November 2026 — Life Enrichment Activity Calendar — Stones River Manor Independent/Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:00 Worship with North Boulevard COC in **LEC** 3:00 Bingo with Carl and Friends in the **Activity Room**	2 **Morning Activities in Activity Room** 9:30 Exercise Drumming 10:00 Public Library Comes/Taz Therapy Dog comes to visit 10:00 Hobby Hour 2:00 Q&A with Kirk in **LEC**	3 **Morning Activities in Activity Room** 9:30 Exercise Chair Zumba 10:00 Bingo 2:00 Bible Study with Kirk in **LEC** 3:00 Walking Club Leaves from the **LEC**	**4 Morning Activities in Activity Room** **9:00 Leave for Walmart** 9:30 Exercise 10:00 Poetry Readings 10:00 Men's Bible Study in **LEC** 10:30 Favorite Bible Verses 2:00 TN Jewels Perform a Special Christmas Program in the **LEC**	5 **Reservations due for the North Boulevard Feast on November 12th Call 5125 to reserve** **Activities in Activity Room** 9:30 Exercise Weight Training 10:00 BP Checks with Adoration 10:30 Auction with Adoration 2:00 Bingo	6 **Morning Activities in Activity Room** 9:30 Exercise 10:00 Craft-Make Body Butter 2:00 Tim Lowery and Friends Perform in **LEC**	7 9:30 Exercise 10:00 History of Country Music 2:00 Stones River Blue Grass Band Performs in the **LEC**
8 2:00 Worship with Franklin Road COC in **LEC** 6:00 North Boulevard Youth Group comes to the **Activity Room**	9 **All Activities in LEC** 9:30 Exercise Mini Ball Fitness 10:00 Brain Games 10:30 Special Veteran's Day Program 2:00 Dean Patrick Performs	10 **All Morning Activities in Activity Room** 9:30 Exercise Chair Boxing 10:00 Bingo 2:00 Bible Study with Kirk in **LEC** 3:00 Walking Club Leaves from the **LEC**	11 **Activities in Activity Room** **9:00 Leave for Kroger** 9:30 Exercise 10:00 Soccer 10:00 Men's Bible Study in **LEC** 10:30 Hump Day Humor 2:00 Cooking Show with DeAnne	12 **Activities in Activity Room** 9:30 Exercise Weight Training **10:50 Load up the buses to Leave for North Boulevard COC Thanksgiving Feast Must call 5125 by November 5th to go**	13 **Morning Activities in Activity Room** 9:30 Exercise **9:45 Leave for Belk at 9:45** 10:00 Senior Challenge 2:00 Billy Tarkington Performs in **LEC** **RSVP by Today for Manor Feast Call #5158 to Reserve**	14 9:30 Exercise 10:00 Bingo **2:00Meet Me at the Pool Table**
15 2:00 Worship with East Main COC in **LEC**	16 **Morning Activities in Activity Room** 9:30 Exercise Drumming 10:00 Public Library Comes/Taz Therapy Dog comes to visit 10:00 Hobby Hour 2:00 Chuck Mullins and Friends Perform in **LEC**	17 **All Morning Activities in Activity Room** 9:30 Exercise Chair Zumba 10:00 Bingo 2:00 Bible Study with Kirk in **LEC** 3:00 Walking Club Leaves from the **LEC**	18 **Activities in Activity Room** **9:00 Leave for Walmart** 9:30 Exercise 10:00 Thanksgiving Memories with Ally of BRR 10:00 Men's Bible Study in **LEC** 10:30 Thanksgiving Hymns 2:00 Cooking Show with Kim	19 **Activities in Activity Room** 9:30 Turkey Trot Exercises with Crystal of BRR 10:00 Resident Spotlight 10:30 Wheel of Fortune **11:00 Out to Lunch Bunch leave for Cheddars** 2:00 Bingo	20 **Morning Activities in Activity Room** 9:30 Exercise 10:00 Gratitude 10:30 Armchair Travel to Greece 2:00 Bill Sleeter Performs in **LEC**	21 9:30 Exercise 10:00 Card Games **11-1:00 Thanksgiving Feast with Families and Residents** **(Must have reserved by November 13th)**
22 2:00 worship with Salem Creek COC in **LEC**	23 **All Activities in Activity Room** 9:30 Exercise Mini Ball Fitness 10:00 Jeopardy 2:00 Turkey Shoot	24 **All Morning Activities in Activity Room** 9:30 Exercise Chair Boxing 10:00 Bingo 2:00 Bible Study with Kirk in **LEC** 3:00 Walking Club Leaves from the **LEC**	25 **Activities in Activity Room** 9:30 Exercise 10:00 Family Feud 10:00 Men's Bible Study in **LEC** 2:00 Thanksgiving minute to win it and other fun	26 **Happy Thanksgiving.** **No Activities Today. Stop by the Activity Room and Pick up a Thanksgiving Packet.**	27 **Activities in Activity Room** 9:30 Exercise 10:00 Resident Meeting and Pass Out Calendars 10:30 Muffins and Chat 2:00 Christmas Movie-Christmas with the Kranks	28 9:30 Exercise 10:00 Wheel of Fortune **2:00 Meet Me at the Fireplace**
29 2:00 worship with Science Hill COC in **LEC**	30 **Morning Activities in Activity Room** 9:30 Exercise 10:00 Public Library Comes/Taz Therapy Dog comes to visit 10:00 Hobby Hour 2:00 Tapping with Crystal of BRR in **LEC** 2:30 Drumming with Roxy in **LEC**	**Questions? Concerns? Like to go on an outing? Call Kimberly and the Life Enrichment Team #5125. We would love to help**	**Activities are Subject to Change**			