November 2026
Harmony Park Life Enrichment Programming

created with Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Daylight Saving Time Begins** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Mindful Movement 11:30 Ministry Services 1:30 This Day in History 2:30 Ice Cream Social with Music 3:00 Trivia 3:30 Coloring Club 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Sunday's Best Classical Movie	**2** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 10:30 Music Therapy w/ Paul and Pup 1:30 Hand Care Haven 3:00 Folding Laundry 4:00 Music in Motion 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Monday Movie Night	**3** **Election Day** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Chair Exercises with Bev 1:30 pottery 2:30 Stamp Art 3:00 Joe Carroll Music Performance 4:00 Keep It Up: Balloon Toss 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Classical Cinemagic	**4** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Restorative Stretching 1:30 Finish-the-Phrase 2:00 Happy Hour with Lynn Roxy 3:00 Trips and Travels 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Midweek Movie Matinee	**5** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Chair Exercises with Bev 1:30 Puzzle and Piece Time 2:30 Pictionary 3:00 Bowling 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Classical Cinemagic	**6** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Dumbbell Exercise with Music 1:30 Sing Along with Staffs 3:00 Basketball Hoops 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO	**7** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Seated Yoga Exercise 1:30 Virtual Tours Around The World 2:30 Nature Show & Cookies 3:00 Residents Pick 4:00 Color Sorting 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Saturday Movie Night
8 **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Mindful Movement 11:30 Ministry Services 1:30 This Day in History 2:00 Fidos For Freedom 2:30 Ice Cream Social with Music 3:00 Trivia 3:30 Coloring Club 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Sunday's Best Classical Movie	**9** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 10:30 Music Therapy w/ Paul and Pup 1:30 Hand Care Haven 3:00 Folding Laundry 4:00 Music in Motion 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Monday Movie Night	**10** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Chair Exercises with Bev 1:30 pottery 2:30 Stamp Art 3:00 Joe Carroll Music Performance 4:00 Keep It Up: Balloon Toss 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Classical Cinemagic	**11** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** **Veterans Day** 10:30 Hydration Connection 11:00 Just Bead It 11:00 Restorative Stretching 1:30 Finish-the-Phrase 2:00 Happy Hour with Lynn Roxy 3:00 Trips and Travels 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Midweek Movie Matinee	**12** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Chair Exercises with Bev 1:30 Puzzle and Piece Time 2:00 Julia Hall Musical Performance 2:30 Pictionary 3:00 Bowling 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Classical Cinemagic	**13** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Dumbbell Exercise with Music 1:30 Sing Along with Staffs 3:00 Basketball Hoops 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO	**14** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Seated Yoga Exercise 1:30 Virtual Tours Around The World 2:30 Nature Show & Cookies 3:00 Residents Pick 4:00 Color Sorting 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Saturday Movie Night
15 **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Mindful Movement 11:30 Ministry Services 1:30 This Day in History 2:30 Ice Cream Social with Music 3:00 Trivia 3:30 Coloring Club 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Sunday's Best Classical Movie	**16** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 10:30 Music Therapy w/ Paul and Pup 1:30 Echoes of Nature 1:30 Hand Care Haven 3:00 Folding Laundry 4:00 Music in Motion 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Monday Movie Night	**17** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Chair Exercises with Bev 1:30 pottery 2:30 Stamp Art 3:00 Joe Carroll Music Performance 4:00 Keep It Up: Balloon Toss 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Classical Cinemagic	**18** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Restorative Stretching 1:30 Finish-the-Phrase 2:00 Happy Hour with Lynn Roxy 3:00 Trips and Travels 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Midweek Movie Matinee	**19** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Chair Exercises with Bev 1:30 Puzzle and Piece Time 2:00 Julia Hall Musical Performance 2:30 Pictionary 3:00 Bowling 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Classical Cinemagic	**20** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Dumbbell Exercise with Music 1:30 Sing Along with Staffs 3:00 Basketball Hoops 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO	**21** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Seated Yoga Exercise 1:30 Virtual Tours Around The World 2:30 Nature Show & Cookies 3:00 Residents Pick 4:00 Color Sorting 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Saturday Movie Night
22 **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Mindful Movement 11:30 Ministry Services 1:30 This Day in History 2:30 Ice Cream Social with Music 3:00 Trivia 3:30 Coloring Club 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Sunday's Best Classical Movie	**23** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 10:30 Music Therapy w/ Paul and Pup 1:30 Hand Care Haven 1:30 Nature Moment 3:00 Folding Laundry 4:00 Music in Motion 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Monday Movie Night	**24** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Chair Exercises with Bev 1:30 pottery 2:30 Stamp Art 3:00 Joe Carroll Music Performance 4:00 Keep It Up: Balloon Toss 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Classical Cinemagic	**25** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Restorative Stretching 1:30 Finish-the-Phrase 2:00 Happy Hour with Lynn Roxy 3:00 Trips and Travels 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Midweek Movie Matinee	**26** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** **Thanksgiving** 10:30 Hydration Connection 11:00 Chair Exercises with Bev 1:30 Puzzle and Piece Time 2:30 Pictionary 3:00 Bowling 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Classical Cinemagic	**27** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Dumbbell Exercise with Music 1:30 Sing Along with Staffs 3:00 Basketball Hoops 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO	**28** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Seated Yoga Exercise 1:30 Virtual Tours Around The World 2:30 Nature Show & Cookies 3:00 Residents Pick 4:00 Color Sorting 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Saturday Movie Night
29 **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 11:00 Mindful Movement 11:30 Ministry Services 1:30 This Day in History 2:30 Ice Cream Social with Music 3:00 Trivia 3:30 Coloring Club 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Sunday's Best Classical Movie	**30** **Room Visits** **Sensory Room Visits/Nature Moment (11am - 6pm)** 10:30 Hydration Connection 10:30 Music Therapy w/ Paul and Pup 1:30 Hand Care Haven 3:00 Folding Laundry 4:00 Music in Motion 4:00 Small Group Activities 4:30 Warm Towels Hand Massage 6:00 BINGO 7:00 Monday Movie Night					

LORIEN MEMORY CARE
Harmony Park

- Active Engagement
- Health & Wellness
- Music & Memory
- Nutrition & Hydration
- Outdoor Time & Sensory Connection
- Routine Reinforcement
- You Matter

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