CHRISTOPHER HEIGHTS™ *of* Attleboro
AN ASSISTED LIVING COMMUNITY

November 2026

EXERCISE · SERVICES · GAME · MOVIE · MANICURES · OUTING · CRAFT · TOWN HALL · SNACKS & SOCIAL · CONVERSATION · CLUBS/GROUPS · SPECIAL · OUTING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Ends 1 **10:00 St. John's Mass: Livestream w/ Sr. Eileen** 10:45 After Service Social 1:30 Streamed Concert: Fats Domino 3:00 Apple Cider Social Hour 3:30 Jenga 4:00 Afternoon Stretch	2 9:30 Exercise Bingo 10:00 Painting **2:00 $1 Bingo** 3:00 Social Hour 3:30 November Farmer's Almanac 4:00 Resistance Band Strength Training	3 9:30 Mindful Movement **9:30 Shopping Trip** 10:00 Board Games 10:00 Wii Bowling **2:00 Cooking Demonstration** 3:00 Social Hour 3:30 Card Players' Group 4:00 Afternoon Stretch	4 9:30 Exercise Bingo 10:00 Cornhole Tournament **2:00 $1 Bingo** 3:00 Social Hour 3:00 Writers' Group 4:00 Indoor Turkey Trot	5 **9:30 Fallon Health: Social Connections** 10:00 Board Games 10:00 Wii Bowling **11:00 Activity Meeting** **2:00 Music with Steve Burke** 3:00 Social Hour 4:00 Silver Swing Putting Club	6 9:30 Strength Training **10:00 Baptist Service w/ Pastor Dave** 10:45 After Service Social 11:00 Cover the Number Dice Game 1:30 Afternoon Matinee: Big 3:00 Social Hour 4:00 Afternoon Stretch	7 9:30 Exercise **10:00 Pet Therapy with Unique Souls** 11:00 Manicures **2:00 $1 Bingo** 3:00 Social Hour 3:30 Karaoke 4:00 Afternoon Stretch
International Tongue Twister Day 8 **10:00 St. John's Mass: Livestream w/ Sr. Eileen** 10:45 After Service Social 1:30 Afternoon Matinee: Moulin Rouge! 3:00 Apple Cider Social Hour 3:30 Tongue Twisters 4:00 Afternoon Stretch	9 9:30 Exercise Bingo **10:00 Blood Pressure Clinic** 11:00 Thanksgiving Family Feud **2:00 $1 Bingo** 3:00 Social Hour 4:00 Resistance Band Strength Training	10 9:30 Mindful Movement 10:00 Board Games **10:00 Outing to Library** 10:00 Wii Bowling **2:00 Music with Chris Waters** 3:00 Social Hour 3:30 Card Players' Group 4:00 Afternoon Stretch	**Veterans Day** 11 9:30 Exercise Bingo **10:30 Veterans' Recognition Ceremony** **12:00 Gentlemen's Luncheon** **2:00 $1 Bingo** 3:00 Social Hour 3:00 Writers' Group 4:00 Indoor Turkey Trot	12 9:30 Drum Fit 10:00 Board Games 10:00 Wii Bowling **11:00 Town Hall Meeting** **1:30 Outing to North Bowl** 3:00 Social Hour 4:00 Exercise	13 9:30 Zumba **10:00 Baptist Service w/ Pastor Dave** 10:45 After Service Social 11:00 Cover the Number Dice Game 1:30 Afternoon Matinee: You've Got Mail 3:00 Social Hour 4:00 Afternoon Stretch	14 9:30 Exercise Bingo 10:00 Board Games 10:00 Cornhole Tournament 11:00 Manicures **2:00 $1 Bingo** 3:00 Social Hour 3:30 Karaoke 4:00 Afternoon Stretch
15 **10:00 St. John's Mass: Livestream w/ Sr. Eileen** 10:45 After Service Social 1:30 Streamed Concert: Patsy Cline 3:00 Apple Cider Social Hour 3:30 Jenga 4:00 Afternoon Stretch	16 9:30 Exercise Bingo **10:00 Paws of Comfort Therapy Dogs Visit** **2:00 Music with Dave Andrews** 3:00 Social Hour 3:30 November Trivia 4:00 Resistance Band Strength Training	17 9:30 Mindful Movement 10:00 Board Games 10:00 Wii Bowling 11:00 Modern Marvels Documentary: Hot and Spicy **2:00 Chili Cook-Off** 3:00 Social Hour 3:30 Card Players' Group 4:00 Afternoon Stretch	**National Apple Cider Day** 18 9:30 Exercise Bingo 10:00 Left Right Center **2:00 $1 Bingo** 3:00 Mulled Cider Social Hour 3:00 Writers' Group 3:30 How It's Made: Apple Cider 4:00 Indoor Turkey Trot	19 9:30 Exercise 10:00 Board Games 10:00 Wii Bowling **11:00 Food Forum** **1:30 Music with Bombshell Betty** 3:00 Paint and Sip Social Hour 4:00 Silver Swing Putting Club	20 9:30 Strength Training **10:00 Baptist Service w/ Pastor Dave** 10:45 After Service Social 11:00 Cover the Number Dice Game 1:30 Afternoon Matinee: Planes, Trains and Automobiles 3:00 Social Hour 4:00 Afternoon Stretch	21 9:30 Exercise Bingo 10:00 Board Games 10:00 Cornhole Tournament 11:00 Manicures **2:00 $1 Bingo** 3:00 Social Hour 3:30 Karaoke 4:00 Afternoon Stretch
22 **10:00 St. John's Mass: Livestream w/ Sr. Eileen** 10:45 After Service Social 1:30 Afternoon Matinee: La La Land 3:00 Apple Cider Social Hour 3:30 Jenga 4:00 Afternoon Stretch	23 9:30 Exercise Bingo 10:00 Thankful Tree 11:00 Turkey Tails-Truth or False **2:00 $1 Bingo** 3:00 Social Hour 4:00 Resistance Band Strength Training	24 9:30 Mindful Movement 10:00 Board Games 10:00 Wii Bowling **11:00 Lunch Outing** **2:00 Music with Joey C.** 3:00 Social Hour 3:30 Card Players' Group 4:00 Afternoon Stretch	25 9:30 Exercise Bingo 10:00 Spelling Bee **12:00 Resident Birthday Luncheon** **2:00 $1 Bingo** 3:00 Social Hour 3:00 Writers' Group 3:30 Turkey Shoot 4:00 Indoor Turkey Trot	**Thanksgiving** 26 8:30 Macy's Thanksgiving Day Parade 9:00 Turkey Hunt! Find a turkey on your floor for a prize! 9:30 Drum Fit 10:00 Board Games 10:00 Wii Bowling 11:00 Thanksgiving Trivia 2:00 Roll a Turkey Dice Game 3:00 Social Hour 4:00 Silver Swing Putting Club	27 9:30 Zumba **10:00 Baptist Service w/ Pastor Dave** 10:45 After Service Social 11:00 Cover the Number Dice Game 1:30 Afternoon Matinee: Home for the Holidays 3:00 Social Hour 4:00 Afternoon Stretch	28 9:30 Exercise Bingo 10:00 Board Games 10:00 Cornhole Tournament 11:00 Manicures **2:00 $1 Bingo** 3:00 Social Hour 3:30 Karaoke 4:00 Afternoon Stretch
29 **10:00 St. John's Mass: Livestream w/ Sr. Eileen** 10:45 After Service Social 1:30 Streamed Concert: The Temptations 3:00 Apple Cider Social Hour 3:30 Jenga 4:00 Afternoon Stretch	30 9:30 Exercise Bingo 10:00 Pokeno 11:00 Jeopardy **2:00 $1 Bingo** 3:00 New Resident Meet and Greet Social Hour 4:00 Resistance Band Strength Training					

Calendar of Events