Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1p- Movie, “Daniel Boone, Trail Blazer” NR 1956 Western/Adventure 1h 30m  3:30p- Scrabble Group Daylight Saving Time Ends	**2** 10a- Sorry 10a- Independent Exercise 2p- Chair Yoga 3p- Giant Crossword Puzzles	**3** 10a- Blood Pressure Check 10:15a- Functional Fitness **12:30p-2pm- Voting Day (See Front Desk)** 1p- Craft (Pie Felt Garland) 3p- Yahtzee	**4** 10a- Up-Words 10a- Independent Exercise 12:30p- Contract Rummy 1p- Chair Yoga **2p- Art with Mary Fran**	**5** 10a- Functional Fitness *1p- Shopping Trip (See Front Desk)* 1p- What in the World Do You Mean? 3p- Rummikub	**6** 10a- Coffee & Puzzles 10a- Independent Exercise 1p- Movie, “The Breadwinner” PG 2026 Comedy 1h 40m 2:30p- Knitting/ Crochet Group	**7** **9a-2p Gables Craft Fair & Bakesale**
8 1p- Movie, “Amelia” PG 2009 Adventure/Romance 1h 51m 3:30p- Scrabble Group Diwali (Hindi)	**9** 10a- Dominoes 10a- Independent Exercise **11a- Lunch Trip to Sugar & Spice (Bus boarding at 10:45a)** **3:30p- Live Music with Bob R.**	**10** 10a- Blood Pressure Check 10:15a- Functional Fitness 1p- Craft (Decoupage Lamps) **2:30p- Grief Support Group**	**11** **10:30a- Trip to the Rutland WWII Memorial Dedication Ceremony (Bus boards at 10:30a)** 10a- Independent Exercise 12:30p- Contract Rummy **2:30p- Veterans Day Social** Veterans Day Remembrance Day (Canada)	**12** 10a- Functional Fitness *1p- Shopping Trip (See Front Desk)* 1p- Word Snaps **2p- Live Music with Bob B.**	**13** 10a- Rack-O 10a- Independent Exercise **1p- B-I-N-G-O** 2:30p- Knitting/ Crochet Group	**14** **10a- Resident Council Conversation** 12p- Bridge Group 1p- Movie, “9 to 5” PG 1980 Comedy/Screwball comedy 1h 50m 3:30p- Resident Social
15 1p- Movie, “Sarah's Oil” PG 2025 Drama 1h 44m 3:30p- Scrabble Group	**16** 10a- Scattergories 10a- Independent Exercise 2p- Chair Yoga **3p- Live Music with Paul- “Warm Love Songs in November”**	**17** 10a- Blood Pressure Check 10:15a- Functional Fitness 1p- Craft (Fall Centerpiece) **3p- Live Presentation by Sally, “Antarctica Comes to Vermont!”**	**18** **10a- Trip to Vermont Country Store & Lunch (Bus boarding at 10:00a)** 10a- Independent Exercise 12:30p- Contract Rummy **1p- Resident Council**	**19** 10a- Functional Fitness *1p- Shopping Trip (See Front Desk)* 1p- UNO 3p- Rapid Rumble	**20** 10a- Bananagrams 10a- Independent Exercise 1p- Smoothie Social 2p- Documentary: Ric Burns- New York, Part 1 2:30p- Knitting/ Crochet Group	**21** 12p- Bridge Group 1p- Movie, “Rescue from Gilligan's Island” NR 1978 Adventure/Slapstick 1h 40m 3:30p- Resident Social
22 1p- Movie, “Belle” PG 2013 Romance/Drama 1h 40m PG 2009 3:30p- Scrabble Group	**23** 10a- Who, What, Where? 10a- Independent Exercise 2p- Chair Yoga **3p- Let’s Make Rocky Road Fudge**	**24** 10a- Blood Pressure Check 10:15a- Functional Fitness 1p- Craft (Beaded Corn) **2p- Book Club** 3p- Thanksgiving Trivia	**25** **10a- Thanksgiving “Thankful” Snack Mix** 10a- Independent Exercise 12:30p- Contract Rummy 1p- Movie “A Day for Thanks on Walton's Mountain” NR 1982 Drama 1h 37m	**26** **Happy Thanksgiving!**  Thanksgiving Day (U.S.)	**27** 10a- Star of the Month “Whoopi Goldberg” 10a- Independent Exercise **1p- B-I-N-G-O** 2:30p- Knitting/ Crochet Group	**28** 12p- Bridge Group 1p- Movie, “Dolly Parton's Coat of Many Colors” NR 2015 Musical/Drama 2 hours 3:30p- Resident Social
29 1p- Movie,” Little Women” PG 2019 Romance/Drama 2h 15m PG 2009 3:30p- Scrabble Group	**30** 10a- Puzzle Time 10a- Independent Exercise 2p- Chair Yoga **3p- Activity Committee Meeting**					

November 2026

“What if, today, we were grateful for everything?”- Charlie Brown

The Gables at East Mountain, 200 Gables Place, Rutland Vermont 05701

*Activities and locations subject to change