2:30** MOVIE AND POPCORN<br>**6:00** READING GROUP | | | | | |