November 2026 – Lamond

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 am Coffee & Conversation 11:00 am Current Events 11:30 am Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Arts & Crafts: Elastic Bracelets	**3** 10:00 am Coffee & Conversation 11:00 am Trivia 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Board Games	**4** 10:00 am Coffee & Conversation 11:00 am Walkie Talkie 11:30 Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Memory Wellness	**5** 10:00 am Coffee & Conversation 11:00 am Mindfulness & Meditation 12:00 pm Lunch 1:00 pm Movie Day	**6** 10:00 am Walkie-Talkies 11:00 am Coffee and Conversation 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Bingo
9 10:00 am Coffee & Conversation 11:00 am Current Events 11:30 am Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Arts & Crafts: Cheryl's Choice	**10** 10:00 am Coffee & Conversation 11:00 am Trivia 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Board Games	**11 – Site Closed (Veteran's Day)** 	**12** 10:00 am Coffee & Conversation 11:00 am Mindfulness & Meditation 12:00 pm Lunch 1:00 pm Movie Day	**13** 10:00 am Walkie-Talkies 11:00 am Coffee and Conversation 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Bingo
16 10:00 am Coffee & Conversation 11:00 am Current Events 11:30 am Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Arts & Crafts: 3D Pumpkin Center Piece	**17** 10:00 am Coffee & Conversation 11:00 am Trivia 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Nutrition Education w/ Laura	**18** 10:00 am Coffee & Conversation 11:00 am Walkie Talkie 11:30 Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Memory Wellness	**19** 10:00 am Coffee & Conversation 11:00 am Mindfulness & Meditation 12:00 pm Lunch 1:00 pm Movie Day	**20** **10AM-2PM National Museum of African American History and Culture (limit 13)** 10:00 am Walkie-Talkies 11:00 am Coffee and Conversation 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Bingo
23 10:00 am Coffee & Conversation 11:00 am Current Events 11:30 am Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Arts & Crafts: Button Making	**24** 10:00 am Coffee & Conversation 11:00 am Trivia 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Board Games 12:30-2:00pm Nutrition Clinic w/ Laura November Birthday Celebration!	**25** **10AM-2PM Feast of Sharing (limit 13)** 10:00 am Coffee & Conversation 11:00 am Painting 11:30 Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Memory Wellness	**26 – Site Closed (Thanksgiving)** 	**27** 10:00 am Walkie-Talkies 11:00 am Coffee and Conversation 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Bingo
30 10:00 am Coffee & Conversation 11:00 am Current Events 11:30 am Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Arts & Crafts: Button Ornaments			**Field Trip:** Recreation activities off site (transportation provided) *Please note there is a 10-minute grace period for field trips. *Please note that you can expect a slight adjustment to activities if there is a field trip or if a Recreation Coordinator is out (such as board games, trivia, etc.) *Calendars are subject to change	
DPR DC DEPARTMENT OF PARKS AND RECREATION	***12/1*** *10:00 am Coffee & Conversation* *11:00 am Trivia* *11:30 am Sail Exercise (DPR)* *12:00 pm Lunch* *1:00 pm Board Games*	***12/2*** *10:00 am Coffee & Conversation* *11:00 am Walkie Talkie* *11:30 Jewelry Making (DPR)* *12:00 pm Lunch* *1:00 pm Memory Wellness*	***12/3*** *10:00 am Coffee & Conversation* *11:00 am Mindfulness & Meditation* *12:00 pm Lunch* *1:00 pm Movie Day*	***12/4*** *10:00 am Walkie-Talkies* *11:00 am Coffee and Conversation* *11:30 am Sail Exercise (DPR)* *12:00 pm Lunch* *1:00 pm Bingo*