November 2026

Talamore Plymouth

ASSISTED LIVING, INDEPENDENT LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **10:00 AM** Virtual Sunday Worship: Saint Lukes Lutheran Church (CL) **11:00 AM** Exercise (BR) **1:30 PM** Coffee Chats (CL)	**02** **Happy Birthday Glenn S.** **9:00 AM** Coffee Chats (Resident Led) (B) **9:45 AM** Morning Bingo (BR) **11:00 AM** Empower Me Fitness: Stretch Band Training (BR) **1:00 PM** Book Club (BR) **2:30 PM** Resident Led Social Hour (B) **6:00 PM** Blank Slate Game (CL)	**03** **9:45 AM** Voting at Pilgrim United Methodist Church--transportation sign up at front desk **1:30 PM** Manicures & Mimosas (A&CR) **3:00 PM** Games with Susan (CL) **6:00 PM** 5 Crowns (CL)	**04** **10:00 AM** Bingocize (BR) **11:00 AM** Empower Me Fitness; Stretch Band Training (BR) **2:00 PM** Wheel of Fortune (BR) **4:00 PM** Armchair Travels (BR) **6:00 PM** Up & Down the River (CL)	**05** **8:30 AM** Coffee, Chats, And Coloring with Sue (CL) **9:30 AM** Floral Arrangements with Sue (CL) **9:45 AM** Bus Trip to Aldi--Sign up required at front desk **11:00 AM** Stretch Bands (BR) **1:00 PM** Thankful Tree Activity (CL) **2:30 PM** Happy Hour (B) **6:00 PM** Fast Track (CL)	**06** **Happy Birthday Betty S.** **Happy Birthday Beverly D.** **Happy Birthday Jim S.** **8:30 AM** The Daily Chronicle (B) **9:30 AM** Coffee & Donuts (B) **10:00 AM** Bingocize (BR) **11:00 AM** Chair Yoga (BR) **1:30 PM** Bingo (BR) **3:00 PM** Sing Along with Erika (CL)	**07** **11:00 AM** Exercise Crew (BR) **2:00 PM** Cribbage Crew (CL) **2:00 PM** Movie Matinee (BR)
08 **Happy Birthday Annette D.** **10:00 AM** Virtual Sunday Worship: Saint Lukes Lutheran Church (CL) **11:00 AM** Exercise (BR) **1:30 PM** Coffee Chats (CL)	**09** **9:00 AM** Coffee Chats (Resident Led) (B) **9:30 AM** Fall Screens with Empower Me Fittness (FR) **9:45 AM** Morning Bingo (BR) **11:00 AM** Empower Me Fitness: Stretch Band Training (BR) **1:00 PM** Shoppoing Trip to Target--Sign up required at the front desk **2:30 PM** Resident Council (BR) **6:00 PM** Blank Slate Game (CL)	**10** **Happy Birthday Bob O.** **10:00 AM** Manicures & Mimosas (A&CR) **11:00 AM** Chair Yoga Video (BR) **1:00 PM** Crafternoon Club (A&CR) **2:00 PM** Bingo (BR) **3:00 PM** Games with Susan (CL) **6:00 PM** 5 Crowns (CL)	**11** **10:00 AM** Superior Primary Care Health Seminar (BR) **11:00 AM** Empower Me Fitness; Stretch Band Training (BR) **11:00 AM** Catholic Services (GR) **2:00 PM** St. Croix Hospice Veteran Ceremony (BR) **3:00 PM** Activity Meeting (BR) **4:00 PM** Armchair Travels (BR) **6:00 PM** Up & Down the River (CL)	**12** **Happy Birthday Terry T.** **8:30 AM** Coffee, Chats, and Coloring (CL) **9:30 AM** Floral Arrangements (CL) **10:00 AM** Bible Study with Pastor Aaron (GR) **11:00 AM** Chair Zumba (BR) **2:30 PM** Happy Hour (B) **6:00 PM** Fast Track (CL)	**13** **8:30 AM** The Daily Chronicle (B) **9:30 AM** Coffee & Donuts (B) **11:00 AM** Stretch Bands (BR) **1:30 PM** Bingo (BR) **2:30 PM** Educational Medicare Seminar (BR)	**14** **Happy Birthday Marilynn C.** **11:00 AM** Exercise Crew (BR) **2:00 PM** Cribbage Crew (CL) **2:00 PM** Movie Matinee (BR)
15 **10:00 AM** Virtual Sunday Worship: Saint Lukes Lutheran Church (CL) **11:00 AM** Exercise (BR) **1:30 PM** Coffee Chats (CL)	**16** **Happy Birthday Frank N.** **9:00 AM** Coffee Chats (Resident Led) (B) **9:45 AM** Shopping Trip to Hy-Vee--sign up required at front desk **11:00 AM** Empower Me Fitness: Stretch Band Training (BR) **1:00 PM** Book Club (BR) **2:30 PM** Resident Led Social Hour (B) **6:00 PM** Blank Slate Game (CL)	**17** **10:00 AM** Manicures & Mimosas (A&CR) **11:00 AM** Chair Yoga Video (BR) **1:00 PM** Crafternoon Club (A&CR) **2:00 PM** Bingo (BR) **3:00 PM** Games with Susan (CL) **6:00 PM** 5 Crowns (CL)	**18** **10:00 AM** Bingo and Minnesota Cremation Services Seminar (BR) **11:00 AM** Empower Me Fitness; Stretch Band Training (BR) **2:00 PM** Town Hall (BR) **3:30 PM** Millie and Perry's Piano and Cello Performance--Sign up required at front desk **4:00 PM** Armchair Travels (BR) **6:00 PM** Up & Down the River (CL)	**19** **8:30 AM** Coffee, Chats, And Coloring with Sue (CL) **9:30 AM** Floral Arrangements with Sue (CL) **11:00 AM** Soup, Salad, & Song at Wayzata Community Church--sign up for bus transportation at front desk **1:00 PM** Pumpkin Craft (A&CR) **2:30 PM** Happy Hour Birthday with Acoustic Artist Todd Jameson (B) **6:00 PM** Fast Track (CL)	**20** **8:30 AM** The Daily Chronicle (B) **9:30 AM** Coffee & Donuts (B) **11:00 AM** Chair Yoga (BR) **1:30 PM** Bingo (BR) **3:00 PM** Sing Along with Erika (CL)	**21** **11:00 AM** Exercise Crew (BR) **2:00 PM** Cribbage Crew (CL) **2:00 PM** Movie Matinee (BR)
22 **10:00 AM** Virtual Sunday Worship: Saint Lukes Lutheran Church (CL) **11:00 AM** Exercise (BR) **1:30 PM** Coffee Chats (CL)	**23** **9:00 AM** Coffee Chats (Resident Led) (B) **9:45 AM** Shopping Trip to Walmart--sign up required at front desk **11:00 AM** Empower Me Fitness: Stretch Band Training (BR) **1:00 PM** Jeopardy (BR) **2:30 PM** Resident Led Social Hour (B) **6:00 PM** Blank Slate Game (CL)	**24** **10:00 AM** Manicures & Mimosas (A&CR) **11:00 AM** Chair Yoga Video (BR) **1:00 PM** Crafternoon Club (A&CR) **2:00 PM** Culinary Council (BR) **3:00 PM** Games with Susan (CL) **6:00 PM** 5 Crowns (CL)	**25** **Happy Birthday William M.** **10:00 AM** Fall Prevention and Staying Strong Seminar with Superior Primary Care (BR) **11:00 AM** Empower Me Fitness; Stretch Band Training (BR) **11:00 AM** Catholic Services (GR) **2:00 PM** Teaching Kitchen (CL) **6:00 PM** Up & Down the River (CL)	**26** **Happy Birthday Joel M.** **8:30 AM** Coffee, Chats, And Coloring with Sue (CL) **10:00 AM** Cookie Decorating (CL) **11:00 AM** Chair Zumba (BR) **1:00 PM** Cards with Sue (CL) **6:00 PM** Fast Track (CL)	**27** **8:30 AM** The Daily Chronicle (B) **9:30 AM** Coffee & Donuts (B) **11:00 AM** Stretch Bands (BR) **1:30 PM** Bingo (BR) **2:45 PM** Balloon Volleyball	**28** **11:00 AM** Exercise Crew (BR) **2:00 PM** Cribbage Crew (CL) **2:00 PM** Movie Matinee (BR)
29 **10:00 AM** Virtual Sunday Worship: Saint Lukes Lutheran Church (CL) **11:00 AM** Exercise (BR) **1:30 PM** Coffee Chats (CL)	**30** **9:00 AM** Coffee Chats (Resident Led) (B) **9:45 AM** Morning Bingo (BR) **11:00 AM** Empower Me Fitness: Stretch Band Training (BR) **1:00 PM** Book Club (BR) **2:30 PM** Resident Led Social Hour (B) **6:00 PM** Blank Slate Game (CL)	**Locations** Club Lounge (CL) Broadwell Room (BR) Bistro (B) Arts & Crafts Room (A&CR) Fitness Room (FR) Garden Room (GR)	**Dimensions**			

* Activities are subject to change