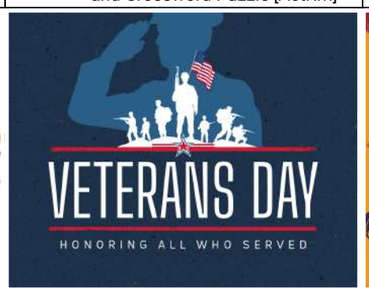
# November 2026
## Assisted Living

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>**Daylight Saving Time Begins**<br>**Novembers Can Food Drive Starts**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Church Services [4LR]<br>10:00 Parkinson's Morning Workout [ActRm]<br>10:30 Beading [ActRm]<br>1:30 Coffee & Tea Social [1stFLDR]<br>3:30 Bingo [1stFLDR]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **2**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>1:00 Neighborhood Walk [Dependent on Weather] [L]<br>2:15 Music of your Choice [ActRm]<br>3:00 Reading with Fran [ActRm]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **3**<br>**Election Day**<br>9:00 Morning TV News [ActRm]<br>**9:30 Bus on Appointment**<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>2:30 Relaxing Puzzles [GAME]<br>3:00 Sing along with the Caregivers [ActRm]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **4**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>**10:00 Shopping Outing - Village Merchant [SU]**<br>**2:00 Food Forum with Ruddy [1stFLDR]**<br>**2:15 Cozy Country Matinee: Heartstrings [ActRm]**<br>3:30 Peter's DJ Hour [ActRm]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **5**<br>**Gila A. Birthday**<br>**9:00 Bus on Appointment**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>11:00 Sing-a-longs [ActRm]<br>1:30 Baby Shower for Mariama [MCAct]<br>3:30 Bingo [1stFLDR]<br>6:00 PDX Vox [1stFLDR] | **6**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>11:00 Make a Gratitude Tree [ActRm]<br>2:00 After Lunch Stretching with Amanda<br>4:00 Happy Hour with John & Karin [1stFLDR]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **7**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>1:00 Table arrangement for Thanksgiving [1stFLDR]<br>2:00 Afternoon Matinee - Sweet November [4LR]<br>4:15 Watering All the Plants [Outdoors]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] |
| **8**<br>**National Cappuccino Day**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>10:30 Beading [ActRm]<br>**1:00 Raiders VS 49ers [4LR]**<br>1:30 Mobile Hot Cocoa Bar [1stFLDR]<br>3:30 Bingo [1stFLDR]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **9**<br>**Raymond R. Birthday**<br>**9:00 Bus on Appointment**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>11:00 Neighborhood Walk [Dependent on Weather] [L]<br>2:15 Music of your Choice [ActRm]<br>3:00 Reading with Fran [ActRm]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **10**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>**11:00 Bus on Appointment**<br>2:30 Relaxing Puzzles [GAME]<br>**3:00 Cooking with Chef Ruddy [MCDH]**<br>3:00 Sing along with the Caregivers [ActRm]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **11**<br>**Veteran's Day**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>**11:00 Veterans day with Debbie [1stFLDR]**<br>**2:15 Activity Calendar Council [ActRm]**<br>**2:30 Resident Council Meeting [1stFLDR]**<br>3:30 Peter's DJ Hour [ActRm]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **12**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>11:00 Sing-a-longs [ActRm]<br>**1:00 Outing -The Oregon Rail Heritage Center [SU$]**<br>3:30 Bingo [1stFLDR]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **13**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>10:00 Shopping Outing - Safeway 45th & Woodstock [SU$]<br>11:00 Family Recipe Reminiscence [ActRm]<br>1:00 Fall Crafts with Fara [ActRm]<br>1:30 Neighborhood Walk [Dependent on Weather] [FD]<br>4:00 Happy Hour [1stFLDR]<br>6:30 After Dinner Relaxing coloring and | **14**<br>**Connie J. Birthday**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>**12:00 Elena with Cello [1stFLDR]**<br>2:00 Afternoon Matinee - Dead Poets Society [4LR]<br>4:00 Making mini Pies [1stFLDR]<br>4:15 Watering All the Plants [Outdoors]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] |
| **15**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>10:30 Beading [ActRm]<br>**1:00 Seahawks VS Raiders [1FP]**<br>1:30 Cozy Flannel & Cider Social [1stFLDR]<br>3:30 Bingo [1stFLDR]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **16**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>1:00 Neighborhood Walk [Dependent on Weather] [L]<br>2:15 Music of your Choice [ActRm]<br>3:00 Reading with Fran [ActRm]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **17**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>9:30 Outing - Scenic Drive [SU]<br>10:00 Parkinson's Morning Workout [ActRm]<br>**10:15 Bus on Appointment**<br>**12:00 Live Music with Phil Hall, Accordionist [1stFLDR]**<br>**2:00 Open House 2-4pm [1stFLDR]**<br>2:30 Relaxing Puzzles [GAME]<br>3:00 Sing along with the Caregivers [ActRm]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **18**<br>**National Princess Day**<br>**8:45 Bus on Appointment**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>**1:00 Shopping Outing - Goodwill [SU$]**<br>**2:15 Cozy Country Matinee: Heartstrings [ActRm]**<br>3:30 Peter's DJ Hour [ActRm]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **19**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>11:00 Lunch with the Firefighters<br>11:00 Sing-a-longs [ActRm]<br>3:30 Bingo [1stFLDR]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **20**<br>**7:30 Bus on Appointment**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>11:30 Neighborhood Walk [Dependent on Weather] [FD]<br>2:00 After Lunch Stretching with Amanda<br>4:00 Happy Hour [1stFLDR]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **21**<br>**National Gingerbread Cookie Day**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>1:00 Making Holiday Sock Gnomes [ActRm]<br>2:00 Afternoon Matinee - The Princess Bride [4LR]<br>4:15 Watering All the Plants [Outdoors]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] |
| **22**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>10:30 Beading [ActRm]<br>**11:30 Jazzy Thanksgiving Family Lunch 11:30 - 1:30Pm [1stFLDR]**<br>**1:00 Steelers VS Eagles [1stFLDR]**<br>3:30 Bingo [1stFLDR]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **23**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>11:00 Neighborhood Walk [Dependent on Weather] [L]<br>**1:00 Bus on Appointment [DrAppt]**<br>2:15 Music of your Choice [ActRm]<br>3:00 Reading with Fran [ActRm]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **24**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>11:30 Bus on appointment [DrAppt]<br>**12:30 Song Memories Live Music with Noel and Dana [1stFLDR]**<br>2:30 Relaxing Puzzles [GAME]<br>3:00 Sing along with the Caregivers [ActRm]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **25**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>**10:30 Bus on Appointment [DrAppt]**<br>**10:30 Donuts with Debbie [1stFLDR]**<br>**2:15 Cozy Country Matinee: Heartstrings [ActRm]**<br>3:30 Peter's DJ Hour [ActRm]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **26**<br>**Thanksgiving**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>11:00 Sing-a-longs [ActRm]<br>**12:15 Monthly Birthday Party [1stFLDR]**<br>3:30 Bingo [1stFLDR]<br>**5:30 Family Council Meeting [ActRm]**<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **27**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>9:30 Outing - Pittock Mansion Walk [SU$]<br>10:00 Parkinson's Morning Workout [ActRm]<br>11:30 Neighborhood Walk [Dependent on Weather] [FD]<br>4:00 Happy Hour [1stFLDR]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **28**<br>**National French Toast Day**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>1:30 Apple Crisp & Ice Cream Social [1stFLDR]<br>2:00 Afternoon Matinee - Planes, Trains & Automobiles [4LR]<br>4:15 Watering All the Plants [Outdoors]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] |
| **29**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>10:30 Beading [ActRm]<br>11:00 Come Share Our Holiday Tradition [ActRm]<br>1:30 Coffee & Tea Social [1stFLDR]<br>3:30 Bingo [1stFLDR]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | **30**<br>9:00 Morning TV News [ActRm]<br>9:30 Morning Seated Stretching [ActRm]<br>10:00 Parkinson's Morning Workout [ActRm]<br>11:00 Neighborhood Walk [Dependent on Weather] [L]<br>2:15 Music of your Choice [ActRm]<br>3:00 Reading with Fran [ActRm]<br>6:30 After Dinner Relaxing coloring and Crossword Puzzle [ActRm] | HAWTHORNE GARDENS<br>Senior Living Community | **Resident Birthdays**<br>Gila A. 11/5<br>Raymond R. 11/9<br>Connie J. 11/14 |  |  |  |

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