Chaparral Winds
Senior Living Community
Elements

Elements Neighborhood

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **9:00** Chair Excercise (T) **10:00** Bingo (DR) **1:00** White Board Games (DR) **6:00** Puzzles (DR)	**2** **9:45** Stretching (T) **10:00** Bingo (AR) **1:00** Exercise with Jessica (AL) **2:30** Brain Aerobics (T) **3:00** Story Time (T) **6:00** Light Stretching & Meditation (T)	**3** **9:30** Morning Stroll **10:00** Bingo (AR) **12:30** Bouncy Britches (T) **2:00** Floor Scrabble (T) **3:00** Manicures (AR) **6:00** Movie & Popcorn (T)	**4** **9:00** Bible Study with Tony (AL) **10:00** Noodle Knockout (T) **11:00** Red Lobster lunch outing **2:30** Chair Exercise With Weights (ALAR) **3:15** Relaxing Art & Music (AL) **6:00** Light Stretching & Meditation (T)	**5** **9:30** Morning Stroll **10:00** Gardening (AR) **1:00** Sip & Paint (AR) **2:00** Chair Excercise (T) **3:00** Brain Aerobics (T) **6:00** Movie & Popcorn (T)	**6** **9:00** Donuts & Coffee (DR) **10:00** Bingo with Dianne (AR) **12:00** Manicures (AR) **1:00** Puzzles (AR) **1:30** Music & Movement with Darlene (DR) **3:00** Armchair Travel (T) **6:00** Light Stretching & Meditation (T)	**7** **10:00** Chair Excercise (T) **2:00** Bingo (DR) **5:00** Relaxing Art & Music **6:00** Movie & Popcorn (T)
8 **9:00** Chair Excercise (T) **10:00** Bingo (DR) **1:00** White Board Games (DR) **6:00** Puzzles (DR)	**9** **9:45** Stretching (T) **10:00** Bingo (AR) **12:15** Brain Aerobics **1:00** Exercise with Jessica (AL) **2:00** Parfait Bar (T) **3:00** Story Time (T) **6:00** Light Stretching & Meditation (T)	**10** **9:30** Morning Stroll **10:00** Bingo (AR) **1:00** Activity Store (AL) **2:00** Trivia (AR) **3:00** Manicures (AR) **6:00** Movie & Popcorn (T)	**11** **9:00** Bible Study with Tony (AL) **9:00** Veterans Pinning Ceremony (FL) **10:00** Noodle Knockout (T) **2:30** Chair Drumming Exercise (T) **3:15** Relaxing Art & Music (AL) **6:00** Light Stretching & Meditation (T)	**12** **9:30** Morning Stroll **10:00** Gardening (AR) **1:00** Christmas Wreath craft (AR) **2:00** Entertainment (Julius A.) (AL) **2:00** Pet Therapy with Rosie (HOW) (T) **3:00** Brain Aerobics (T) **6:00** Movie & Popcorn (T)	**13** **9:00** Donuts & Coffee (DR) **10:00** Bingo with Dianne (AR) **12:00** Manicures **1:00** Cruising and Views **2:00** Music & Movement with Darlene (AL) **3:00** Story Time (T) **6:00** Light Stretching & Meditation (T)	**14** **10:00** Chair Excercise (T) **2:00** Bingo (DR) **5:00** Relaxing Art & Music **6:00** Movie & Popcorn (T)
15 **9:00** Chair Excercise (T) **10:00** Bingo (DR) **1:00** White Board Games (DR) **6:00** Puzzles (DR)	**16** **9:45** Stretching (T) **10:00** Bingo (AR) **1:00** Exercise with Jessica (AL) **2:00** Entertainment (Ronnie Lee) (T) **3:00** Story Time (T) **6:00** Light Stretching & Meditation (T)	**17** **9:30** Morning Stroll **10:00** Bingo (AR) **12:30** Bouncy Britches (T) **2:00** Brain Aerobics (DR) **3:00** Manicures (AR) **6:00** Movie & Popcorn (T)	**18** **9:00** Bible Study with Tony (AL) **10:00** Noodle Knockout (T) **11:00** Lunch at Surprise park **2:30** Chair Exercise With Weights (ALAR) **3:15** Relaxing Art & Music (AL) **6:00** Light Stretching & Meditation (T)	**19** **9:30** Morning Stroll **10:00** Gardening (AR) **12:00** Manicures (AR) **1:30** Sun City Poms (IL) **3:00** Brain Aerobics (T) **4:00** Memory Support Group (See Flyer) (MSL) **6:00** Movie & Popcorn (T)	**20** **9:00** Donuts & Coffee (DR) **10:00** Bingo with Dianne (AR) **12:00** November Birthday lunch (B) **1:00** Puzzles (AR) **1:30** Music & Movement with Darlene (DR) **3:00** Story Time (T) **6:00** Light Stretching & Meditation (T)	**21** **10:00** Chair Excercise (T) **2:00** Bingo (DR) **5:00** Relaxing Art & Music **6:00** Movie & Popcorn (T)
22 **9:00** Chair Excercise (T) **10:00** Bingo (DR) **1:00** White Board Games (DR) **6:00** Puzzles (DR)	**23** **9:45** Stretching (T) **10:00** Bingo (AR) **12:15** Coffee & Chat **1:00** Exercise with Jessica (AL) **2:00** Flute performance (AL) **3:00** Story Time (T) **6:00** Light Stretching & Meditation (T)	**24** **9:30** Morning Stroll **10:00** Bingo (AR) **12:15** Name that tune **1:00** Activity Store (AL) **2:00** Thanksgiving Service (AL) **3:00** Manicures (AR) **6:00** Movie & Popcorn (T)	**25** **9:00** Bible Study with Tony (AL) **10:00** Noodle Knockout (T) **11:00** Long horn lunch outing **2:30** Chair Drumming Exercise (T) **3:15** Relaxing Art & Music (AL) **6:00** Light Stretching & Meditation (T)	**26** **9:30** Morning Stroll **10:00** Gardening (AR) **2:00** Pet Therapy with Rosie (HOW) (T) **3:00** Brain Aerobics (T) **6:00** Movie & Popcorn (T)	**27** **9:00** Donuts & Coffee (DR) **10:00** Bingo with Dianne (AR) **1:00** Puzzles (AR) **2:00** Music & Movement with Darlene (AL) **3:00** Story Time (T) **6:00** Light Stretching & Meditation (T)	**28** **10:00** Chair Excercise (T) **2:00** Bingo (DR) **5:00** Relaxing Art & Music **6:00** Movie & Popcorn (T)
29 **9:00** Chair Excercise (T) **10:00** Bingo (DR) **1:00** White Board Games (DR) **6:00** Puzzles (DR)	**30** **9:45** Stretching (T) **10:00** Bingo (AR) **1:00** Exercise with Jessica (AL) **2:30** Brain Aerobics (T) **3:00** Story Time (T) **6:00** Light Stretching & Meditation (T)					

Happy Birthday! | **Angela P. – 18th**

All Events Are Subject To Change

Location Key:

AR = Activity Room
T = Theater
DR = Dining Room
CY = Courtyard
B = Bistro
L = Lounge
IL = Independent Living
PDR = Private Dining Room
AL = Assisted Living
MSL = Memory Support Lounge