SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **Daylight Savings Time Ends @ 2a.m.** **Clocks go BACK one hour** 10:30 Qigong-Movie Room 1:30 Movie 1:30 Canasta in the Community Room 7:00 Movie	**2** **10:00Reflections:A Women's Discussion/Community Rm** **10:15 ZOOM Exercise** 2:00 Banks/Holyoke 2:00 BINGO **Food Drive to Benefit Margaret's Pantry** Nov. 2nd -9th 6:15 L-R-Center 6:30 Mexican Train	**3 *Election Day*** **11AM / 2PM VOTE at Morgan St. School** ***Art is 4 Every 1*** **9am/ 10:45am** **10:00 VEGA YOGA** **10:45 DanceParty w/Debra** **1:30 The Bible as Stories with Alan Gilburg** 1:30 Needle Craft Crew **6:30 Transitions w/ Martha Johnson**	**4** 7:30 Lab Work 10:00 Stop & Shop/Riverdale 2:00 Target/Mall **1:30 Native American History w/ Gene Adams** **3:00 Happy Hour** 7:00 Movie	**5** 9:00 Qigong-Movie Room 10:00 CVS/Barnes&Noble **10:00 Men's Circle** 1:30 Randall's Farms **1:30 Cognition w/ Dr. Jim Masi in the Movie Room** 2:30 Exercise w/ Mary Kate in the Community Room 4:00 Thirsty Thursdays 6:15 L-R-C	**6** 10:00 Stop & Shop/Holyoke **10:15 ZOOM Exercise** **2:00 Veteran's Cemetery Agawam,MA** 6:30 Rosary in the Chapel	**7** 10:00 The Writers' Club in Activity Room #1 1:30 Movie 7:00 Movie
8 10:30 Qigong-Movie Room 1:30 Movie 1:30 Canasta in the Community Room **3:30 Ethan Stone/Piano in the Piano Lounge** 7:00 Movie	**9** **10:00Reflections:A Women's Discussion/Community Rm** **10:15 ZOOM Exercise** 1:30 Opera w/ Dan "Turandot" part I 2:00 Banks/WSpfld 2:00 BINGO 6:15 L-R-Center 6:30 Mexican Train 6:30 Opera w/ Dan "Turandot" part I I	**10** 10:00 S.Hadley Pub Library **10:00 PBJ Ministry** ***Art is 4 Every 1*** **9am/ 10:45am** **10:00 VEGA YOGA** **10:45 DanceParty w/Debra** **1:30 The Bible as Stories with Alan Gilburg** 1:30 Needle Craft Crew 2:00 Target/Mall	**11 Veterans Day** 7:30 Lab Work **10:30 Veterans Day Ceremony** *Flag Pole/& the Dining Room* **1:30 Native American History w/ Gene Adams** 2:00 Stop & Shop/Riverdale **3:00 Concert in the Chapel Patriotic Music w/ SAI LambdaPhi Chapter** 7:00 Movie	**12** 9:00 Qigong-Movie Room 10:00 CVS/Barnes&Noble 12:30 Trappist Monastery Spencer, MA **1:30 Cognition w/ Dr. Jim Masi in the Movie Room** 2:30 Exercise w/ Mary Kate in the Community Room 4:00 Thirsty Thursdays 6:15 L-R-C	**13** 10:00 Stop & Shop/Holyoke **10:15 ZOOM Exercise** *FootCare by Nurses by Appt* **1:30 Resident Share: David Kokonowski** 2:00 Trader Joe's/ Whole Foods, Hadley 6:30 Rosary in the Chapel	**14** 10:00 The Writers' Club in Activity Room #1 1:30 Movie 7:00 Movie
15 10:30 Qigong-Movie Room 1:30 Movie 1:30 Canasta in the Community Room **2:00 CHAPEL CONCERT Roberts Bailey Duo** 7:00 Movie	**16** **10:00Reflections:A Women's Discussion/Community Rm** **10:15 ZOOM Exercise** **1:30 Sing Along w/ Dan in the Movie Room** 2:00 Banks/Holyoke 2:00 BINGO **3:00 Birthday Celebration** 6:15 L-R-Center 6:30 Mexican Train	**17** ***Art is 4 Every 1*** **9am/ 10:45am** **10:00 VEGA YOGA** **10:45 DanceParty w/Debra** 11:00 Walmart/Westfield **1:30 The Bible as Stories with Alan Gilburg** 1:30 Needle Craft Crew 2:00 Target/Mall	**18** 7:30 Lab Work **10:00 All Resident Meeting in the Dining Room** 2:00 Stop & Shop/Riverdale **1:30 Native American History w/ Gene Adams** 7:00 Movie	**19** 9:00 Qigong-Movie Room 10:00 CVS/Barnes&Noble **10:00 Men's Circle** 1:30 Randall's Farms **1:30 Cognition w/ Dr. Jim Masi in the Movie Room** 2:30 Exercise w/ Mary Kate in the Community Room 4:00 Thirsty Thursdays 6:15 L-R-C	**20** 10:00 Stop & Shop/Holyoke **10:15 ZOOM Exercise** **1:30 Sally's Subjects** 2:00 River Valley Coop Easthampton 6:30 Rosary in the Chapel	**21** 10:00 The Writers' Club in Activity Room #1 1:30 Springfield Symphony (residents get own tickets) 1:30 Movie 7:00 Movie
SUNDAY	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**

22 10:30 Qigong-Movie Room 1:30 Movie 1:30 Canasta in the Community Room 7:00 Movie	**23** **10:00Reflections:A Women's Discussion/Community Rm** **10:15 ZOOM Exercise** **1:30 Book Club in the Movie Room** 2:00 Banks/WSpfld 2:00 BINGO 6:15 L-R-Center 6:30 Mexican Train	**24** 10:00 Big Y/S. Hadley **NO VEGA YOGA or DANCE PARTY** ***Art is 4 Every 1*** **9am/ 10:45am** **1:30 The Bible as Stories with Alan Gilburg** 1:30 Needle Craft Crew 2:00 Target/Mall	**25** 7:30 Lab Work 10:00 Stop & Shop/Riverdale **1:30 Native American History w/ Gene Adams** 2:00 Geisslers'/Dollar Store 7:00 Movie	**26 Thanksgiving** **11:00-1:30 p.m. Main Meal** ****Must Reserve Guest/Table in Advance" see Receptionist** **No Evening Meal**	**27** 10:00 Stop & Shop/Holyoke **10:15 ZOOM Exercise** 2:00 Louis & Clark/ Hampton Ponds Plaza 6:30 Rosary in the Chapel	**28** 10:00 The Writers' Club in Activity Room #1 1:30 Movie 7:00 Movie
29 **ADVENT BEGINS** 10:30 Qigong-Movie Room 1:30 Movie 1:30 Canasta in the Community Room	**30** **10:00Reflections:A Women's Discussion/Community Rm** **10:15 ZOOM Exercise** **1:30 Sing Along w/ Dan in the Movie Room** 2:00 Banks/WSpfld 2:00 BINGO 6:15 L-R-Center 6:30 Mexican Train	**REMEMBER TO SIGN UP IN ACTIVITY ROOM#1 for any and all bus** **ACTIVITY ROOM#1** located on first floor, to the West of the Reception Desk across the hall from the Marketing Office	***NEW*** **Sing Along w/ Dan** Mondays at 1:30pm in the Movie Room November 16th & 30th Bring 2 or 3 of your favorite songs, along with the words to share with others	**NOVEMBER is:** **National Diabetes Month** **National Alzheimer's Disease Awareness Month**	**November 2026** 	
HAIR SALON: **by Appointment Only** ***Contact Stylists directly*** Linda Kennedy 413-427-1183 Nancy Hoynowski 860-881-7026 Bridget Peritz 413-330-4616 **Massage Therapy by Appointment Only** Juanita Drew 860-508-3278	*For those not well and needing to remain in their rooms and have their meal delivered,* ***Call ext. 2535*** **by 3:00 p.m.** **REMINDER:** No Guests are permitted for Sunday's meal **Inform the Hostess IN ADVANCE if you are going to have mealtime guest during the week.**	**Storage Open Tuesdays** If assistance required, place a work order with Receptionist; Dial "0" **Notary** ***Laurie Hoey*** call ext 2502 available upon request **ZOOM Exercise** Meeting # 576 677 309 Passcode 119629	**ANGEL HALLWAY** located on the first floor, to the right of the entrance to the Piano Lounge **COFFEE SHOP** located on the first floor, entrance on the right from the lobby, facing the Piano Lounge; where breakfast is usually served	**WELLNESS CENTER** located on the first floor just inside the West/Resident Entrance (the one with the portico) **COMMUNITY/WELLNESS ROOM** located on the 4th floor, across from the East Elevator and near apt. 428.	**PIANO LOUNGE** located on the first floor, entrance opposite of main entrance and Reception desk **MOVIE ROOM** located on the first floor, off Angel Hallway, to the East of the Reception Desk	A Little Reminder **EXERCISE ROOM/ Activity Room#2** located on first floor, to the East of the Reception Desk and the SouthEast stairwell