November 2026

Center For Health & Rehabilitation

SUN	MON	TUE	WED	THUR	FRI	SAT
1 **Daylight Savings Time Ends** 10:00 Living to Learn (2CHR) 10:00 TV Mass (AWR) 11:00 Weekend Exercise (3CHR) **2:00 Mug & Jug Sing-a-long (AWR)** 3:30 Vespers (AWR)	**2** 11:00 Exercise (2CHR) 1:30 Virtual Reality (3CHR) 3:00 Singfit (3CHR)	**3** 11:00 Cardio Drumming (3CHR) 11:00 Pet Visits (1CHR) 1:30 Creative Expressions (Pinecone Turkeys) (2CHR) **3:00 Happy Hour (1CHR)** 7:00 Bingo (2CHR)	**4** 11:00 Reference a Librarian (2TS Lobby) 11:15 Exercise (2CHR) **2:00 Double Play Flute and Tuba (AWR)** **3:30 Birthday Party (3CHR)** 3:30 Pet Visits (1CHR) **5:30 Mid-Michigan Stroke Support Group (PDR)**	**5** 10:00 Rosary and Communion (AWR) **11:00 Bravo Zulu Cafe: Veteran's Support Group (Slate Room)** 11:00 Cardio Drumming (3CHR) 1:30 Bingo (3CHR) 3:00 Card Club (2CHR) 6:30 Spa Night (In Room Service) **7:00 Bowling Night (2CHR)**	**6** **MSU Spirit Day** 11:00 Exercise (2CHR) 1:30 Games Group (3CHR) **3:00 Burcham Buck Pizza Social (3CHR)** **7:00 MSU School of Music (AWR)**	**7** 10:00 Current Events (2CHR) 11:00 Weekend Exercise (2CHR) 1:30 Coffee & Conversation (3CHR) 3:00 Bingo (3CHR) **7:30 MSU vs. UM Football Tailgate (AWR)**
8 10:00 Living to Learn (2CHR) 10:00 TV Mass (AWR) 11:00 Weekend Exercise (3CHR) 2:00 Music Appreciation (2CHR) 3:30 Vespers (AWR)	**9** 11:00 Exercise (2CHR) 1:30 Virtual Reality (3CHR) 3:00 Singfit (3CHR) **7:00 Game Night (2CHR)**	**10** 11:00 Cardio Drumming (3CHR) 11:00 Pet Visits (1CHR) **2:00 Resident Education Series (AWR)** **3:30 Happy Hour (1CHR)** 7:00 Bingo (2CHR)	**11** **Veterans Day** 10:00 Exercise (2CHR) **10:45 Veteran's Day Program (AWR)** **1:30 Cooking Club (Apple Cider Floats) (3CHR)** 1:30 Pet Visits (1CHR) **2:30 Spa Day (AWR)**	**12** 10:00 Catholic Mass (AWR) 11:00 Cardio Drumming (3CHR) **11:30 Lunch Bunch Outing (Tangy Crab)** 1:30 Bingo (3CHR) 3:00 Card Club (2CHR) **4:00 Alzheimer's Caregiver Support Group (PDR)** 6:30 Spa Night (In Room Service)	**13** 11:00 Exercise (2CHR) **2:00 Music with Matt Packert (AWR)** 3:30 Music Appreciation (3CHR) **7:00 Karaoke Night (AWR)**	**14** 10:00 Current Events (2CHR) 11:00 Weekend Exercise (2CHR) 1:30 Coffee & Conversation (3CHR) 3:00 Bingo (3CHR)
15 10:00 Living to Learn (2CHR) 10:00 TV Mass (AWR) 11:00 Weekend Exercise (3CHR) **2:00 Mug & Jug Sing-a-long (AWR)** 3:30 Vespers (AWR)	**16** 11:00 Exercise (2CHR) **1:00 Community Wide Movie (NCG Cinema)** 1:30 Virtual Reality (3CHR) 3:00 Singfit (3CHR)	**17** 10:00 Brews & News Visits (1CHR) 11:00 Cardio Drumming (3CHR) 11:00 Pet Visits (1CHR) 1:30 Creative Expressions (Holiday Suncatchers) (2CHR) **3:00 Happy Hour (1CHR)** 3:00 Lansing Area Parkinson's Support Group* (AWR) 7:00 Thanksgiving Bingo (2CHR)	**18** 11:00 Reference a Librarian (2TS Lobby) 11:15 Exercise (2CHR) **11:30 CHR Lunch Outing (Bob Evans)** 1:30 Pet Visits (1CHR) 1:30 Thanksgiving Trivia (3CHR) **3:00 Happy Hour (2CHR)** **7:00 Music with Lilly (AWR)**	**19** 10:00 Rosary and Communion (AWR) 10:00 Story Time with Tomie Dale (2CHR) 11:00 Cardio Drumming (3CHR) 1:30 Bingo (3CHR) 3:00 Book Club (2CHR) 6:30 Spa Night (In Room Service)	**20** 11:00 Exercise (2CHR) 1:30 Games Group (3CHR) **1:30 Preuss Pets Animal Experience (AWR)** 3:00 Music Appreciation (3CHR)	**21** 10:00 Current Events (2CHR) 11:00 Weekend Exercise (2CHR) 3:00 Bingo (3CHR)
22 10:00 Living to Learn (2CHR) 10:00 TV Mass (AWR) 11:00 Weekend Exercise (3CHR) 3:30 Vespers (AWR)	**23** 11:00 Exercise (2CHR) 1:30 Virtual Reality (3CHR) 3:00 Singfit (3CHR)	**24** 10:00 Brews & News Visits (1CHR) **10:30 CHR Food for Thought Committee Meeting (3CHR)** 11:00 Cardio Drumming (3CHR) **11:00 Resident Council (3CHR)** 1:30 Book Club (2CHR) 1:30 Pet Visits (1CHR) **3:00 Happy Hour (1CHR)** 7:00 Bingo (2CHR)	**25** **11:00 Oopsy Daisy Flower Sales* (2TS Lobby)** 11:15 Exercise (2CHR) 11:15 Pet Visits (1CHR) **2:00 Harvest Hunt (AWR)** **3:30 Cooking Club (Apple Nachos) (3CHR)**	**26** **Thanksgiving** 11:00 Bingo (3CHR) 3:30 Hand Turkeys (2CHR)	**27** 11:00 Exercise (2CHR) 1:30 Games Group (3CHR) **3:00 Bingo Basket (3CHR)**	**28** 10:00 Current Events (2CHR) 11:00 Weekend Exercise (2CHR) 1:30 Coffee & Conversation (3CHR) 3:00 Bingo (3CHR)
29 10:00 Living to Learn (2CHR) 10:00 TV Mass (AWR) 11:00 Weekend Exercise (3CHR) 3:30 Vespers (AWR)	**30** 11:00 Exercise (2CHR) 1:30 Virtual Reality (3CHR) 3:00 Singfit (3CHR) **3:30 Activity Calendar Delivery (CHR)**	**LOCATION KEY** 1CHR - 1st Floor Center for Health & Rehab 2CHR - 2nd Floor Center for Health & Rehab 2TS Lobby - 2nd Floor The Summit Lobby 3CHR - 3rd Floor Center for Health & Rehab AWR - Ada Whitehouse Room PDR - Private Dining Room				

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