CARILLON AT BELLEVIEW STATION

November 2026

Monarch House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **9:00** Catholic Sunday Mass **10:00** Seated Chair Exercise (LL) **10:30** Memory Magic **11:15** Sunday Morning Coffee, Lucky Dabbers BINGO **1:00** Armchair Travelogue! Wonders of Maine **2:00** Marker Art: Geometric Forest Animals **3:30** The Mindful Meanders Walking Club **4:15** Pitch Perfect Fun Sing-Along!! 	**2** **9:30** Good Morning Gathering & Therapeutic Aroma Scents **10:15** Morning Fitness w/ Brian **10:45** Wheel of Fortune & Bistro Bites (Snacks)! **11:15** SingFit **1:00** Music with Kiemel **2:00** Art: Hexagon Frame Watercolor Painting **3:30** Motion Magic! Balloon Noodle Ball! **4:15** Fact Finders Club: Trivia	**3** **9:30** Sit & Stretch Exercise **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Travelogue Tuesday: 50 Best Places to Visit In Europe & Bistro Bites (Snacks)! **10:30** Exercise with Terri (Gym) **11:00** Catholic Communion **1:00** Funny Animal Videos **1:30** Sensory Outings Co  **2:30** Mugs N Muffins **3:00** Balloon Volleyball **4:15** Tickle Me Tuesday! Cinema Silliness!	**4** National Candy Day **9:30** Sit & Stretch Exercise **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Curious Dragonfly  **11:30** Story Time with Molly **1:00** Documentary: The Secret Wildlife of an Autumn Garden  **2:00** Creative Crafting: Thankful Fall Keychain **3:30**  **4:30** Senior Sing-Along	**5** National Donut Day **9:30** Exercise with Terri (Gym) **9:30** Sit & Stretch Exercise **10:00** Good Morning Gathering & Therapeutic Aroma Scents **11:00** Lunch Outing with B2B: Poppies Restaurant **1:00** Wheelchair/Walker Wash **1:00** Documentary: Majestic Wildlife Moments in the World /BBC Earth  **2:30** Coffee & Donut Social **3:00** Afternoon Word Games **4:00** Happy Hour in the Bistro! **4:00** Classic Music Videos	**6** **9:30** Sit & Stretch Exercise **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Cognitive Calisthenics & Bistro Bites/Refreshments **11:30** MH Helping Hands **1:00** Music & Movement: Movin N Groovin with The Beatles! **2:00** Paper Crafting: Autumn Wreaths  **3:30** Tovertafel, Tabletop Games & Puzzle Palooza!! **4:15** Fact Finders Club: Trivia!	**7** **9:30** Sit & Stretch Exercise **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Cognitive Calisthenics & Bistro Bites/Refreshments **1:00** Saturday Nostalgia: Classic TV & Reminiscing  **2:00** Paper Crafting: Fall Flower Bouquet **3:30** Motion Magic! Beachball Banter **4:15** Pitch Perfect Fun Sing-Along!
8 **9:00** Catholic Sunday Mass **10:00** Chair Yoga (LL) **10:30** Memory Magic **11:15** Sunday Morning Coffee, Lucky Dabbers BINGO **1:00** Armchair Travelogue! Wonders of Scotland **2:00** Marker Art: Autumn Leaf Stained Glass Art **3:30** The Mindful Meanders Walking Club **4:15** Pitch Perfect Fun Sing-Along!!	**9** **9:30** Good Morning Gathering & Therapeutic Aroma Scents **10:15** Morning Fitness w/ Brian **10:45** Wheel of Fortune & Bistro Bites (Snacks)! **11:15** SingFit **1:00** Music with Kiemel **2:00** Paper Crafting: Maple Leaf Paper Lanterns **3:30** Motion Magic! Corn Hole **4:15** Fact Finders Club: Trivia	**10** National Vanilla Cupcake Day **9:30** Sit & Stretch Exercise **10:00** Travelogue Tuesday: Wonders of Portugal **10:00** A Latte Love: Black Rock Coffee Bar Outing **10:30** Exercise with Terri (Gym) **11:00** Catholic Communion **1:00** Sensory Games **2:30** Vanilla Cupcakes,  Coffee & Conversation! **3:00** Shall We Dance w/Melissa **3:30** Memory Magic **4:15** Cinema Silliness!	**11** Veterans Day  **9:30** Sit & Stretch Exercise **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Cognitive Calisthenics **11:00** Story Time with Molly **1:00** Documentary: Blues America Part 1 **2:00** Creative Crafting: Fall Snow Globes  **3:30**  **4:30** Senior Sing-Along	**12** **9:30** Exercise with Terri (Gym) **9:30** Sit & Stretch Exercise **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** White Board Games **1:00** Documentary: Beyond Lions & Tigers – World of Small Felines **1:00** Soothing Soles: Foot Soaks & Paint N Polish Manicures **2:30** Afternoon Word Games **4:00** Happy Hour in the Bistro! **4:00** Classic Music Videos	**13** **9:30** Sit & Stretch Exercise **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Cognitive Calisthenics & Bistro Bites/Refreshments **11:30** MH Helping Hands **1:00** Music & Movement: Scarf Dancing **2:00** Curious Dragonfly  **3:30** Tovertafel, Tabletop Games & Puzzle Palooza! **4:15** Fact Finders Club: Trivia!	**14** **9:30** Sit & Stretch Exercise **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Cognitive Calisthenics & Bistro Bites/Refreshments **1:00** Saturday Laughter with Funny Animal Videos **2:00** Creative Crafting: Fall Votive Candle Holders **3:30** Soothing Hand Massages **3:30** Travelogue: Rick Steves The Best of Paris **4:15** Pitch Perfect Fun Sing-Along!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 **9:00** Catholic Sunday Mass **10:00** Sunday Morning Stretches ❤️ **10:30** Memory Magic **11:15** Sunday Morning Coffee, Lucky Dabbers BINGO **1:00** Armchair Travelogue! Wonders of Wales **2:00** Marker Art: Fall Animals **3:30** The Mindful Meanders Walking Club ❤️ **4:15** Pitch Perfect Fun Sing-Along!!	**16** National Button Day **9:30** Good Morning Gathering & Therapeutic Aroma Scents **10:15** Morning Fitness w/ Brian ❤️ **10:45** Wheel of Fortune & Bistro Bites (Snacks)! **11:15** SingFit **1:00** Music with Kiemel **2:00** Pencil Palette Art: Button Pumpkin Design **3:00** Monarch House Family Neighborhood Meeting **4:15** Fact Finders Club: Trivia	**17** Happy Birthday Carol! **9:30** Sit & Stretch Exercise ❤️ **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Travelogue Tuesday: Wonders of the World **10:30** Exercise with Terri (Gym) ❤️ **11:00** Lunch Outing: Perfect Landing **1:30** Sensory Outings Co. **2:30** Birthday Party for Carol! **3:00** Crafting: Birthday Theme! **4:15** Cinema Silliness!	**18** **9:30** Sit & Stretch Exercise ❤️ **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Cognitive Calisthenics **11:00** Story Time with Molly **1:00** Documentary: Blues America Part 2 **2:00** Creative Crafting: Stained Glass Critters **3:30** Monarch House Musical Hour **4:30** Senior Sing-Along	**19** **9:30** Exercise with Terri (Gym) ❤️ **9:30** Sit & Stretch Exercise ❤️ **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** White Board Games **1:00** Wheelchair/Walker Wash **1:00** Documentary: Wildest Islands –Vancouver Island **2:00** What Makes You Smile? **2:30** Afternoon Word Games **4:00** Happy Hour in the Bistro! **4:00** Classic Music Videos	**20** **9:30** Sit & Stretch Exercise ❤️ **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Cognitive Calisthenics **11:30** MH Helping Hands **1:00** Music & Movement: Chair Dancing to the 70's ❤️ **2:00** Creative Crafting: Grateful Tree of Thanks **3:30** Tovertafel, Tabletop Games & Puzzle Palooza! **4:15** Fact Finders Club: Trivia!	**21** **9:30** Sit & Stretch Exercise ❤️ **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Cognitive Calisthenics **1:00** Saturday Nostalgia: Classic TV & Reminiscing **2:00** Creative Crafting: Thankful Door Hangers **3:30** Motion Magic: Balloon Volleyball ❤️ **4:15** Sing-Along!
22 **9:00** Catholic Sunday Mass **10:00** Flex & Posture Exercise ❤️ **10:00** Sunday Morning Stretches **10:30** Memory Magic **11:15** Sunday Morning Coffee, Lucky Dabbers BINGO! **1:00** Armchair Travelogue! Georgia (Country) **2:00** Marker Art: Autumn Fruit **3:30** The Mindful Meanders Walking Club ❤️ **4:15** Pitch Perfect Fun Sing-Along!!	**23** Happy Birthday Mary! **9:30** Good Morning Gathering & Therapeutic Aroma Scents **10:15** Morning Fitness w/ Brian ❤️ **10:45** Wheel of Fortune & Bistro Bites (Snacks)! **11:15** SingFit **1:00** Music with Kiemel **2:00** Birthday Party for Mary! **2:30** Paper Crafting: Birthday Theme! **3:30** Motion Magic! Laundry Basket Tic-Tac-Toe ❤️ **4:15** Fact Finders Club: Trivia	**24** **9:30** Sit & Stretch Exercise ❤️ **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Travelogue: France **10:30** Exercise with Terri (Gym) ❤️ **11:00** Catholic Communion **12:00** The Great Thanksgiving MH Pizza Feast! **1:00** Sensory Games & Puzzles **2:30** Ice Cream Sandwich Social **3:00** Shall We Dance /Melissa ❤️ **3:30** Memory Magic **4:15** Cinema Silliness!	**25** **9:30** Sit & Stretch Exercise ❤️ **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Cognitive Calisthenics & Bistro Bites/Refreshments **11:00** Story Time with Molly **1:00** Documentary: Strange Animal Relationships **2:00** Creative Crafting: Turkeys **3:30** Monarch House Musical Hour **4:30** Senior Sing-Along	**26** Happy Thanksgiving **9:30** Exercise with Terri (Gym) ❤️ **9:30** Sit & Stretch Exercise ❤️ **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Thanksgiving Themed White Board Games **1:00** Documentary: The Real Story of Thanksgiving **2:00** Marker Art: I'm Thankful **3:00** Movie Matinee: An Old Fashioned Thanksgiving **4:30** Senior Sing-Along	**27** National Maize Day **9:30** Sit & Stretch Exercise ❤️ **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Cognitive Calisthenics & Bistro Bites/Refreshments **11:30** MH Helping Hands **1:00** Music & Movement: Seated Chair Disco ❤️ **2:00** Creative Crafting: Beaded Corn Maize **3:30** Tovertafel, Tabletop Games & Puzzle Palooza! **4:15** Fact Finders Club: Trivia!	**28** **9:30** Sit & Stretch Exercise ❤️ **10:00** Good Morning Gathering & Therapeutic Aroma Scents **10:30** Cognitive Calisthenics & Bistro Bites/Refreshments **1:00** Saturday Laughter with Funny Animal Videos **2:00** Creative Crafting: Thankful Magnets **3:30** Motion Magic: Hallway Bowling ❤️ **4:15** Senior Sing-Along
29 **9:00** Catholic Sunday Mass **10:00** Chair Zumba for Seniors ❤️ **10:00** Sunday Morning Stretches **10:30** Memory Magic **11:15** Sunday Morning Coffee, Lucky Dabbers BINGO! **1:00** Armchair Travelogue! Unseen Philippines **2:00** Art: Window Animals **3:30** The Mindful Meanders Walking Club ❤️ **4:15** Senior Sing-Along	**30** Happy Birthday Kay! **9:30** Good Morning Gathering & Therapeutic Aroma Scents **10:15** Morning Fitness w/ Brian ❤️ **10:45** Wheel of Fortune **11:15** SingFit **1:00** Rick Steves: Prague **2:00** Birthday Party for Kay! **2:30** Paper Crafting: Birthday Theme! **3:30** Motion Magic! Indoor Bocce Ball ❤️ **4:15** Fact Finders Club: Trivia	**Quote of the Month:** November reminds us that even in the changing seasons of life, the warmth of friendship, the comfort of familiar memories, and the joy of being together are gifts to be thankful for.	**November Birthdays** Carol - November 17th Mary - November 23rd Kay - November 30th	**Red – Arts & Crafts** **Blue – Outdoor Excursions** **Green – Outside Guests** **Purple – Documentary** **Orange – Travelogue** * **Personalized 1:1 Visits** Daily | 9:00-9:30 AM Individualized engagement based on residents' interests, preferences & abilities. * **After Dinner Wind Down** Daily | 6:00 PM Monarch Movie Time	PDR – Private Dining Room BIS – Bistro CR – Community Room LL – LifeLoop App ❤️ Indicates Physical Exercise or a Movement Based Physical Activity.