Calendar of Events — Independent Living

November 2026

Senior Star at Elmore Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Daylight Saving Time Begins** **Daylight Savings Time - Fall Back** 8:00a Church Transportation [ML] 11:30 Walk with a Neighbor! [ML] 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:00 Jigsaw Puzzles [PL]	**2** 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:00 Target Trip (RSVP 24 hours in Advance) [ML] 9:45 Sit & Be Fit [MR] 10:15 Mindful Mediation [MR] *11:00 Therapy Dog Visit [B/L]* **11:30 Cooking with Kate: Pizza Roll Pinwheels [ILDR]** 1:15 Advanced Tai Chi with Nichol [MR] 1:45 Beginner Tai Chi [MR] 2:30 Travelogue Video: Tahiti [B/L]	**3** **Election Day** 8:30 Wordscapes with Kate [B/L] 9:00 Drums Alive [MR] 9:30 Visit from the Library [B/L] 9:45 Light & Lively [MR] 10:30 Rosary [MR] 11:00 Open Swim w/ a Buddy [P] **12:00 25 Cent Double Card Bingo! [ILDR]** **1:00 Food Forum - Dining Room Feedback Meeting [ILDR]** 2:00 Balance Improv. Class [MR] 2:30 'Not your typical' Current Events with Kate [B/L] 3:30 Zumba w/ Nichol [MR]	**4** 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:45 Exercises + Balloon Volleyball [MR] 10:00 Hy-Vee Outing (RSVP 24 hours in Advance) [ML] *10:45 Bible Study with Paul [ILDR]* 11:00 *Plus 60 Group - Tai Chi (Marketing Event) [ILDR]* 12:30 Jeopardy [B/L] 1:00 Let's Play Cards: Poker for Beginners 2:00 Mobility & Motion - Stretching Class [ILDR]	**5** 8:30 Wordscapes with Kate [B/L] 9:45 Small Ball Exercises [MR] 11:00 Devotionals Group: Chicken Soup for the Soul Stories [B/L] 11:00 Open Swim w/ a Buddy [P] ***1:00 Catholic Mass (IL) [ILDR]*** 2:00 25 Cent Bingo [ILDR] 3:00 Hand Craft Group (Quilting, Crocheting, Knitting, etc.) [2nd Floor]	**6** 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:45 Sit & Be Fit [MR] 10:15 Mindful Meditation [MR] 11:00 Brain & Body Boost *NEW CLASS* [MR] **11:15 Lunch Outing: Biaggi's(RSVP Req'd) [ML]** 1:00 Let's play Cards: Euchre for Beginners [CR] 2:00 Happy Hour [ML] 6:00 Kings in the Corner Card Game (Beginner Cards)	**7** 10:00 Resident Led Balloon Volleyball [MR] 11:00 Walking Club [ML] **1:00 Mexican Train Dominoes** 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:30 Coffee & Conversation [B/L] 6:00 Movie Night - See Monthly Movie Showings Sign :) [B/L]
8 8:00a Church Transportation [ML] 11:30 Walk with a Neighbor! [ML] **1:00 Non-Denominational Church Service with Pastor Paul - IL [MR]** 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:00 Jigsaw Puzzles [PL]	**9** 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:00 Target Trip (RSVP 24 hours in Advance) [ML] 9:45 Sit & Be Fit [MR] 10:15 Mindful Mediation [MR] **11:30 Cooking with Kate: Turkey Cranberry Sliders [ILDR]** 1:15 Advanced Tai Chi with Nichol [MR] 1:45 Beginner Tai Chi [MR] 2:30 Monday Mixer Social + Gratitude/ Thankful For Tree! [B/L]	**10** 9:00 Drums Alive [MR] 9:45 Light & Lively [MR] 10:30 Rosary [MR] 11:00 Open Swim w/ a Buddy [P] 11:00 Walgreen's Outing (RSVP 24hrs in Advance) [ML] **1:00 Non-Denominational Church Service with Beth [ILDR]** 2:00 Balance Improv. Class [MR] 2:30 Crafty Creations: Thank you Gifts for Veteran's Day [MR] 3:30 Zumba w/ Nichol [MR]	**11** **Veterans Day** 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 8:30 Wordscapes with Kate [B/L] 9:45 Exercises + Balloon Volleyball [MR] 10:00 Hy-Vee Outing (RSVP 24 hours in Advance) [ML] 11:00 Matter Of Balance Class (RSVP Req'd - Register at Front Desk) [MR] **11:30 Veteran's Day Luncheon (RSVP Req'd) [ILDR]** 1:00 Let's Play Cards: Poker for Beginners 2:00 Mobility & Motion - Stretching Class [ILDR] 2:30 'Not your typical' Current Events with Kate [B/L]	**12** 8:30 Wordscapes with Kate [B/L] 9:45 Small Ball Exercises [MR] 11:00 Open Swim w/ a Buddy [P] 12:00 25 Cent Bingo [ILDR] **1:15 November Birthday Party + Happy Hour with Entertainment by Ron Lubbers [ILDR]** 3:00 Hand Craft Group (Quilting, Crocheting, Knitting, etc.) [2nd Floor]	**13** 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:45 Sit & Be Fit [MR] 10:15 Mindful Meditation [MR] 11:00 Brain & Body Boost *NEW CLASS* [MR] **11:15 Lunch Outing: Sizzle & Smash (New!) (RSVP Req'd) [ML]** 1:00 Let's play Cards: Euchre for Beginners [CR] 2:00 Happy Hour [ML] 6:00 Kings in the Corner Card Game (Beginner Cards)	**14** 10:00 Resident Led Balloon Volleyball [MR] 11:00 Walking Club [ML] **1:00 Mexican Train Dominoes** 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:30 Coffee & Conversation [B/L] 6:00 Movie Night - See Monthly Movie Showings Sign :) [B/L]
15 8:00a Church Transportation [ML] 11:30 Walk with a Neighbor! [ML] 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:00 Jigsaw Puzzles [PL]	**16** 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:00 Target Trip (RSVP 24 hours in Advance) [ML] 9:45 Sit & Be Fit [MR] 10:15 Mindful Mediation [MR] **11:30 Cooking with Kate: Pecan Snowball Cookies [ILDR]** 1:15 Advanced Tai Chi with Nichol [MR] 1:45 Beginner Tai Chi [MR] 2:30 Monday Mixer Social + Classic Games [B/L] 3:00 Alzheimer's / Dementia Support Group [ALFR]	**17** 9:00 Drums Alive [MR] 9:45 Light & Lively [MR] 10:30 Rosary [MR] 11:00 Open Swim w/ a Buddy [P] **12:00 25 Cent Double Card Bingo! [ILDR]** 1:00 Nahant Marsh Presentation: Evergreens & Create your own Evergreen Wreath ($) [ILDR] 3:30 Zumba w/ Nichol [MR]	**18** 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 8:30 Wordscapes with Kate [B/L] 9:45 Exercises + Balloon Volleyball [MR] 10:00 Hy-Vee Outing (RSVP 24 hours in Advance) [ML] *10:45 Bible Study with Paul [ILDR]* 11:00 Matter Of Balance Class (RSVP Req'd - Register at Front Desk) [MR] 12:30 Jeopardy [B/L] 1:00 Let's Play Cards: Poker for Beginners 2:00 Mobility & Motion - Stretching Class [ILDR] 2:30 'Not your typical' Current Events with Kate [B/L]	**19** 8:30 Wordscapes with Kate [B/L] 9:45 Small Ball Exercises [MR] 11:00 Devotionals Group: Chicken Soup for the Soul Stories [B/L] 11:00 Open Swim w/ a Buddy [P] **12:30 Festival Of Trees Outing - Silver Bell Social (RSVP Req'd) [ML]** 3:00 Hand Craft Group (Quilting, Crocheting, Knitting, etc.) [2nd Floor]	**20** 8:00 Resident Led Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:45 Sit & Be Fit [MR] 10:15 Mindful Meditation [MR] **11:15 Lunch Outing: Jersey Grille (RSVP Req'd) [ML]** 1:00 Let's play Cards: Euchre for Beginners [CR] **2:00 Harvest Happy Hour with Entertainment by Tony Hoeppner! [ML]** 6:00 Kings in the Corner Card Game (Beginner Cards)	**21** 10:00 Resident Led Balloon Volleyball [MR] 11:00 Walking Club [ML] **1:00 Mexican Train Dominoes** 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:30 Coffee & Conversation [B/L] 6:00 Movie Night - See Monthly Movie Showings Sign :) [B/L]
22 8:00a Church Transportation [ML] 11:30 Walk with a Neighbor! [ML] 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:00 Jigsaw Puzzles [PL]	**23** 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:00 Target Trip (RSVP 24 hours in Advance) [ML] 9:45 Sit & Be Fit [MR] 10:15 Mindful Mediation [MR] **12:00 A Cozy Flannel Friends-Giving (RSVP Req'd) [ILDR]** 1:15 Advanced Tai Chi with Nichol [MR] 1:45 Beginner Tai Chi [MR] 2:30 Monday Mixer Social Hour & Reminiscing: Thanksgiving Holiday Traditions [B/L]	**24** 9:00 Drums Alive [MR] 9:45 Light & Lively [MR] 10:30 Rosary [MR] 11:00 Open Swim w/ a Buddy [P] 11:00 Walgreen's Outing (RSVP 24hrs in Advance) [ML] **12:00 25 Cent Bingo [ILDR]** 2:00 Balance Improv. Class [MR] **2:30 Universal Yum Box: Columbia [B/L]** 3:30 Zumba w/ Nichol [MR]	**25** 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 8:30 Wordscapes with Kate [B/L] 9:45 Exercises + Balloon Volleyball [MR] 10:00 Hy-Vee Outing (RSVP 24 hours in Advance) [ML] 11:00 Matter Of Balance Class (RSVP Req'd - Register at Front Desk) [MR] 12:30 Jeopardy [B/L] 1:00 Let's Play Cards: Poker for Beginners 2:00 Mobility & Motion - Stretching Class [ILDR] 2:30 Book Club Discussion [B/L]	**26** **Thanksgiving** 7:00 Macy's Thanksgiving Day Parade 9:45 Resident Led Small Ball Exercises [MR] 11:00 Open Swim w/ a Buddy [P] **11:30 Thanksgiving Meal [ILDR]** 3:00 Hand Craft Group (Quilting, Crocheting, Knitting, etc.) [2nd Floor]	**27** 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:45 Sit & Be Fit [MR] 10:15 Mindful Meditation [MR] 11:00 Brain & Body Boost *NEW CLASS* [MR] 1:00 Let's play Cards: Euchre for Beginners [CR] **2:00 Happy Hour with Entertainment by Jordan Danielsen [ML]** 6:00 Kings in the Corner Card Game (Beginner Cards)	**28** 10:00 Resident Led Balloon Volleyball [MR] 11:00 Walking Club [ML] **1:00 Mexican Train Dominoes** 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:30 Coffee & Conversation [B/L] 6:00 Movie Night - See Monthly Movie Showings Sign :) [B/L]
29 8:00a Church Transportation [ML] 11:30 Walk with a Neighbor! [ML] 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:00 Jigsaw Puzzles [PL]	**30** 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:00 Target Trip (RSVP 24 hours in Advance) [ML] 9:45 Sit & Be Fit [MR] 10:15 Mindful Mediation [MR] **11:30 Cooking with Kate: Gingerbread Cookies [ILDR]** **2:00 Town Hall Meeting w/ Executive Director Annette Martinez [ILDR]** 2:30 Monday Mixer Social & Christmas Tree Decorating! [B/L]					

Location Keys

2nd Floor Card Room	CR
2nd Floor Table by Rm 210	2nd Floor
Assisted Living Family Room (2nd Floor)	ALFR
Bar/Lounge	B/L
IL Dining Room	ILDR
Meet in Lobby	ML
Multipurpose Room (2nd Floor)	MR
Pool	P
Pool Table	PT
Puzzle Lounge (By Rm 115)	PL

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

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!

Dividat Senso is a cognitive-motor training program that is suitable for everyone who wants to strengthen physical-cognitive interplay! It is used for prevention, as well as in therapy & rehabilitation!

Sign up today & find the joy in play, with benefits for your whole body!

Resident Birthdays

Dorothy B.	11/23
John P.	11/23
Joanne S.	11/24
James S.	11/28