Calendar of Events — Assisted Living

November 2026

Senior Star at Elmore Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Daylight Saving Time Begins** **ShapeMaster Room Open** 8:00 Church Shuttle: List of Churches at Front Desk [ML] 2:00 Porch Pals: Meet on the Porch & Chat [ALFP] 2:15 **Bingo [ALFR]** 4:00 Shoot Pool with a Friend! 6:00 Movie Night: Meet & Choose the Movie! [TH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**2** **ShapeMaster Room Open** **9:00** Target Shopping Trip (RSVP) [ML] **10:00** **Therapy Dog Visit [PR]** 10:30 Chair Exercise [3S] 1:00 Hand & Foot Card Club [3rd N.] 2:00 Dominoes with Friends! [PR] 3:15 **Monday Mocktail & Mixer: Strawberry Daiquiri Slush [ALDR]** 6:15 Card Club: Meet & Play Cards with Friends [CL]	**3** **Election Day** **ShapeMaster Room Open** 9:00 Walgreens Outing (RSVP 24hrs in Advance) 9:15 Coffee & Conversation [PR] 9:30 Library Visit: Return your Books! 9:45 **Outing: Election Day Voting *Must RSVP 24hrs Before & have a Valid ID or Voting Pin #* [ML]** 9:45 Strength Building Class [3S] 10:30 Light 'N' Lively Exercise [3S] 12:00 *Rock Steady Boxing (Parkinson's Specific Class) [3S]* 1:30 **Baking Club: Pecan Pie Bars [PR]** 2:00 Covid Vaccine Clinic [ALFR] 3:00 Planting Tulips in the Front Lawn [ALFP] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**4** **ShapeMaster Room Open** 9:30 **Bible Study with Pastor Paul [CH]** 10:00 Hy-Vee Outing (RSVP 24 Hrs in Advance) [LBY] 10:30 Chair Exercise: Drums Alive! [3S] 10:45 Laughter Yoga & Guided Meditation [3S] 12:30 Play Shuffleboard with a Friend! 1:00 Learning Mahjong led by Delma [PR] 2:00 **Bingo! [ALFR]** 6:15 Card Club: Meet & Play Cards with Friends [CL]	**5** **ShapeMaster Room Open** 9:45 Strength Building Class [3S] 10:30 Sittercize Exercise [3S] 12:00 *Rock Steady Boxing (Parkinson's Specific Class) [3S]* 12:30 Book Club: Bring Current Book Your Reading [ALFR] *1:00 Catholic Mass (IL) [ILDR]* 1:30 Let's Play Euchre! [PR] **3:00** **Happy Hour with Glenda! (Piano) [DR]** 6:15 Card Club: Meet & Play Cards with Friends [CL]	**6** **ShapeMaster Room Open** 10:00 Communion [ALFR] 10:30 Zumba (Chair Exercise) [3rd] 11:00 **Lunch Outing: Biaggi's RSVP REQ'D ($) [ML]** 2:15 Healthy Habits Club: Mix, Move & Improve [3S] 3:00 Trivia in the Popcorn Room! [PR] 6:00 Movie Night: Meet & Choose the Movie! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**7** **ShapeMaster Room Open** 9:30 Boredom Buster Packet- Pick up at Front Desk! [FD] 10:00 Meet Friends for Coffee [PR] 12:30 **Cruising the QC - Sign up at Front Desk! [ML]** 1:00 Resident Led: Walking Club [ML] 3:00 Puzzles, Puzzles, Puzzles! [2] 6:00 Movie Night: Resident Pick! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]
8 **ShapeMaster Room Open** 8:00 Church Shuttle: List of Churches at Front Desk [ML] 11:00 Boredom Buster Packet- Pick up at Front Desk! **1:00** **Non-Denominational Service with Pastor Paul** 3:00 Lobby Pals: Meet in the Lobby & Chat! [ML] 4:00 Shoot Pool with a Friend! 6:00 Movie Night: Meet & Choose the Movie! [TH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**9** **ShapeMaster Room Open** **9:00** Target Shopping Trip (RSVP) [ML] 9:45 Virtual Travel to Tahiti Video [ALTH] 10:30 Chair Exercise [3S] 1:00 Hand & Foot Card Club [3rd N.] 2:00 Penny Pitching for Prizes! [PR] 3:15 **Monday Mocktail & Mixer: Pina Colada Slush [ALDR]** 6:15 Card Club: Meet & Play Cards with Friends [CL]	**10** **ShapeMaster Room Open** *9:15* ***Food Forum: Dining Feedback Meeting [ALFR]*** 9:45 Strength Building Class [3S] 10:30 Light 'N' Lively Exercise [3S] 12:00 *Rock Steady Boxing (Parkinson's Specific Class) [3S]* 12:30 **Book Club Outing: Bettendorf Library [ML]** 2:30 **Baking Club: Stone's Apple Butter Cookies [PR]** 6:15 Card Club: Meet & Play Cards with Friends [CL]	**11** **ShapeMaster Room Open** **Veterans Day** 9:45 Balloon Volleyball [3S] 10:00 Hy-Vee Outing (RSVP 24 Hrs in Advance) [LBY] 10:30 Chair Exercise [3S] 11:00 **Veteran's Day Luncheon in IL (Must RSVP at Front Desk)** 1:00 Learning Mahjong led by Delma [PR] 2:00 **Bingo! [ALFR]** 3:00 Shoot Pool with a Friend! 6:15 Card Club: Meet & Play Cards with Friends [CL]	**12** **ShapeMaster Room Open** 9:45 Strength Building Class [3S] 10:30 Sittercize Exercise [3S] 12:00 *Rock Steady Boxing (Parkinson's Specific Class) [3S]* 12:30 How to's: 3 Handed Euchre [PR] 1:30 Let's Play Euchre! [PR] **3:00** **Happy Hour with Ron Lubbers! [DR]** 6:15 Card Club: Meet & Play Cards with Friends [CL]	**13** **ShapeMaster Room Open** 10:00 Communion [ALFR] 10:30 Zumba (Chair Exercise) [3rd] 11:00 **Lunch Outing: Sizzle & Smash Burgers (New!) RSVP REQ'D ($) [ML]** 2:00 Guess the Word Trivia [ALFR] 3:00 Trivia in the Popcorn Room! [PR] 6:00 Movie Night: Meet & Choose the Movie! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**14** **ShapeMaster Room Open** 9:00 Read the Newspaper [ML] 10:00 Meet Friends for Coffee [PR] 12:30 **Cruising the QC - Sign up at Front Desk! [ML]** 1:00 Resident Led: Walking Club [ML] 3:00 Puzzles, Puzzles, Puzzles! [2] 6:00 Movie Night: Resident Pick! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]
15 **ShapeMaster Room Open** 8:00 Church Shuttle: List of Churches at Front Desk [ML] 2:00 Porch Pals: Meet on the Porch & Chat [ALFP] 2:15 Bingo with Jasmine [ALFR] 4:00 Shoot Pool with a Friend! 6:00 Movie Night: Meet & Choose the Movie! [TH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**16** **ShapeMaster Room Open** **9:00** Target Shopping Trip (RSVP) [ML] 10:30 Chair Exercise [3S] 1:00 Hand & Foot Card Club [3rd N.] 2:00 Dominoes with Friends! [PR] **3:00** **Alzheimer's / Dementia Care Giver Support Group [ALFR]** 3:15 **Monday Mocktail & Mixer: Frozen Margaritas [ALDR]** 6:15 Card Club: Meet & Play Cards with Friends [CL]	**17** **ShapeMaster Room Open** 9:00 Walgreens Outing (RSVP 24hrs in Advance) 9:30 Coffee & Conversation [PR] 9:45 Strength Building Class [3S] 10:30 Light 'N' Lively Exercise [3S] 12:00 *Rock Steady Boxing (Parkinson's Specific Class) [3S]* 1:30 **Baking Club: Pumpkin Poke Cake [PR]** 3:00 Nail Painting with Baylee [PR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**18** **ShapeMaster Room Open** 9:30 **Bible Study with Pastor Paul [CH]** 10:00 Hy-Vee Outing (RSVP 24 Hrs in Advance) [LBY] 10:30 Chair Exercise: Drums Alive! [3S] 10:45 Laughter Yoga & Guided Meditation [3S] 12:30 Play Shuffleboard with a Friend! 1:00 Learning Mahjong led by Delma [PR] 2:00 **Bingo! [ALFR]** 3:30 Tech Helper: Bring Tech for Help & Tips! [PR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**19** **ShapeMaster Room Open** 9:45 Strength Building Class [3S] 10:30 Sittercize Exercise [3S] 12:00 *Rock Steady Boxing (Parkinson's Specific Class) [3S]* 12:30 **Festival of Trees Outing - RSVP Req'd at Front Desk [ML]** 1:30 Resident Led: Let's Play Euchre! [PR] **3:00** **Harvest Happy Hour with Jordan Danielsen [DR]** 6:15 Card Club: Meet & Play Cards with Friends [CL]	**20** **ShapeMaster Room Open** 10:00 Communion [ALFR] 10:30 Chair Exercise [3rd] 11:00 **Lunch Outing: Jersey Grille RSVP REQ'D ($) [ML]** 2:00 Variety Pie Social [PR] 3:00 Trivia in the Popcorn Room! [PR] 6:00 Movie Night: Meet & Choose the Movie! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**21** **ShapeMaster Room Open** 9:30 Boredom Buster Packet- Pick up at Front Desk! [FD] 10:00 Meet Friends for Coffee [PR] 12:30 **Cruising the QC - Sign up at Front Desk! [ML]** 1:00 Resident Led: Walking Club [ML] 3:00 Puzzles, Puzzles, Puzzles! [2] 6:00 Movie Night: Resident Pick! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]
22 **ShapeMaster Room Open** 8:00 Church Shuttle: List of Churches at Front Desk [ML] 11:00 Boredom Buster Packet- Pick up at Front Desk! 3:00 Lobby Pals: Meet in the Lobby & Chat! [ML] 4:00 Shoot Pool with a Friend! 6:00 Movie Night: Meet & Choose the Movie! [TH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**23** **ShapeMaster Room Open** **9:00** Target Shopping Trip (RSVP) [ML] 10:30 Chair Exercise [3S] 12:30 Variety Snacks Around the World: Choose, Grab & Go [ALDR] 1:00 Hand & Foot Card Club [3rd N.] 2:30 How to's & Play: Rummikub [PR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**24** **ShapeMaster Room Open** 9:30 Coffee & Conversation [PR] 9:45 Strength Building Class [3S] 10:30 Light 'N' Lively Exercise [3S] 12:00 *Rock Steady Boxing (Parkinson's Specific Class) [3S]* 1:30 **Baking Club: Apple Cider Muffins [PR]** 3:00 Trivia in the Popcorn Room! [PR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**25** **ShapeMaster Room Open** 9:45 Balloon Volleyball [3S] 10:00 Hy-Vee Outing (RSVP 24 Hrs in Advance) [LBY] 10:30 Chair Exercise [3S] 1:00 Learning Mahjong led by Delma [PR] 2:00 **Bingo! [ALFR]** 4:30 Tahiti Themed Dinner [ALDR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**26** **ShapeMaster Room Open** **Thanksgiving** 9:30 Thanksgiving Boredom Packet (See Front Desk) [FD] 11:30 **Thanksgiving Buffet [DR]** 12:00 *Rock Steady Boxing (Parkinson's Specific Class) [3S]* 2:00 Residents Lead: Let's Play Euchre! [PR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**27** **ShapeMaster Room Open** 9:00 Walk the Halls with a Friend! [ML] 10:00 Communion [ALFR] 10:30 Zumba (Chair Exercise) [3rd] 2:30 Shoot Pool with a Friend! 3:30 Crosswords with a Friend *See Front Desk* [PR] 6:00 Movie Night: Meet & Choose the Movie! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**28** **ShapeMaster Room Open** 9:00 Read the Newspaper [ML] 10:00 Meet Friends for Coffee [PR] 12:30 **Cruising the QC - Sign up at Front Desk! [ML]** 1:00 Resident Led: Walking Club [ML] 3:00 Puzzles, Puzzles, Puzzles! [2] 6:00 Movie Night: Resident Pick! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]
29 **ShapeMaster Room Open** 8:00 Church Shuttle: List of Churches at Front Desk [ML] 2:00 Porch Pals: Meet on the Porch & Chat [ALFP] 2:15 Bingo with Jasmine [ALFR] 4:00 Shoot Pool with a Friend! 6:00 Movie Night: Meet & Choose the Movie! [TH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	**30** **ShapeMaster Room Open** **9:00** Target Shopping Trip (RSVP) [ML] 10:30 Chair Exercise [3S] 1:00 Hand & Foot Card Club [3rd N.] **1:00** **Town Hall Meeting with Annette [ALFR]** 1:30 Dominoes with Friends! [PR] 3:15 **Monday Mocktail & Mixer: Frosty Nog [ALDR]** 6:15 Card Club: Meet & Play Cards with Friends [CL]					

Rock Steady Boxing

A Parkinson's Specific Exercise class now offered on Tuesday's & Thursday's from 12pm- 1pm in Assisted Living (3rd Floor)

Give Parkinson's Disease a good PUNCH and have fun while doing it!

Location Keys

2nd Floor Puzzle Area	2
3rd Floor	3rd
3rd Floor Card Lounge	CL
3rd Floor Exercise Area	3S
3rd Floor North	3rd N.
Assisted Living Dining Room	ALDR
Assisted Living Family Room (2nd Floor)	ALFR
Assisted Living Front Porch	ALFP
Assisted Living Theater (1st Floor)	ALTH
Chapel	CH
Dining Room	DR
Front Desk	FD
IL Dining Room	ILDR
Lobby	LBY
Meet in Lobby	ML
Ramsay Room	RR

Brain Power
Exercise & Movement
Expression
Inner Strength
Nourishment & Health
Socialization
Spirituality

The ShapeMaster® Equipment Is Available for Use 24 Hours/Day, Seven Days/Week, In the Fitness Center.

Senior Star ELMORE PLACE
INDEPENDENT • ASSISTED • MEMORY