

November 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Location Key: O- Outside LR- Living Room T-Trip DR- Dining Room RR- Resident Room AR- Activity Room SP -Side Porch

Calendar changes will be reflected in the Week at a Glance.

If you have any questions about the calendar, please ask staff on duty.

New Website: heritagehome4women.com

2 4:00 Carmen Prayer Program-LR	3 10:00 Nailcare-AR 10:30 Knitting w/Helen-AR 2:00 Book Club w/Shirley-AR 3:30 Chair Exercise-AR	4 10:00 Communion w/Deborah-AR 10:30 Exercise-AR 2:00 Bingo-AR 4:00 Landmarks-AR 6:00 Suzie Q-AR	5 9:30 Chair Exercise-LR 10:30 Bowling-AR 1:30 Right, Left and Center-AR 2:30 Tailored Tea-T	6 9:00 Exercise-LR 10:30 Dice 5,000 w/Cora-AR 1:30 Walk-O 2:30 Watercolors-AR	7 10:30 News-AR 11:00 Chair Exercise-AR 11:00 Jumble Words-AR 2:00 Movie-AR	8 10:00 Adult Coloring-AR 2:00 Scrabble-AR
9 2:00 Lifetime Movie-LR	10 10:30 Knitting w/Helen-AR 11:00 Jumble Words-AR 1:00 Walk-O 2:30 Fall Adult Coloring Sheets-AR	11 10:00 Bingo-AR 1:00 Patriotic Sing along Veterans Discussion AR 2:30 Wal-Mart-T Veterans Day	12 9:30 Festival of Trees Craft-AR 2:00 Poetry w/Paul-AR 3:30 Chair Exercise-AR 3:45 A-Z Fall-AR	13 10:30 News-AR 10:45 Exercise-AR 11:00 Hangman-AR 2:00 Tony S. Entertainment-LR	14 10:30 News-AR 10:45 Exercise-AR 11:00 Taboo-AR 2:00 Nailcare and Hand Massages-AR	15 10:00 Bingo-AR 2:00 Scrabble-AR
16 4:00 Carmen Prayer Program-LR	17 10:30 Knitting w/Helen-AR 11:15 Exercise-AR 1:30 Discussion Group w/Shirley-AR 3:00 Pastor Noel-AR/LR	18 10:00 Rosary w/Sharon-AR 10:30 Exercise-AR 1:30 Bowling-AR 3:00 Lifetime Lineup-AR	19 10:30 News-AR 10:45 Exercise-AR 2:00 Dice 5,000 w/Cora-AR 2:30 Schenectady Public Library-T	20 10:30 News-AR 10:45 Exercise-AR 11:00 Clue-AR 1:00 Watercolors-AR 3:00 Bingo-AR	21 10:30 News-AR 10:45 Exercise-AR 11:00 Name That Tune-A 2:00 Carmen Entertainment/ Birthday Social-AR	22 10:00 Word Game Sheets-AR 2:00 Scrabble-AR
23 4:00 First Presbyterian Church Service-LR	24 10:30 Knitting w/Helen-AR 11:15 Exercise-AR 1:00 Festival of Trees Craft-AR	25 10:00 Communion w/Deborah-AR 10:30 Exercise-AR 1:00 Walk-O 2:00 Bingo-AR	26 9:00 Nailcare-AR 11:00 Resident Council-AR 1:00 Exercise-AR 1:15 Trivia-AR 2:15 Dunkin-T	27 Happy Thanksgiving!!!! 12:00 Thanksgiving Dinner-DR	28 10:30 Exercise-AR 2:00 Movie-AR	29 2:00 Scrabble-AR
30 4:00 Carmen Prayer Program-LR						

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