Independent Living Calendar

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **5:30** Dinner Fall Back! Daylight Saving Time Ends- Turn clocks back 1 hour.	**2** **9:15 & 10:30** Mindful Movements **1:30** Let's Play Quarter Bingo	**3** **10:00** Bus Departs for VOTING **1:15** Classic Harmony	**4** **1:30** Presentation Jon Murray from Maine Safe Response. Overview and Q&A about emergency call buttons.	**5** **9:15 & 10:30** Mindful Movements **4:00** MUSIC Kevin Kiley Wine & Cheese	**6** **1:30** Presentation Technology Conversation with Brooks Betts	**7** **10:00** Coffee & Chat **11:00** May I **1:30** Chromino's
8 **12:00** Brunch	**9** **9:15 & 10:30** Mindful Movements **1:30** MOVIE *Flyboys*	**10** **1:15** Classic Harmony	**11** VETERANS DAY **12:00** Veterans Luncheon	**12** **9:15 & 10:30** Mindful Movements **1:30** Book Club I ♥ Book Club	**13** **1:30** Presentation **Author: Sandy Oliver** History of Thanksgiving traditions, with a variety of seasonal goodies to enjoy.	**14** **10:00** Coffee & Chat **11:00** May I **1:30** Chromino's
15 **5:30** Dinner	**16** **9:15 & 10:30** Mindful Movements **2:30** MUSIC Mickey Felder Jazz Piano	**17** **10:00** Apartment Meeting **1:00** Outing Classic Harmony **Concert**	**18** **1:30** *Horticultural Therapy at SAV* with Garron Dorr of Coastal Maine Botanical Gardens.	**19** **9:15 & 10:30** Mindful Movements **4:00** MUSIC Kevin Kiley Wine & Cheese	**20** **1:30** Presentation Maine's Death with Dignity Act with Caz Bemski	**21** **10:00** Coffee & Chat **11:00** May I **1:30** Chromino's
22 **12:00** Brunch	**23** **9:15 & 10:30** Mindful Movements **1:30** Let's Play Quarter Bingo	**24** **10:00** Cottage Meeting **1:30** MUSIC Chip Schwehm	**25** **1:30** Handcrafted Holiday Ornaments	**26** Happy Thanksgiving! NOON MEAL	**27** **1:30** Birthday Party	**28** **10:00** Coffee & Chat **11:00** May I **1:30** Chromino's
29 **5:30** Dinner	**30** **9:15 & 10:30** Mindful Movements **1:30** Join us for Deck the Halls at SAV!					

PODIATRIST- TUESDAY November 10th *Please contact Resident Services for appointments.*

VETERANS Monthly meeting –Wed 11/18 2PM Private Dining

HAPPY HOUR Every Friday at 4:45pm in the Living Room. B.Y.O.B. and an appetizer to share if you would like.

November Birthdays:

19 Leigh Sherrill 19 Mary Pellarin