November 2026

Palm Cottages of Rockledge Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Pass Out Chronicle (ALL) 9:00 Calendar Overview (ALL) 9:30 Virtual Church Service (ALL) 11:00 Craft Corner - Tissue Paper Flowers/Decorate a Picture Frame (ALL) 1:00 EZ Lucky Number Dice Game (ALL) 3:00 Scenic Ride (ALL) Happy Birthday Wayne D! Dia de los Muertos (Day of the Dead)	2 9:00 Pass Out Chronicle (ALL) 9:30 Movement Monday - Silver Sneakers (WA) 10:00 Zoo Trip 1:30 BINGO (WI) 3:00 Six Step Funny Turkey Drawing (CA) 4:00 Musical Melodies (ALL) All Soul's Day	3 9:00 Pass Out Chronicle (ALL) 9:30 Morning Stroll (CO) 10:00 ImPRESSive Fall Foliage (CA) 11:00 Yoga w/Latisha (CH) 1:30 Ice Cream Social (CH) 3:00 Name That Tune of Thanks (D) 4:00 Table Talk Tuesday - Pondering Prompts (WI) ELECTION DAY	4 9:00 Pass Out Chronicle (ALL) 9:30 Catholic Church Service (S) 10:00 Catholic Church Service (WI) 10:30 Exercise w/Powerback Rehab (Q) 11:00 What's Cooking w/Antonio (CH) 1:00 Coffee, Canines and Crafts w/Touch of Grey Rescue 4:00 Popsicles on the Porch (WI) Candy Day	5 9:00 Pass Out Chronicles (ALL) 9:30 Pool Noodle Exercises - Airball (WI) 10:00 Walmart Trip 1:30 Gardening Club (G) 2:30 Thirsty Thursday (CH) 4:00 Trivia Thursday - Monopoly (CO) Monopoly Day	6 9:00 Pass Out Chronicles (ALL) 9:30 Fitness Friday - Elderfit TV Seated Exercise (WA) 10:00 Autumn Leaf Mason Jar Candle Holder (D) 11:00 Lindbergh's Flight Trivia Game (S) 1:30 BINGO (WI) 3:00 Movie Matinee & Popcorn - Sully (ALL) Jersey Friday	7 9:00 Pass Out Chronicles (ALL) 10:00 Weekend Workout - Scarf Throw (ALL) 11:00 Coloring Activity - Story Stones (ALL) 1:00 Ring Toss (ALL) 3:00 Sensory Saturday - Calming Sensory Bottle (ALL) Employee Brother/Sisterhood Day
8 9:00 Pass Out Chronicle (ALL) 10:00 Non-Denominational Church Service w/John & Marsha (CO) 11:00 Craft Corner - Gratitude Tree (ALL) 1:00 Skip-Bo (ALL) 3:00 Scenic Ride (ALL) Staff: Happy Birthday Lily T!	9 9:00 Pass Out Chronicle (ALL) 9:30 Movement Monday - Silver Sneakers (WI) 10:00 Acorn Eggs (S) 11:00 Lunch Bunch - Chick-fil-A 2:30 BINGO (CO) 3:00 Fun w/Paper Clips/Experiment (CA) 4:00 Musical Melodies (ALL) World Orphans Day	10 9:00 Pass Out Chronicle (ALL) 9:30 Morning Stroll (D) 10:00 Nature Butterfly Craft (S) 11:00 Yoga w/Latisha (CH) 1:30 Ice Cream Social w/Music by Jimmy R (CH) 3:00 Cranium Crunches (CA) 4:00 Table Talk Tuesday - Unexpected Blessings (CO) Pursue Trivia Day	11 9:00 Pass Out Chronicle (ALL) 9:30 Catholic Service (S) 10:00 Catholic Service (WI) 10:30 Veterans Age & Attendance Presentation w/Tammy - Burgos & Brein (D) 10:30 Pet Therapy (ALL) 1:30 Veterans Day Program w/Mederi Caretenders Hospice (CH) 3:00 BINGO (CO) 4:00 Popsicles on the Porch (CA) 4:00 Veterans Dinner (CH) THANK YOU VETERANS Happy Birthday Betty Y!	12 9:00 Pass Out Chronicles (ALL) 9:30 Pool Noodle Exercises - Stretches (CA) 9:30 Friends Fun Feud: Autumn-Themed (CH) 11:00 Musical Exercise w/Courtney (CH) 1:30 Gardening Club (G) 2:30 Thirsty Thursday w/Music by Todd S (CH) 4:00 Trivia Thursday - EZ Does It (D) Mocktail Day	13 9:00 Pass Out Chronicles (ALL) 9:30 Fitness Friday - Elderfit TV Seated Exercise (WI) 10:00 Turkey Origami (S) 11:00 What in the World Do You Mean Game? (WA) 1:30 BINGO (CO) 3:00 Movie Matinee & Popcorn - Airport (ALL) World Kindness Day	14 9:00 Pass Out Chronicles (ALL) 10:00 Weekend Workout - Freeze Dance (ALL) 11:00 Coloring Activity - Pickle (ALL) 1:00 Yard Bowling (ALL) 3:00 Sensory Saturday - Whip Cream Painting (ALL) Pickle Day Staff: Happy Birthday Anastasia T!
15 9:00 Pass Out Chronicle (ALL) 9:30 Virtual Church Service (ALL) 11:00 Craft Corner - Paper Crocodile Craft (ALL) 1:00 Kings in the Corner (ALL) 3:00 Scenic Ride (ALL) Steve Irwin Day	16 9:00 Pass Out Chronicle (ALL) 9:30 Travelogue Destination: An Aviation Where in the World? (CH) 11:00 Stretches & Weights w/Erika (CH) 1:30 BINGO (WI) 3:00 Scrapbooking for Health (D) 4:00 Musical Melodies w/Hot Cocoa & Cider (ALL) Button Day	17 9:00 Pass Out Chronicle (ALL) 9:30 Morning Stroll (S) 10:00 Paper Plane Launcher (WA) 11:00 Yoga w/Latisha (CH) 1:30 Ice Cream Social & Trivia Showdown (CH) 3:00 Bangle Bracelets (CA) 4:00 Table Talk Tuesday - Favorite Hike (D) World Peace Day	18 9:00 Pass Out Chronicle (ALL) 9:30 Catholic Church Service (S) 10:00 Catholic Church Service (WI) 10:30 Exercise w/Powerback Rehab (R) 11:00 Morning Stroll (D) 12:00 Birthday Bash w/Music by Pearl Joy (CH) 2:30 BINGO (WI) 4:00 Popsicles on the Porch (CO) Happy Birthday Mickey & Minnie Mouse!	19 9:00 Pass Out Chronicles (ALL) 9:30 Pool Noodle Exercises - Airball (CO) 10:00 Golf Box Game (D) 11:00 Resident Council (CH) 1:30 Gardening Club (G) 2:30 Thirsty Thursday (CH) 4:00 Trivia Thursday - Aviation (S) 4:30 Taste of Elegance w/D, S & WA Cottages (CH) Happy Birthday Jo S! International Men's Day	20 9:00 Pass Out Chronicles (ALL) 9:30 Fitness Friday - Elderfit TV Seated Exercise (CA) 10:00 Bealls Home 1:30 BINGO (WI) 3:00 Movie Matinee & Popcorn - Planes, Trains & Automobiles (ALL) Write on the Wall Day	21 9:00 Pass Out Chronicles (ALL) 10:00 Weekend Workout - Drum Circle (ALL) 11:00 Coloring Activity - Thanksgiving (ALL) 1:00 Frisbee Can Toss (ALL) 3:00 Sensory Saturday - Sense-ational Thanksgiving Dinner (ALL) Family Volunteer Day
22 9:00 Pass Out Chronicle (ALL) 10:00 Non-Denominational Church Service w/John & Marsha (CO) 11:00 Craft Corner - Mosaic Pumpkins (ALL) 1:00 Scrabble (ALL) 3:00 Scenic Ride (ALL) Family Week	23 9:00 Pass Out Chronicle (ALL) 9:30 Movement Monday - Silver Sneakers (CA) 10:00 Fun Games and Puzzles (S) 11:00 Stretches & Weights w/Erika (CH) 1:30 BINGO (CO) 3:00 "Be a Pepper" Commercial (D) 4:00 Musical Melodies (ALL) Be a Bucket Filler Day	24 9:00 Pass Out Chronicle (ALL) 9:30 Morning Stroll (WA) 10:00 Turkey Toss (CA) 11:00 Yoga w/Latisha (CH) 11:00 What's Baking w/Antonio (R) 1:30 Ice Cream Social w/Music by Chris B (CH) 3:00 Family Feud Game (D) 4:00 Table Talk Tuesday - Favorite Thanksgiving Tradition (WI) Staff: Happy Birthday Tracy C! Staff: Happy Birthday Marsha H!	25 9:00 Pass Out Chronicle (ALL) 9:30 Catholic Church Service (S) 10:00 Catholic Church Service (WI) 10:30 Exercise w/Powerback Rehab (CH) 1:30 Target Trip 3:00 BINGO (CO) 3:30 Mederi Caretenders Support Group (CH) 4:00 Popsicles on the Porch (D) World Puzzle Wednesday	26 9:00 Pass Out Chronicles (ALL) 9:30 Pool Noodle Exercises - Stretches (D) 10:00 Musical Exercise w/Courtney (CH) 11:00 Thanksgiving Host Jokes (S) 12:00 Thanksgiving Lunch w/Music by Jaime Hollis (CH) 2:00 Trivia Thursday - Random (WA) Happy Thanksgiving Staff: Happy Birthday Leah M!	27 9:00 Pass Out Chronicles (ALL) 9:30 Fitness Friday - Elderfit TV Seated Exercise (D) 10:00 Twenty Questions (WA) 11:00 Lunch Bunch - Kelsey's Pizzeria 2:30 BINGO (CO) 3:00 Movie Matinee & Popcorn - Home for the Holidays (ALL) Black Friday	28 9:00 Pass Out Chronicles (ALL) 10:00 Weekend Workout - Chair Yoga (ALL) 11:00 Coloring Activity - Color by Numbers (ALL) 1:00 Corn Hole (ALL) 3:00 Sensory Saturday - Essential Oil Scents (ALL) French Toast Day
29 9:00 Pass Out Chronicle (ALL) 9:30 Virtual Church Service (ALL) 11:00 Craft Corner - Make Your Own Fascinator (ALL) 1:00 Triominoes (ALL) 3:00 Scenic Ride (ALL) Artist's Sunday Staff: Happy Birthday Mary PH!	30 9:00 Pass Out Chronicle (ALL) 9:30 Movement Monday - Silver Sneakers (CO) 10:00 Fort Christmas Trip w/Picnic Lunch 2:30 BINGO (WI) 4:00 Musical Melodies (ALL) Crazy Hat Day					

Activities are subject to change, without notice, due to transportation, weather and/or interest.

Location Key: ALL-Stopping at Each Cottage, CA-Canary Cottage, CH-Clubhouse, CO-Coconut Cottage, D-Date Cottage, G-Gazebo Memory Care, Q-Queen Cottage, R-Royal Cottage, S- Sylvester Cottage, WA-Washington Cottage, WI-Windmill Cottage

November 2026

Palm Cottages of Rockledge Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Pass Out Chronicle (ALL) 9:00 Calendar Overview (ALL) 9:30 Virtual Church Service (ALL) 11:00 Craft Corner - Tissue Paper Flowers/Decorate a Picture Frame (ALL) 1:00 EZ Lucky Number Dice Game (ALL) 3:00 Scenic Ride (ALL) Happy Birthday Wayne D! Dia de los Muertos (Day of the Dead)	2 9:00 Pass Out Chronicle (ALL) 9:30 Movement Monday - Silver Sneakers (R) 10:00 Zoo Trip 1:30 BINGO/Memory/Matching (Q) 2:30 Six Step Funny Turkey Drawing w/Cider & Cocoa (Q) 3:30 Six Step Funny Turkey Drawing w/Cider & Cocoa (R) 4:00 Musical Melodies (ALL) All Soul's Day	3 9:00 Pass Out Chronicle (ALL) 9:00 Nail Care w/Courtney (Q) 10:00 Nail Care w/Courtney (R) 11:00 ImPRESSive Fall Foliage (Q) 11:30 ImPRESSive Fall Foliage (R) 1:30 Ice Cream Social (CH) 2:30 Name That Tune of Thanks (R) 3:30 Name That Tune of Thanks (Q) 4:00 Table Talk Tuesday - Pondering Prompts (R) ELECTION DAY	4 9:00 Pass Out Chronicle (ALL) 9:30 Catholic Church Service (S) 10:30 Exercise w/Powerback Rehab (R) 11:00 What's Cooking w/Antonio (CH) 1:00 Coffee, Canines and Crafts w/Touch of Grey Rescue 4:00 Popsicles on the Porch (Q) Candy Day	5 9:00 Pass Out Chronicles (ALL) 9:30 Pool Noodle Exercises - Airball (Q) 10:00 Walmart Trip 1:30 Gardening Club (G) 2:30 Mocktails & Munchies w/Music by Two of Us (Q) 4:00 Trivia Thursday - Monopoly (R) Monopoly Day	6 9:00 Pass Out Chronicles (ALL) 9:30 Fitness Friday - Elderfit TV Seated Exercise (R) 10:00 Yoga w/Latisha (R) 10:30 Autumn Leaf Mason Jar Candle Holder (R) 11:00 Lindbergh's Flight Trivia Game (R) 1:30 BINGO/Memory/Matching (Q) 2:30 Autumn Leaf Mason Jar Candle Holder (Q) 3:00 Movie Matinee & Popcorn - Sully (ALL) 3:30 Puzzles (Q) Jersey Friday	7 9:00 Pass Out Chronicles (ALL) 10:30 Weekend Workout - Scarf Throw (ALL) 11:30 Coloring Activity - Story Stones (ALL) 1:00 Ring Toss (CH) 3:30 Sensory Saturday - Calming Sensory Bottle (ALL) Employee Brother/Sisterhood Day
8 9:00 Pass Out Chronicle (ALL) 10:00 Non-Denominational Church Service w/John & Marsha (CO) 11:00 Craft Corner - Gratitude Tree (ALL) 1:00 Puzzles (ALL) 3:00 Scenic Ride (ALL) Staff: Happy Birthday Lily T!	9 9:00 Pass Out Chronicle (ALL) 9:30 Movement Monday - Silver Sneakers (Q) 10:00 Musical Exercise w/Courtney (Q) 10:30 Acorn Eggs (Q) 11:00 Lunch Bunch - Chick-fil-A 2:30 BINGO/Memory/Matching (R) 3:30 Fun w/Paper Clips/Experiment w/Cider & Cocoa (R) 4:00 Musical Melodies (ALL) World Orphans Day	10 9:00 Pass Out Chronicle (ALL) 9:30 Morning Stroll (R) 10:00 Nature Butterfly Craft (R) 11:00 Nature Butterfly Craft (Q) 1:30 Ice Cream Social w/Music by Jimmy R (CH) 2:30 Cranium Crunches (Q) 3:30 Cranium Crunches (R) 4:00 Table Talk Tuesday - Unexpected Blessings (Q) Pursue Trivia Day	11 9:00 Pass Out Chronicle (ALL) 9:30 Catholic Service (S) 10:30 Veterans Age & Attendance Presentation w/Tammy - Burgos & Brein (D) 10:30 Pet Therapy (ALL) 1:30 Veterans Day Program w/Mederi Caretenders Hospice (CH) 3:00 BINGO/Memory/Matching (R) 4:00 Popsicles on the Porch (R) 4:00 Veterans Dinner (CH) Happy Birthday Betty Y!	12 9:00 Pass Out Chronicles (ALL) 9:30 Pool Noodle Exercises - Stretches (R) 9:30 Friends Fun Feud: Autumn-Themed (CH) 10:00 Stretches & Weights w/Erika (R) 10:30 Hand Massages w/Erika (R) 11:00 Hand Massages w/Erika (Q) 1:30 Gardening Club (G) 2:30 Mocktails & Munchies (Q) 4:00 Trivia Thursday - EZ Does It (Q) Mocktail Day	13 9:00 Pass Out Chronicles (ALL) 9:30 Fitness Friday - Elderfit TV Seated Exercise (Q) 10:00 Yoga w/Latisha (Q) 10:30 Turkey Origami (Q) 11:00 What in the World Do You Mean Game? (Q) 1:30 BINGO/Memory/Matching (R) 2:30 Turkey Origami (R) 3:00 Movie Matinee & Popcorn - Airport (ALL) 3:30 Puzzles (R) World Kindness Day	14 9:00 Pass Out Chronicles (ALL) 10:30 Weekend Workout - Freeze Dance (ALL) 11:30 Coloring Activity - Pickle (ALL) 1:00 Yard Bowling (CH) 3:30 Sensory Saturday - Whip Cream Painting (ALL) Pickle Day Staff: Happy Birthday Anastasia T!
15 9:00 Pass Out Chronicle (ALL) 9:30 Virtual Church Service (ALL) 11:00 Craft Corner - Paper Crocodile Craft (ALL) 1:00 UNO! (ALL) 3:00 Scenic Ride (ALL) Steve Irwin Day	16 9:00 Pass Out Chronicle (ALL) 9:30 Travelogue Destination: An Aviation Where in the World? (CH) 10:00 Musical Exercise w/Courtney (R) 1:30 BINGO/Memory/Matching (Q) 2:30 Scrapbooking for Health w/Cider & Coca (Q) 3:30 Scrapbooking for Health w/Cider & Cocoa (R) 4:00 Musical Melodies (ALL) Button Day	17 9:00 Pass Out Chronicle (ALL) 9:30 Morning Stroll (Q) 10:00 Paper Plane Launcher (Q) 11:00 Paper Plane Launcher (R) 1:30 Ice Cream Social & Trivia Showdown (CH) 2:30 Bangle Bracelets (R) 3:30 Bangle Bracelets (Q) 4:00 Table Talk Tuesday - Favorite Hike (R) World Peace Day	18 9:00 Pass Out Chronicle (ALL) 9:30 Catholic Church Service (S) 10:30 Exercise w/Powerback Rehab (Q) 11:00 Morning Stroll (R) 12:00 Birthday Bash w/Music by Pearl Joy (CH) 2:30 BINGO/Memory/Matching (Q) 4:00 Popsicles on the Porch (Q) Happy Birthday Mickey & Minnie Mouse!	19 9:00 Pass Out Chronicles (ALL) 9:30 Pool Noodle Exercises - Airball (Q) 10:00 Stretches & Weights w/Erika (Q) 10:30 Golf Box Game (Q) 11:00 Golf Box Game (R) 11:00 Resident Council (CH) 1:30 Gardening Club (G) 2:00 Gobble Gobble Party w/Music by Fred C (R) 4:00 Trivia Thursday - Aviation (R) Happy Birthday Jo S! International Men's Day	20 9:00 Pass Out Chronicles (ALL) 9:30 Fitness Friday - Elderfit TV Seated Exercise (R) 10:00 Bealls Home 1:30 BINGO/Memory/Matching (Q) 2:30 Facial Massages w/Latisha (Q) 3:00 Movie Matinee & Popcorn - Planes, Trains & Automobiles (ALL) 3:30 Facial Massages w/Latisha (R) Write on the Wall Day	21 9:00 Pass Out Chronicles (ALL) 10:30 Weekend Workout - Drum Circle (ALL) 11:30 Coloring Activity - Thanksgiving (ALL) 1:00 Frisbee Can Toss (CH) 3:30 Sensory Saturday - Sense-ational Thanksgiving Dinner (ALL) Family Volunteer Day
22 9:00 Pass Out Chronicle (ALL) 10:00 Non-Denominational Church Service w/John & Marsha (CO) 11:00 Craft Corner - Mosaic Pumpkins (ALL) 1:00 Puzzles (ALL) 3:00 Scenic Ride (ALL) Family Week	23 9:00 Pass Out Chronicle (ALL) 9:30 Movement Monday - Silver Sneakers (Q) 10:00 Musical Exercise w/Courtney (Q) 10:30 Fun Games & Puzzles (Q) 11:00 Fun Games & Puzzles (R) 1:30 BINGO/Memory/Matching (R) 2:30 "Be a Pepper" Commercial (R) 3:30 "Be a Pepper" Commercial (Q) 4:00 Musical Melodies (ALL) Be a Bucket Filler Day	24 9:00 Pass Out Chronicle (ALL) 9:30 Morning Stroll (R) 10:00 Turkey Toss (R) 10:30 Turkey Toss (Q) 11:00 What's Baking w/Antonio (R) 1:30 Ice Cream Social w/Music by Chris B (CH) 2:30 Family Feud Game (Q) 3:30 Family Feud Game (R) 4:00 Table Talk Tuesday - Favorite Thanksgiving Tradition (Q) Staff: Happy Birthday Tracy C! Staff: Happy Birthday Marsha H!	25 9:00 Pass Out Chronicle (ALL) 9:30 Catholic Church Service (S) 9:00 Nail Care w/Latisha (Q) 10:00 Nail Care w/Latisha (R) 10:30 Exercise w/Powerback Rehab (CH) 1:30 Target Trip 3:00 BINGO/Memory/Matching (R) 3:30 Mederi Caretenders Support Group (CH) 4:00 Popsicles on the Porch (R) World Puzzle Wednesday	26 9:00 Pass Out Chronicles (ALL) 9:30 Pool Noodle Exercises - Stretches (R) 10:00 Stretches & Weights w/Erika (R) 10:30 Thanksgiving Host Jokes (R) 11:00 Thanksgiving Host Jokes (Q) 12:00 Thanksgiving Lunch w/Music by Jaime Hollis (CH) 2:00 Trivia Thursday - Random (Q) Staff: Happy Birthday Leah M!	27 9:00 Pass Out Chronicles (ALL) 9:30 Fitness Friday - Elderfit TV Seated Exercise (Q) 10:00 Yoga w/Latisha (Q) 10:30 Twenty Questions (Q) 11:00 Lunch Bunch - Kelsey's Pizzeria 2:30 BINGO/Memory/Matching (R) 3:00 Movie Matinee & Popcorn - Home for the Holidays (ALL) 3:30 Twenty Questions (R) Black Friday	28 9:00 Pass Out Chronicles (ALL) 10:30 Weekend Workout - Chair Yoga (ALL) 11:30 Coloring Activity - Color by Numbers (ALL) 1:00 Corn Hole (CH) 3:30 Sensory Saturday - Essential Oil Scents (ALL) French Toast Day
29 9:00 Pass Out Chronicle (ALL) 9:30 Virtual Church Service (ALL) 11:00 Craft Corner - Make Your Own Fascinator (ALL) 1:00 Go Fish (ALL) 3:00 Scenic Ride (ALL) Artist's Sunday Staff: Happy Birthday Mary PH!	30 9:00 Pass Out Chronicle (ALL) 9:30 Movement Monday - Silver Sneakers (R) 10:00 Fort Christmas Trip w/Picnic Lunch 2:30 BINGO/Memory/Matching (Q) 3:30 Hand Massages w/Courtney (Q) 4:00 Hand Massages w/Courtney (R) 4:00 Musical Melodies (ALL) Crazy Hat Day					

Activities are subject to change, without notice, due to transportation, weather and/or interest.

Location Key: ALL-Stopping at Each Cottage, CH-Clubhouse, D-Date Cottage, G-Gazebo Memory Care, Q-Queen Cottage, R-Royal Cottage, S- Sylvester Cottage