# November 2026 Activities Calendar

*Gratitude, Wellness & Togetherness*

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>1:30 PM Movie Time<br>3 PM Social Time: Games, snacks and music. | **2**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>2 PM BINGO<br>3:30 PM Social Time: Games, snacks and music. | **3**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>2:00 PM Yoga & Sound Healing<br>3:30 PM social time: Games, snacks and music. | **4**<br>10 AM Scenic Drive<br>11 AM Coloring Page<br>11:30 AM Lunch<br>1:30 PM Movie Time<br>3 PM Root Beer Float<br>3:30 PM Games & Social Time | **5**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>2 PM BINGO<br>3:30PM Walking together around the neighborhood | **6**<br>10 AM Morning Stroll<br>11 AM Seated Exercise<br>1:30 PM Movie Time<br>3 PM Coffee Social<br>3:30 PM Word Search & Puzzle Games | **7**<br>10 AM Morning Stroll<br>11 AM Seated Exercise<br>1:30 PM Movie Time<br>2 PM BINGO<br>3:30 PM Word Search & Puzzle Games |
| **8**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>1:30 PM Movie Time<br>3 PM Social Time: Games, snacks and music. | **9**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>1 PM Art & Craft class every second Monday*<br>3:30 PM Social Time: Games, snacks and music. | **10**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>1:30 PM Movie Time<br>3:30 PM social time: Games, snacks and music. | **11 Veterans Day**<br>10 AM Scenic Drive<br>11 AM Coloring Page<br>11:30 AM Veterans Day Luncheon<br>1:30 PM Movie Time<br>3 PM Root Beer Float<br>3:30 PM Games & Social Time<br>**VETERANS DAY** | **12**<br>10 AM Visit to the Senior Center<br>11 AM Live Flute & Sing-Along<br>2 PM BINGO<br>3:30PM Walking together around the neighborhood | **13**<br>10 AM Morning Stroll<br>11 AM Seated Exercise<br>1:30 PM Movie Time<br>3 PM Coffee Social<br>3:30 PM Word Search & Puzzle Games | **14**<br>10 AM Morning Stroll<br>11 AM Seated Exercise<br>1:30 PM Movie Time<br>2 PM BINGO<br>3:30 PM Word Search & Puzzle Games |
| **15**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>1:30 PM Movie Time<br>3 PM Social Time: Games, snacks and music. | **16**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>2 PM BINGO<br>3:30 PM Social Time: Games, snacks and music. | **17**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>2:00 PM Yoga & Sound Healing<br>3:30 PM social time: Games, snacks and music. | **18**<br>10 AM Scenic Drive<br>11 AM Coloring Page<br>11:30 AM Lunch<br>1:30 PM Movie Time<br>3 PM Root Beer Float<br>3:30 PM Games & Social Time | **19**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>2 PM BINGO<br>3:30PM Walking together around the neighborhood | **20**<br>10 AM Morning Stroll<br>11 AM Seated Exercise<br>1:30 PM Movie Time<br>3 PM Coffee Social<br>3:30 PM Word Search & Puzzle Games | **21**<br>10 AM Morning Stroll<br>11 AM Seated Exercise<br>1:30 PM Movie Time<br>2 PM BINGO<br>3:30 PM Word Search & Puzzle Games |
| **22**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>1:30 PM Movie Time<br>3 PM Social Time: Games, snacks and music. | **23**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>2 PM BINGO<br>3:30 PM Social Time: Games, snacks and music. | **24**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>2:00 PM Yoga & Sound Healing<br>3:30 PM Social Time: Games, snacks and music. | **25 THANKSGIVING**<br>10 AM Scenic Drive<br>11 AM Coloring Page<br>**12:00 PM Thanksgiving Lunch Celebration**<br>3 PM Root Beer Float<br>3:30 PM Games & Social Time | **26 THANKSGIVING DAY**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>2 PM BINGO<br>3 PM Social Time<br>3:30PM Walking together around the neighborhood | **27**<br>10 AM Morning Stroll<br>11 AM Seated Exercise<br>1:30 PM Movie Time<br>3 PM Coffee Social<br>3:30 PM Word Search & Puzzle Games | **28**<br>10 AM Morning Stroll<br>11 AM Seated Exercise<br>1:30 PM Movie Time<br>2 PM BINGO<br>3:30 PM Word Search & Puzzle Games |
| **29**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>1:30 PM Movie Time<br>3 PM Social Time: Games, snacks and music. | **30**<br>10 AM Morning Seated Wellness & Chair Dancing<br>11 AM Live Flute & Sing-Along<br>2 PM BINGO<br>3:30 PM Social Time: Games, snacks and music. | | | | | |

Morning Seated Wellness & Chair Dancing • Body Works/Exercise Wellness • Gentle stretch time on the days

*Senior Center visits may change depending on Alameda County COVID-19 status. Activities are subject to change.*