November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
VALORA SENIOR LIVING OF ST. ANTHONY Schedule is subject to change.	C Chapel D Dining Room F First Floor Family area GP Grand Parlor L Lobby LIB Library OUT Outing SL Silverlake Room TH Town Hall V Village Room	Happy Birthday to 11/2 Florence W 11/29 James D				Weekend Activity Packets 1 [L] 2:00 Movie [SL] 6:00 Movie [SL]
Walking Club Happy Birthday Florence W. Daylight Savings Ends "Fall Back" 2:00 Movie [SL] 6:00 Movie [SL]	9:30 Chair Yoga [GP] 3 1:00 Resident Council [TH] 2:00 The Wonders of Colorado: The Most Amazing Places [SL] 6:00 Movie [SL]	9:30 Chair Yoga [GP] 4 12:45 Spark Challenge [TH] 2:30 Group Crossword [TH] 3:30 Exercise Group [GP] 6:00 Movie [SL]	9:30 Spark Activity A Feast of Cultures [TH] 12:30 Fox Therapy Exercise Class [GP] 12:45 Spark Challenge [TH] 3:30 Jeopardy [TH] 6:00 Movie [SL]	9:30 Chair Yoga [GP] 10:30 Rosary [C] 11:00 Catholic Mass [C] 2:00 Bingo [TH] 6:00 Movie [SL]	9:30 Chair Yoga [GP] 7 1:00 Really Big Show [TH] 2:00 Honoring our Veterans/ Birthday Party [D] 6:00 Movie [SL]	Weekend Activity Packets [L] 9:30 Exercise Group [GP] 10:30 Creative Coloring [TH] 1:00 Book Club [LIB] 1:30 Family Council [V] 2:00 Kings Corner [TH] 3:30 Exercise Group [GP] 6:00 Movie [SL]
Walking Club 9:30 Exercise Group [GP] 10:30 Creative Coloring [TH] 2:00 Yahtzee [TH] 3:30 Exercise Group [GP] 6:00 Movie [SL]	10:30 Chair YogaPlease note the temporary time change [GP] 1:30 Hymn Sing with the Chaplain [C] 2:00 Bible Study with the Chaplain [C] 6:00 Movie [SL]	Veterans Day 7:45 Veterans Day Breakfast [D] 9:30 Chair Yoga [GP] 12:45 Spark Challenge [TH] 2:00 Protestant Communion [C] 3:30 Exercise Group [GP] 6:00 Movie [SL]	9:00 Shopping Trip 12 12:30 Fox Therapy Exercise Class [GP] 12:45 Spark Challenge [TH] 2:00 Virtual Concert: Simon and Garfunkel the concert in Central Park [V] 3:30 Jeopardy [TH] 6:00 Movie [SL]	9:00 Podiatry Clinic [F] 13 10:30 Rosary [C] 11:00 Catholic Communion [C] 2:00 Happy Hour [F] 3:30 Exercise Group [GP] 6:00 Movie [SL]	9:30 Chair Yoga [GP] 1:00 Really Big Show [TH] 2:00 Bingo [TH] 6:00 Movie [SL]	Weekend Activity Packets [L] 12:30 Chair Yoga [GP] 2:00 Movie [SL] 6:00 Movie [SL]
Walking Club 12:30 Chair Yoga [GP] 2:00 Movie [SL] 6:00 Movie [SL]	9:30 Chair Yoga [GP] 17 10:15 Grief Group with the Chaplain [V] 1:30 Hymn Sing with the Chaplain [C] 2:00 Bible Study with the Chaplain [C] 6:00 Movie [SL]	9:30 Chair Yoga [GP] 18 12:45 Spark Challenge [TH] 2:30 Group Crossword [TH] 3:30 Exercise Group [GP] 6:00 Movie [SL]	10:00 Spark Activity a Feast of Cultures [TH] 12:30 Fox Therapy Exercise Class [GP] 12:45 Spark Challenge [TH] 2:00 Chef Chat [GP] 3:30 Exercise Group [GP] 6:00 Movie [SL]	9:30 Chair Yoga [GP] 20 10:30 Rosary [C] 11:00 Catholic Communion [C] 2:00 Tea Time [F] 3:30 Exercise Group [GP] 6:00 Movie [SL]	9:30 Chair Yoga [GP] 1:00 Really Big Show [TH] 2:00 Bingo [TH] 6:00 Movie [SL]	Weekend Activity Packets [L] 9:30 Exercise Group [GP] 10:30 Creative Coloring [TH] 1:00 Book Club [LIB] 2:00 Yahtzee [TH] 3:30 Exercise Group [GP] 6:00 Movie [SL]

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Walking Cub 9:30 Exercise Group [GP] 10:30 Creative Coloring [TH] 2:00 Kings Corner [TH] 3:30 Exercise Group [GP] 6:00 Movie [SL]	9:30 Chair Yoga [GP] 12:30 Outing To Silverwood for the Art and Nature Class. The Bus leave from the Lobby at 12:30 [OUT] 6:00 Movie [SL]	9:30 Chair Yoga [GP] 25 10:30 Washer Toss [GP] 2:30 Group Crossword [TH] 3:30 Exercise Group [GP] 6:00 Movie [SL]	10:00 Spark Activity A Feast of Cultures [TH] 12:30 Fox Therapy Exercise Class [GP] 2:00 Chef Demo [GP] 3:35 Exercise Group [GP] 6:00 Movie [SL]	Thanksgiving Day 2:00 Movie [SL] 6:00 Movie [SL]	Day after Thanksgiving Day 9:30 Chair Yoga [GP] 2:00 Bingo [TH] 6:00 Movie [SL]	Weekend Activity Packets [L] Happy Birthday Jim D. 2:00 Movie [SL] 6:00 Movie [SL]
Walking Club 2:00 Movie [SL] 6:00 Movie [SL]						