November 2026

Ross-Worthen

Activities are subject to change

SUN	MON	TUE	WED	THUR	FRI	SAT
1 *Daylight Savings Time Ends* 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Group Discussions: Normal Rockwell & his Freedom From Want Painting 1:30 Music Therapy with Gwen 1:30 Sensory Selections 2:30 Refreshments 3:00 Happy Headlines 3:00 Sensory Selections 4:30 Trivia 5:45 Feature Film	**2** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Music Therapy with Gwen 1:30 Sensory Selections 1:30 Music with Matt 2:30 Refreshments 3:00 Girl Scout Visit 3:00 Sensory Selections 5:45 Feature Film	**3** 10:00 Dance Movement Therapy with Julia 10:30 Sensory Selections 11:00 Hymn Sing with Chaplain Lisa 1:15 Fun With Fitness 1:30 Sensory Selections 2:30 Refreshments 3:00 Sensory Selections 3:15 Music Therapy with Gwen 4:15 Daily Chronicles & News 5:45 An Evening with Kim	**4** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Manicures with Kim 11:00 Music with Matt 1:30 Music Therapy with Gwen 1:30 Sensory Selections 2:30 Refreshments 3:00 Creative Corner 3:00 Sensory Selections 4:00 Happy Headlines 5:45 Feature Film	**5** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Remembering the Golden Age of Air Travel 1:30 Volleyballoon 1:30 Sensory Selections 2:30 Refreshments 3:00 White Board Word Games 3:00 Sensory Selections 4:00 Sentimental Sing-Alongs 5:45 Feature Film	**6** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Dance Movement Therapy with Julia 1:30 Sensory Selections 1:30 Music with Matt 2:30 Refreshments 3:00 Brain Games 3:00 Sensory Selections 4:00 Sentimental Sing-Alongs 5:45 Feature Film	**7** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 1:30 Volleyballoon 1:30 Live Entertainment with Clinton Degan 1:30 Sensory Selections 2:30 Refreshments 3:00 White Board Word Games 3:00 Sensory Selections 4:00 Sentimental Sing-Alongs 5:45 Feature Film
8 *Diwali* 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Group Discussions: The Art of Rene Magritte 1:30 Music Therapy with Gwen 1:30 Sensory Selections 2:30 Refreshments 3:00 Happy Headlines 3:00 Sensory Selections 4:30 Trivia 5:45 Feature Film	**9** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Music Therapy with Gwen 1:30 Sensory Selections 1:30 Music with Matt 2:30 Refreshments 3:00 Canada Remembers 3:00 Sensory Selections 4:00 Vinyl & Voices 4:30 Fun Facts 5:45 Feature Film	**10** 10:00 Dance Movement Therapy with Julia 10:30 Sensory Selections 1:15 Fun With Fitness 1:30 Sensory Selections 2:30 Refreshments 3:00 Sensory Selections 3:15 Music Therapy with Gwen 4:15 Daily Chronicles & News 5:45 An Evening with Kim	**11** *Veterans Day* 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Manicures with Kim 11:00 Music with Matt 1:30 Music Therapy with Gwen 1:30 Sensory Selections 2:30 Refreshments 3:00 Creative Corner 3:00 Sensory Selections 4:00 Profiles of Courage 5:45 Feature Film	**12** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Lifelong Learning: Tiny House Giant Plans 1:30 Live Entertainment with Denise Doucette 1:30 Sensory Selections 2:30 Refreshments 3:00 White Board Word Games 3:00 Sensory Selections 4:00 Sentimental Sing-Alongs 5:45 Feature Film	**13** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Dance Movement Therapy with Julia 1:30 Sensory Selections 1:30 Music with Matt 2:30 Refreshments 3:00 Brain Games 3:00 Sensory Selections 4:00 Sentimental Sing-Alongs 5:45 Feature Film	**14** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Lifelong Learning: An Aviation Where in the World 1:30 Volleyballoon 1:30 Sensory Selections 2:30 Refreshments 3:00 White Board Word Games 3:00 Sensory Selections 4:00 Sentimental Sing-Alongs 5:45 Feature Film
15 10:00 Daily Chronicles & News 10:30 Live Entertainment with Adam Feldman 10:30 Seated Exercises 10:30 Sensory Selections 11:30 Seated Exercises 1:30 Music Therapy with Gwen 1:30 Sensory Selections 2:30 Refreshments 3:00 Happy Headlines 3:00 Sensory Selections 4:30 Trivia 5:45 Feature Film	**16** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Barn Babies 1:30 Sensory Selections 1:30 Music with Matt 2:30 Refreshments 3:00 White Board Word Games 3:00 Sensory Selections 4:00 Music Therapy with Gwen 5:45 Feature Film	**17** 10:00 Dance Movement Therapy with Julia 10:30 Sensory Selections 11:00 Hymn Sing with Chaplain Lisa 1:15 Fun With Fitness 1:30 Sensory Selections 2:30 Refreshments 3:00 Sensory Selections 3:15 Music Therapy with Gwen 4:15 Daily Chronicles & News 5:45 An Evening with Kim	**18** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Manicures with Kim 11:00 Music with Matt 1:30 Music Therapy with Gwen 1:30 Sensory Selections 2:30 Refreshments 3:00 Creative Corner 3:00 Sensory Selections 4:00 Happy Headlines 5:45 Feature Film	**19** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 1:30 Volleyballoon 1:30 Sensory Selections 2:30 Refreshments 2:30 Communi-TEA 3:00 White Board Word Games 3:00 Sensory Selections 4:00 Sentimental Sing-Alongs 5:45 Feature Film	**20** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Dance Movement Therapy with Julia 1:30 Sensory Selections 1:30 Music with Matt 2:30 Refreshments 3:00 Brain Games 3:00 Sensory Selections 4:00 Sentimental Sing-Alongs 5:45 Feature Film	**21** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 1:30 Volleyballoon 1:30 Live Entertainment with Diane Dexter 1:30 Sensory Selections 2:30 Refreshments 3:00 White Board Word Games 3:00 Sensory Selections 4:00 Sentimental Sing-Alongs 5:45 Feature Film
22 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Group Discussions: Unexpected Places 1:30 Music Therapy with Gwen 1:30 Sensory Selections 2:30 Refreshments 3:00 Happy Headlines 3:00 Sensory Selections 4:30 Trivia 5:45 An Evening with Gwen	**23** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Music Therapy with Gwen 1:30 Sensory Selections 1:30 Music with Matt 2:30 Refreshments 3:00 White Board Word Games 3:00 Sensory Selections 4:00 Vinyl & Voices 4:30 Fun Facts 5:45 Feature Film	**24** 10:00 Dance Movement Therapy with Julia 10:30 Sensory Selections 11:00 Hymn Sing with Chaplain Lisa 1:15 Fun With Fitness 1:30 Sensory Selections 2:30 Refreshments 3:00 Sensory Selections 3:15 Music Therapy with Gwen 4:15 Daily Chronicles & News 5:45 An Evening with Kim	**25** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Manicures with Kim 11:00 Music with Matt 1:30 Music Therapy with Gwen 1:30 Sensory Selections 2:30 Refreshments 3:00 Creative Corner 3:00 Sensory Selections 4:00 Name That Tune of Thanks 5:45 Feature Film	**26** *Thanksgiving* 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 The Evolution of Stuffing 1:30 Sensory Selections 1:30 Unexpected Blessings 2:30 Refreshments 3:00 White Board Word Games 3:00 Sensory Selections 4:00 Sentimental Sing-Alongs 5:45 Feature Film	**27** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Dance Movement Therapy with Julia 1:30 Sensory Selections 1:30 Music with Matt 2:30 Refreshments 3:00 Brain Games 3:00 Sensory Selections 4:00 Sentimental Sing-Alongs 5:45 Feature Film	**28** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Volleyballoon 1:30 Live Entertainment with Clinton Degan 1:30 Sensory Selections 1:30 What Am I? 2:30 Refreshments 3:00 White Board Word Games 3:00 Sensory Selections 4:00 Sentimental Sing-Alongs 5:45 Feature Film
29 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Group Discussions: Gilded Gold - Airline Travel in the 50s & 60s 1:30 Music Therapy with Gwen 1:30 Sensory Selections 2:30 Refreshments 3:00 Happy Headlines 3:00 Sensory Selections 4:30 Trivia 5:45 An Evening with Gwen	**30** 10:00 Daily Chronicles & News 10:30 Seated Exercises 10:30 Sensory Selections 11:00 Music Therapy with Gwen 1:30 Sensory Selections 1:30 Music with Matt 2:30 Refreshments 3:00 White Board Word Games 3:00 Sensory Selections 4:00 Vinyl & Voices 4:30 Fun Facts 5:45 Feature Film					

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