

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		"Autumn shows us how beautiful it is to let things go." – Unknown				Stretch & Strength 11:00 Word Mining with Kally (CLR) Energy Burst 2:00 Suann on the Piano (L)
Sole to Soul Walking Club Energy Burst	Joyful Movement Energy Burst 1:30 WU: Culinary Creations (PDR) 2:30 Finish the Thought (CLR)	Brain Games Gentle Movement WU: An Eye for Art 11:00 Peddler's Village Lunch & Walkabout (L) Energy Burst	National Donut Day Guided Meditation Strength & Balance Energy Burst 1:30 Virtual Tour of Bryce Canyon (CLR)	National Jersey Day Brain Games Slow Flow Yoga Energy Burst Happy Hour (CLR) Virtual Adventure 3:00 Horticulture (PAR)	Joyful Movement WU: Person of Interest Energy Burst 1:30 Getting to Know You Ball Game (PCR)	Stretch & Strength Energy Burst Hand Massages (PCR) Saturday Movie (PCR)
Sole to Soul Walking Club Energy Burst	Joyful Movement Energy Burst WU: Culinary Creations 2:30 Minnie Kalan - Singer (2FTR)	Veteran's Day Brain Games Gentle Movement Energy Burst WU: An Eye for Art WU: Artistry Unleashed 1:30 Veteran's Day Celebration (L)	Gratitude and Reflections Strength & Balance Energy Burst 2:00 What Are We Grateful For? (PCR)	Brain Games Slow Flow Yoga Energy Burst Happy Hour (CLR) Virtual Trip Down Memory Lane	Community Life Committee Meeting Joyful Movement Energy Burst 1:30 Getting to Know You Ball Game (PCR)	Stretch & Strength Energy Burst Hand Massages (PCR) Saturday Movie (PCR)
Sole to Soul Walking Club Energy Burst	Joyful Movement Energy Burst WU: Culinary Creations	Brain Games Gentle Movement Energy Burst WU: An Eye for Art 6:00 Alan Lurty - Singer/Piano (L)	Guided Meditation Strength & Balance 11:00 Lunch Trip to Friendly's (L) Energy Burst	Brain Games Slow Flow Yoga Energy Burst Happy Hour (CLR) Virtual Roadtrippers	Joyful Movement Service Circles Energy Burst 1:30 Getting to Know You Ball Game (PCR)	Stretch & Strength Energy Burst Hand Massages (PCR) Saturday Movie (PCR)
Sole to Soul Walking Club Energy Burst	Joyful Movement Energy Burst WU: Culinary Creations 2:00 In the Kitchen with Jim and Mary Ella (2FAR)	Brain Games Gentle Movement Energy Burst WU: Artistry Unleashed 2:30 Bill Long- Singer (2FTR)	Gratitude and Reflections Strength & Balance Energy Burst Music & Memories (PCR)	Happy Thanksgiving! Brain Games Slow Flow Yoga Energy Burst Happy Hour (CLR) 12:00 Thanksgiving Meal with Family & Friends (PDR)	Joyful Movement WU: Lives Well Lived Energy Burst 1:30 Getting to Know You Ball Game (PCR)	Stretch & Strength Energy Burst Hand Massages (PCR) Saturday Movie (PCR)
Sole to Soul Walking Club Energy Burst					Calendar is Subject to Change	

Activity Locator Key:

PAR = Pathways Art Room
PCR = Pathways Communal Room
PDR = Pathways Dining Room
L = Lobby
2T = 2nd Floor Theater Room
2AR = 2nd Floor Activities Room

- Body
- Community
- Entertainment
- Mind
- Outing
- Spirit

November 2025 Pathways

