November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Fall Back!** 10:30 Bingo Store 11:00 Coffee and News 11:30 Morning Stretch 2:00 Temple Baptist Daylight Saving Time Ends	2 10:15 Headlines & Happenings 10:30-12 Monday Manicures 2:00 Search for November 3:00 November Puzzles	3 **Election Day** 10:30 Morning Mug 11:00 Exercise to Music 11:30 Pen Pals 2:00 Social with Misty 3:00 Election Day Puzzles	4 10:30 Morning Brief 11:00 Gentle Stretch 11:30 Chimpanzee Day 2:00 History of Candy & Candy Facts 3:00 Color Pages	5 10:30 Bible Study w/ Pastor Kurk 2:00 Bingo and Donuts 3:00 History of Donuts Donut Day	6 10:30 Daily Dispatch 11:00 Grp Exercise 11:30 Sylvia's Game Time 2:00 Paint with Sheryl	7 10:30 Coffee & Chronicles 11:00 Card Games 2:00 Movie & Popcorn
8 10:30 Bingo Store 11:00 Coffee and News 11:30 Morning Stretch 2:00 Temple Baptist	9 11:00--4:00 Trip to the Knoxville Zoo 11:00 Activity Packet 2:00 Movie Matinee	10 10:30 Morning Mug 11:00 Exercise to Music 11:30 November Trivia 2:00 Social with Misty 3:00 Patriotic Puzzles Marine Corps Birthday	11 10:30 Morning Brief 11:00 Gentle Stretch 11:30 Remember Our Vets 2:00 Live Entertainment: Kory Lawrence Veterans Day Remembrance Day (Canada)	12 10:30 Bible Study w/ Pastor Kurk 2:00 Bingo and Popcorn 3:00 Turkey Color Pages	13 **Chili Cook Off!** 10:30 Daily Dispatch 11:00 Grp Exercise 11:30 High or Low Game 2:00 Christmas Workshop	14 10:30 Coffee & Chronicles 11:00 High or Low Game 2:00 Movie Matinee Pickle Day
15 10:30 Bingo Store 11:00 Coffee and News 11:30 Morning Stretch 2:00 Temple Baptist	16 10:15 Headlines & Happenings 10:30-12 Monday Manicures 2:00 Birthday Party 3:00 Day You Were Born	17 10:30 Morning Mug 11:00 Exercise to Music 11:30 History of Jars 2:00 Social with Misty 3:00 Christmas Workshop	18 10:30 Morning Brief 11:00 Gentle Stretch 11:30 All About Owls 1:30 Live Entertainment: Danny Jame 3:00 Puzzle Time	19 **Thanksgiving Dinner** 10:30 Bible Study w/ Pastor Kurk 1:30 Bingo and Popcorn	20 10:30 Daily Dispatch 11:00 Peanut Butter Fudge 2:00 Paint with Sheryl Peanut Butter Fudge Day	21 10:30 Coffee & Chronicles 11:00 Ring Toss 2:00 Movie & Popcorn
22 10:30 Bingo Store 11:00 Coffee and News 11:30 Morning Stretch 2:00 Temple Baptist	23 10:15 Headlines & Happenings 10:30-12 Monday Manicures 2:00 Resident Council	24 10:30 Morning Mug 11:00 Exercise to Music 11:30 The November Moon 2:00 Social with Misty	25 9:30-2:00 Fantasy of Trees 11:00 Activity Packet 2:00 Movie Matinee	26 9:00-11:00 Thanksgiving Day Parade! 11:00 Morning Workout 2:00 Unexpected Blessings Thanksgiving Day (U.S.)	27 10:30 Daily Dispatch 11:00 Grp Exercise 11:30 Black Friday Bingo Store 2:00 Christmas Workshop	28 10:30 Coffee & Chronicles 11:00 Parachute Play 1:30 Sing with Ann
29 10:30 Bingo Store 11:00 Coffee and News 11:30 Morning Stretch 2:00 Temple Baptist	30 10:15 Headlines & Happenings 10:30-12 Monday Manicures 2:00 Bean Auction with Hannah					

West Hills Care and Rehab 6801 Middlebrook Pk Knoxville, TN 37909 *Please Note: Activities are subject to change* All grps take place in LTC1 DR, unless noted*