center for Senior Wellbeing
services • activities • connections

ADC MONTHLY ACTIVITIES

NOVEMBER 2026



MON	TUE	WED	THU	FRI
2 9a Coffee & Snack 10a Craft 11a Exercise 12p Lunch 1p Ring Toss 2p Hydration & Snack 3p Movie 4p Pick Up	**3** 9a Coffee & Snack 10a Craft 11a Exercise 12p Lunch 1p Current Events 2p Hydration & Snack 3p BINGO 4p Pick Up	**4** 9a Coffee & Snack 10a Health & Wellness 11a Food demo 12p Lunch 1p Finish that phrase 2p Hydration & Snack 3p Hangman 4p Pick Up	**5** 9a Coffee & Snack 10a Jenga 11a Exercise 12p Lunch 1p Pictionary 2p Hydration & Snack 3p Where in the World 4p Pick Up	**6** 9a Coffee & Snack 10a Craft 11a Exercise 12p Lunch 1p Conversation Game 2p Hydration & Snack 3p Basketball 4p Pick Up
9 9a Coffee & Snack 10a Balloon Tennis 11a Craft 12p Lunch 1p Exercise 2p Hydration & Snack 3p Finish the song 4p Pick Up	**10** 9a Coffee & Snack 10a Matching game 11a Exercise 12p Lunch 1p Bowling 2p Hydration & Snack 3p BINGO 4p Pick Up	**11** 9a Coffee & Snack 10a Western Day 11a Line Dancing 12p Lunch 1p Balloon Tennis 2p Hydration & Snack 3p Competitive cards 4p Pick Up	**12** 9a Coffee & Snack 10a Like/Like competition 11a Exercise 12p Lunch 1p Is it possible game 2p Hydration & Snack 3p BINGO 4p Pick Up	**13** 9a Coffee & Snack 10a Craft 11a Exercise 12p Lunch 1p Health & Wellness 2p Hydration & Snack 3p Current Events 4p Pick Up
16 9a Coffee & Snack 10a Craft 11a Exercise 12p Lunch 1p Current Events 2p Hydration & Snack 3p Reading Club 4p Pick Up	**17** 9a Coffee & Snack 10a Craft 11a Exercise 12p Lunch 1p Finish that phrase 2p Hydration & Snack 3p BINGO 4p Pick Up	**18** 9a Coffee & Snack 10a Exercise 11a Health &Wellness 12p Thanksgiving Feast 3p Hydration & Snack 4p Pick Up No Lunch Needed	**19** 9a Coffee & Snack 10a What with What 11a Competitive cards 12p Lunch 1p Exercise 2p Hydration & Snack 3p BINGO 4p Pick Up	**20** 9a Coffee & Snack 10a Craft 11a Matching Game 12p Lunch 1p Exercise 2p Hydration & Snack 3p Pictionary 4p Pick Up
23 9a Coffee & Snack 10a Craft 11a Exercise 12p Lunch 1p Musical pass 2p Hydration & Snack 3p Name 5 4p Pick Up	**24** 9a Coffee & Snack 10a Craft 11a Exercise 12p Lunch 1p Balloon Tennis 2p Hydration & Snack 3p BINGO 4p Pick Up	**25** 9a Coffee & Snack 10a Thanksgiving craft 11a Exercise 12p Lunch 1p Holiday Memories 2p Hydration & Snack 3p Conversation Game 4p Pick Up	**26** Closed for Thanksgiving 	**27** Closed for the day after Thanksgiving 
30 9a Coffee & Snack 10a Craft 11a Exercise 12p Lunch 1p Musical pass 2p Hydration & Snack 3p Name 5 4p Pick Up	What Are You Thankful for? We Are Thankful For You!	 THE CLUB	Together Everyone Achieves More	 NOVEMBER 2026