# November 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1<br>Daylight Savings Ends<br>9:45 AM Chapel Service (H)<br>2 pm Sunday Movie - "The Nightmare before Christmas" (TH)<br>2:25 pm Bronco's Vs. Chief's Channel 4 (FH) | 2<br>9 am Exercise (H)<br>11am Strengthening/ Weights (H)<br>1 pm Chapel Reprise (H)<br>2 pm Menu Chat (D)<br>3 pm Mexican Train Dominoes (FH) | 3<br>9 am Exercise (H)<br>9:30 Arvada Sq. Shopping<br>10 am Bible Study (FH)<br>11 am Yoga/Stretching (H)<br>1:30 Dollar Tree Shopping<br>2 pm Final Craft Fair Prep (H)<br>3 pm Pictionary (TH)<br>**Pet Visits - Boomer** | 4<br>9 am Exercise (H)<br>10 am Communion (H)<br>2 pm AL Resident Council (H)<br>3pm Crossword Puzzle (D)<br>6:30 Bingo with Juliette (DR) | 5<br>9 am Exercise (H)<br>10 am Who, What, Where? (TH)<br>11 am Yoga/Stretching (H)<br>1:30 Shopping - Wads Loop<br>2 pm Wipe Out (D)<br>3 pm Holiday Turkey Craft (D)<br>**Pet Visits - Boomer** | 6<br>9 am Dance Exercise (H)<br>10 am Cranium Crunch handout<br>10 am Men's Group (FH)<br>11 am Strengthening (H)<br>2 pm Bingo (DR)<br>3:15 Happy Hour (L) | 7<br>9:30 Coffee and Chat (FH)<br>**10 am to 2 pm Arbor View Craft Fair**<br>3:15 pm Mexican Train Dominoes (D) |
| 8<br>9:45 AM Chapel Service (H)<br>11 am Bronco's Vs. 49er's Channel 4 (FH)<br>2 pm Sunday Matinee "Shall We Dance" (TH) | 9<br>9 am Exercise (H)<br>11am Strengthening/ Weights (H)<br>1 pm Chapel Reprise (H)<br>**2 pm Music with Larry**<br>3 pm Manicures with Leigh (D) | 10<br>9 am Exercise (H)<br>9:30 Arvada Sq. Shopping<br>10 am Bible Study (FH)<br>11 am Yoga/Stretching (H)<br>12:15 Bookmobile (H)<br>1:30 Dairy Queen Outing<br>2 pm Sew, Knit & Crochet (H)<br>3 pm Words within Words (D) | 11<br>**Veteran's Day**<br>9 am Exercise (H)<br>10 am Catholic Mass/Confessions (H)<br>12/Noon Veterans Lunch (D)<br>1:30 Shopping - Wads Loop<br>3 pm Crossword Puzzle (D)<br>6:30 Bingo with Austin (DR) | 12<br>9 am Exercise (H)<br>10 am Who, What, Where? (TH)<br>11 am Yoga/Stretching (H)<br>2 pm Wipe Out (D)<br>3 pm Thanksgiving Trivia (D)<br>**Pet visits - Sophie** | 13<br>9 am Exercise (H)<br>10 am Cranium Crunch handout<br>11 am Strengthening (H)<br>2 pm Bingo (DR)<br>3:15 Happy Hour (L) | 14<br>9:30 Coffee and Chat (FH)<br>10 am Music in living room<br>11 am Exercise (H)<br>11:30 Lunch Outing - Yak & Yeti<br>2 pm Planes, Trains and Automobiles -Movie and Snacks (TH) |
| 15<br>PJ Day<br>9:45 AM Chapel Service (H)<br>2 pm Sunday Matinee - "Grease" (TH)<br>Bronco's bye week | 16<br>9 am Exercise (H)<br>11am Strengthening/ Weights (H)<br>1 pm Chapel Reprise (H)<br>2 **pm Remembrance Service (DR)**<br>**Refreshments to follow** | 17<br>9 am Exercise (H)<br>9:30 Arvada Sq. Shopping<br>10 am Bible Study (FH)<br>11 am Yoga/Stretching (H)<br>1:30 Five Below Shopping<br>2 pm Sew, Knit & Crochet (H)<br>3 pm Pictionary (TH) | 18<br>9 am Exercise (H)<br>9:30 Shopping - Wads Loop<br>10 am Communion (H)<br>1:15 Watercolor Painting (D)<br>1:30 Shopping- Wads Loop<br>3pm Crossword Puzzle (D)<br>6:30 Bingo with Juliette (DR) | 19<br>9 am Exercise (H)<br>10 am Who, What, Where? (TH)<br>11 am Yoga/Stretching (H)<br>**2 pm Science with Trina (H)**<br>**"Polar Bear Facts"**<br>3:30 Thanksgiving Game (H)<br>**Pet visits - Sophie** | 20<br>9 am Dance Exercise (H)<br>10 am Cranium Crunch handout<br>10 am Men's Group (FH)<br>11 am Strengthening (H)<br>2 pm Bingo with Joyce (DR)<br>3:15 Golden Goose Happy Hour (L) | 21<br>9:30 Coffee and Chat (FH)<br>10 am Music in living room<br>11 am Exercise (H)<br>PM:<br>Independent activities |
| 22<br>9:45 AM Chapel Service (H)<br>2 pm Sunday Matinee "Cats Musical" (TH)<br>2:25 pm Bronco's Vs. Raiders Channel 4 (FH) | 23<br>9 am Exercise (H)<br>11am Strengthening/ Weights (H)<br>1 pm Chapel Reprise (H)<br>2 pm Wipe Out (D)<br>3 pm Manicures with Leigh (D) | 24<br>9 am Exercise (H)<br>9:30 Arvada Sq. Shopping<br>10 am Bible Study (FH)<br>11 am Yoga/Stretching (H)<br>12:15 Bookmobile (H)<br>1:30 Arvada Sq Shopping<br>2 pm Sew, Knit & Crochet (H)<br>3 pm Words within Words (D) | 25<br>9 am Exercise (H)<br>9:30 Shopping - Wads Loop<br>10 am Communion (H)<br>1:15 Watercolor Painting (D)<br>3pm Crossword Puzzle (D)<br>6:30 Bingo with Kayla (DR) | 26<br>**Happy Thanksgiving**<br>9:30 Macy's Day Parade Coffee and Donuts (LR)<br>2 pm Afternoon movie "Sound of Music" | Black Friday 27<br>9 am Exercise (H)<br>10 am Cranium Crunch handout<br>11 am Strengthening (H)<br>2 pm Bingo (DR)<br>3:15 Happy Hour (L)<br>**1 pm Bronco's Vs. Steelers** | 28<br>9:30 Coffee and Chat (FH)<br>10 am Music in living room<br>11 am Exercise (H)<br>2 pm Chris K sings - music<br>3:15 pm Snowman Craft (D) |
| 29<br>9:45 AM Chapel Service (H)<br>2 pm Sunday Matinee "Falling for Vermont" (TH) | 30<br>9 am Exercise (H)<br>11am Strengthening/ Weights (H)<br>1 pm Chapel Reprise (H)<br>2 pm Mexican Train Dominoes (FH) | | | | | |

Arbor View Senior Living Apartments and Assisted Living 8001 W. 71st Ave, Arvada, Co 80004 Phone:303-403-3129