SILVER GLEN NOVEMBER 2026 Events/Meetings/Activities

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **1.**<br>**2-4p, Ping-Pong & Billiards, John Chan, GH Billiard Room**<br><br>**11a-3p Room Reserved, LN/GR**<br><br>**2p Movie – 9-5, GH**<br><br>**2:30p Therapeutic Pool Exercise** | **2.**<br>**11a Stretch Ex.**<br>**12-1p Staff Lunch, FR**<br>**1p Welcome Aboard, GR**<br>**2p DEP, GR**<br>**4p Wine in the GR**<br>**6:30p Crazy Rummy, Library**<br>**7p Bridge Game, GR**<br>**7-9p Sharing Grief, SR** | **3.**<br>**10a Chair Yoga, GH**<br>**11a Therapeutic Pool Ex.**<br>**12-1p Staff Lunch, FR**<br>**1:30p Chimes, GH**<br>**4-5, Meditation, SR**<br>**6:20p TOPS, GR** | **4.**<br>**10a Chair Piloga, GH**<br>**11a Stretch Ex.**<br>**12-1p Staff Lunch, FR**<br>**12:30-3p Ukulele, GH**<br>**1p Postcards, GR**<br>**1-3:30p Mahjong, Library**<br>**6:30 – 8p Room Reserved, SH/GR** | **5.**<br>**10:30a Dining Committee Mtg, GR**<br>**10a-3p Sally Li Foot Care, SR**<br>**11a-12p Learn About Our Exercise Equipment from Hunter Madich, Workout Rm**<br>**11a Ad Hoc Common Spaces, FR**<br>**11a Therapeutic Pool Exercise**<br>**12-1p Staff Lunch, FR**<br>**12:30-1p Set up GH**<br>**1-3p Presentation: Design & Plan for Updating Center & East Buildings, GH Board, GH**<br>**2p Finance, GR**<br>**3p Twisted Stitchers, Patio/SR**<br>**7p, Movie-Sherlock Holmes, GH** | **6.**<br>**10-11a Dance Exercise, GH**<br>**12-1p Staff Lunch, FR**<br>**3p Gratitude Group, SR**<br>**4:30p Social Hour, GR** | **7.**<br>**9:30 Men's KoffeeK, GR**<br>**1p Medicare, Jodi Gaftia (Wellness), GH**<br>**1:30-8:30p Sign up for individual appointments with Jodi, Library**<br>**6:30p Game Night, GR** |

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| **8.**<br>**2-4p, Ping-Pong & Billiards, John Chan, GH Billiard Room**<br><br>**2:30p Therapeutic Pool Exercise** | **9.**<br>**9:30-11a IT Meeting, GR**<br>**10a-2p Silver Glen Craft Fair, Main area, Center Bldg**<br>**11a Stretch Ex.**<br>**12-1p Staff Lunch, FR**<br>**2p Marketing, GR**<br>**3:30p Music Jammers, GH**<br>**4p Wine in the GR**<br>**6:30p Crazy Rummy, Library**<br>**7p Bridge Game, GR**<br>**7-9p Sharing Grief, SR** | **10.**<br>**10a Chair Yoga, GH**<br>**11a Therapeutic Pool Ex.**<br>**12-1p Staff Lunch, FR**<br>**4-5, Meditation, SR**<br>**6:20p TOPS, GR** | **11.**<br>**9:30a Bone Health & Osteoporosis, GR/Maureen Kures**<br>**10a-12:30p Wellness Nurse Kures, BP checks, etc., signup outside SR**<br>**10a Chair Piloga, GH**<br>**11a Stretch Ex.**<br>**12-1p Staff Lunch, FR**<br>**12:30-3p Ukulele, GH**<br>**1p Postcards, GR**<br>**1-3:30p Mahjong, Library**<br>**3p Communication, GR**<br>**6:30 – 8p Room Reserved, SH/GR** | **12.**<br>**8:30-9:30a Ex Board mtg, FR**<br>**10:30-11:30a Board Meeting, GH**<br>**11:30a Town Hall, GH**<br>**11a Therapeutic Pool Exercise**<br>**12-1p Staff Lunch, FR**<br>**3p Twisted Stitchers, Patio/SR**<br><br>***5p Deadline for Gazette Submittals*** | **13.**<br>**10-11a Dance Exercise, GH**<br>**10-11a Helping Hands Maint. Committee, GR**<br>**12-1p Staff Lunch, FR**<br>**1p, What To Do If You Get Hacked, GH**<br>**3p Gratitude Group, SR**<br>**4:30p Social Hour, GR**<br>**7p Room Reserved, SR/NBH** | **14.**<br>**9:30 Men's KoffeeK, GR**<br>**12:30-1p Set up GH**<br>**2p Saturday Afternoon Live, GH**<br>**6:30p Game Night, GR** |

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| **15.**<br>**2-4p, Ping-Pong & Billiards, John Chan, GH Billiard Room**<br><br>**2:30p Therapeutic Pool Exercise**<br><br>**4-7p Room Reserved, SR/MM** | **16.**<br>**11a Stretch Ex.**<br>**12-1p Staff Lunch, FR**<br>**1p Wellness, GR**<br>**4p Wine in the GR**<br>**6:30p Crazy Rummy, Library**<br>**7p Bridge Game, GR** | **17.**<br>**10a Chair Yoga, GH1a Therapeutic Pool Ex.**<br>**12-1p Staff Lunch, FR**<br>**1p Landscape, GR**<br>**1:30p Chimes, GH**<br>**4-5p Meditation, SR**<br>**6:20p TOPS, GR** | **18.**<br>**10a Chair Piloga, GH**<br>**11a Stretch Ex.**<br>**12-1p Staff Lunch, FR**<br>**12:30-3p Ukulele, GH**<br>**1p Postcards, GR**<br>**1-3:30p Mahjong, Library**<br>**2:30p All Chairs Committee Mtg, GR**<br>**6:30-8p Room Reserved, GR/SH** | **19.**<br>**8a-12p East Shore Men's Breakfast, SR/RW**<br>**9a Friends of SG, GR**<br>**11a Therapeutic Pool Ex.**<br>**12-1p Staff Lunch, FR**<br>**2-4P Great Give-Away! Hallway outside GH, & maybe inside GH**<br>**3p Twisted Stitchers, Patio/SR**<br>**3:30p Green Team, GR** | **20.**<br>**10-11a Dance Exercise, GH**<br>**12-1p Staff Lunch, FR**<br>**1p DEP Talk: Fall Prevention GH**<br>**2p Replacement Reserves, GR**<br>**3p Gratitude Group, SR**<br>**4:30p Social Hour, GR** | **21.**<br>**9:30 Men's KoffeeK, GR**<br>**1p Landscape Work Party, Patio**<br>**6:30p Game Night, GR** |
| **22.**<br>**2-6p Room Reserved, GH/PS**<br>**2-6p Room Reserved, SR/PS**<br><br>**2:30p Therapeutic Pool Exercise** | **23.**<br>**10a Mobile Library**<br>**11a Stretch Ex.**<br>**12-1p Staff Lunch, FR**<br>**4p Wine in the GR**<br>**6:30p Crazy Rummy, Library**<br>**7p Bridge Game, GR** | **24.**<br>**10a Chair Yoga, GH**<br>**11a Therapeutic Pool Ex.**<br>**12-1p Staff Lunch, FR**<br>**2p Ways & Means, GR**<br>**4-5p Meditation, SR**<br>**6:20p TOPS, GR** | **25.**<br>**10a Chair Piloga, GH**<br>**11a Stretch Ex.**<br>**12-1p Staff Lunch, FR**<br>**12:30-3p Ukulele, GH**<br>**1p Postcards, GR**<br>**1-3:30p Mahjong, Library** | **26. THANKSGIVING**<br>**11a Therapeutic Pool Ex.**<br>**12-2p Thanksgiving Lunch, GH, $10**<br>**1-5p Room Reserved, SR/RO**<br><br>***5pm Deadline For Gazette Submittals*** | **27.**<br>**10-11a Dance Exercise, GH**<br>**11a Coast Staff Mtg, FR**<br>**12-1p Staff Lunch, FR**<br>**3p Gratitude Group, SR**<br>**4:30p Social Hour, GR** | **28.**<br>**9:30 Men's KoffeeK, GR**<br>**2p-3:45p Flute Circle, GR** |

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| **29.**<br>**2-4p, Ping-Pong & Billiards, John Chan, GH Billiard Room**<br><br>**2:30p Therapeutic Pool Exercise** | **30.**<br>**10a Tech Help for Seniors, GR**<br>**11a Stretch Ex.**<br>**12-1p Staff Lunch, FR**<br>**12p Ladies Lunch, Dining Rm**<br>**1p Wellness, GR**<br>**4p Wine in the GR**<br>**6:30p Crazy Rummy, Library**<br>**7p Bridge Game, GR** | | | | | |