

Grace Haven Assisted Living and Memory Care

November 2025

Memory Care Life Enrichment Monthly Calendar Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sheila’s Birthday 2 10:30 Rise and Shine Exercise Group (MC) 1:00 Craft: Painting Pumpkins (PD) 2:30 Church Group Singing and Chat (MD) 5:45 Essential Oils (MC)	Blue Day 3 10:30 I’ve Got The Blues Mobile Cart 1:15 Bingo (MD) 2:00 Undecorate Decor (MC) 3:30 Exercise (MD) 5:45 Blue Banded Together Catwalk and Chat (MC)	4 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 3:00 Briggs Library (PD) 5:45 Coloring and Nighttime Chat (MC)	5 10:00 Marching Exercise (MC) 10:45 Manicures (MC) 1:15 Sweeping (MC) 3:15 Music with Wendy (MC) 5:45 Historical Events Talk (MC)	6 10:30 Men’s Group with DJ/ Haden (MD) 2:00 Vacuuming (MC) 3:30 Exercise (MD) 5:45 Grace Haven’s Annual Turkey Trot Family Event	Taylor’s Birthday Kyle’s Birthday 7 10:30 Gracie’s Thanksgiving Parade (H) 1:15 Bingo (MD) 3:30 Craft: Thanksgiving(MC) 5:45 Chair Synchronized Swimming (MC)	8 11:00 Golden Zumba Exercise (PD) 12:00 Happy Hour: Spiked Apple Drink Mobile Cart 2:30 Closet Clean Up and Organize (MC) 5:45 Chicken Soup Stories (MC)
9 10:30 Rise and Shine Exercise Group (MC) 1:30 World Adoption Day: Find Your Forever Furry Friend (H) 5:45 Resident Games and Hydration (CD)	10 11:30 Ambassador Lunch and Meeting (PD) 1:15 Bingo (MD) 2:00 Dishes (MC) 3:30 Exercise (MD) 5:45 Veterans Day Jeopardy Game (MC)	Veteran’s Day 11 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 1:30 Veteran’s Celebration(L) 3:00 Zumba with Margie (MD)	Shirley’s Birthday 12 10:30 Haden’s Safety Seminar (L) 1:00 Manicures (PD) 3:45 Circuit Training Exercises (MC) 5:45 Happy Hour: Life Enrichment Choice(MC)	13 10:00 Culinary Showcase with Chef (MC) 1:15 Resident Activity Meeting (PD) 2:00 Laundry (MC) 3:30 Exercise (MD) 5:45 Affirmations (MC)	14 9:00 Soaring Eagle Casino Trip Outing (*All Day and Bring Your Own Money*) 1:15 Bingo (MD) 5:45 Resistance Band Exercise (MC)	15 10:30 Pen Pals Program Tools and Tips (CD) 1:15 Opening of Deer Hunting Game (MD) 2:30 Balloon Badminton (MC) 5:45 Dusting (MC)
16 10:30 Church Service and Songs (MC) 1:15 Fall Foliage Walk (O) 2:00 Mobile Cart: Making Scarecrow Crunch 5:45 Meditation Exercise and Calming Sounds (MC)	17 10:30 Jen and Frankie Therapy 1:15 Bingo (MD) 2:00 Mopping (MC) 3:30 Exercise (MD) 3:00-7:00 Lansing Shuffle Family Event	18 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 3:30 Tree Trimming and Decorating (H) 5:45 Warming Words (MC)	19 10:00 Simple Stretches (MC) 11:30 Music with Tess (MC) 1:15 Manicures (PD) 3:30 Manicures and Music (MC) 5:45 Happy Hour: Warm Up Drinks (MC)	20 10:00 Food Committee with Chef (L) 2:00 Organizing (MC) 3:30 Exercise (MD) 5:45 Tactile Ball Exercise and Breath Control (MC)	21 10:00 Denise and Ruby Therapy 1:15 Bingo (MD) 4:00 Music with Marty (MC) 5:45 Holiday Decorating, Music, and Traditions Talk (MC)	22 9:00 Visiting the North Pole Outing 1:00 Tactile Ball and Turkey Neck Exercise (MC) 2:00 Sweeping (MC) 5:45 Relaxing Drinks and Hand Massages (MC)
23 10:30 Church Service and Songs (MC) 11:15 Technology Time with Tammy (PD) 1:30 Traci and Family (MD) 5:45 Full Kitchen Teamwork Clean Up (MC)	24 10:30 Craft: Thankful Wall Turkey and Chat (MC) 1:15 Bingo (MD) 2:00 Dishes (MC) 3:30 Exercise (MD) 5:45 Wind Down Hydration Mobile Cart	25 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 3:00 Zumba with Margie (MD) 5:45 Hymns (MC)	26 10:30 Resident Council (PD) 12:15 Friendsgiving Resident Birthday Party (MC) 1:30 Manicures (MC) 2:30 Manicures (PD) 5:45 Happy Hour: Thanksgiving Brew (MC)	Happy Thanksgiving! 27 8:30 Macy’s Thanksgiving Day Parade Drinks and Popcorn (L) 1:30 Exercise (MD) 2:00 Dinner Set Up (MC) 5:45 Seasonal Movie with Snacks and Drinks (MC)	28 10:00 Denise and Ruby Pet Therapy 1:15 Bingo (MD) 3:30 Before Dinner Meditation (MC) 5:45 Holiday Chat and Card Making (MC)	29 10:30 Don’t Burst My Bubble Game (MD) 2:15 Hallway Pick Up and Organize (MC) 5:45 Essential Oils, Relaxation Exercise, and Hydration (MC)
30 10:30 Church Service and Songs (MC) 11:30 Oil and Massage Allergy Relief (MC) 1:15 Indoor Walking Club (H) 5:45 Kitchen Clean Up (MC)						