NOVEMBER 2026

Capital Oaks Nursing & Rehab
Life Works Wellness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00am Spiritual Care: Bible Study 12:00pm NFL watch Party 3:00pm Trivia and Games	**2** 9:00am Men's Haircuts 10:00am Body Works: Pickleball 10:30am Mind Works: Gratitude A-Z 1:00pm Wellness on Wheels 2:00pm Game Club: Bingo	Travel Tuesday **3** 9:00am Body Works: Breathe Better 10:00am Game Club: Word Scramble 1:00 Virtual Travel Club: Exploring Turkey 2:00pm Movies and Popcorn	Wellness Wednesday **4** 10:00am T-Roy Music 1:00pm Spiritual Care: Bible Study 2:00pm Wellness Works: Diabetes Basics 2:30pm Game Club: Pokeno	**5** 9:30am Body Works: Pickleball 10:00am Art Works: Thanksgiving Tray Décor 1:00pm Wellness on Wheels 2:00pm Game Club: Bingo	**6** 9:30am Body Works: Breathe Better 10:00am Game Club: ABC Game 1:00pm Wellness on Wheels 2:00pm Fall Party	**7** 10:00am Game club: Pokeno 1:00pm College Football Watch Party 6:00pm Wii Games
8 10:00pm Spiritual Care: Bible Study 12:00pm NFL Watch Party 3:00pm Game Club: Pokeno	**9** 9:00am Ladies Haircuts 10:00am Mind Works: Name the Book 1:00pm Wellness on Wheels 2:00pm Game Club: Bingo	Travel Tuesday **10** 9:00am Body Works: Pickleball 10:00am Bible Study 1:00pm Travel Club: Turkish Music and Movement 2:00pm Game Club: Board Games	**11** 10:00am Veterans Day Program 1:00pm Mind Works: Last Letter First 2:00pm Ken Wesley Music Veterans Day	**12** 9:30am Body Works: Breathe Better 10:00am Game Club: Family Tree 1:00pm Wellness on Wheels 2:00pm Game Club: Bingo	**13** 9:30am Body Works: Pickleball 10:00am Nature Works: Courtyard Outing 1:00pm Wellness on Wheels 2:00pm DJ Desselle **World Kindness Day**	**14** 10:00am Spiritual Care: Pastor Moore 12:00pm College Football Watch Party 6:00pm Wii Games World of Wellness World Mental Health Day
15 10:00am Spiritual Care: Bible Study 12:00pm NFL Watch Party 3:00pm Music Hour/Games Spiritual Care Week	**16** 9:30am Men's Haircuts 10:00am Body Works: Breathe Better 1:00pm Story Time 2:00pm Game Club: Bingo	Travel Tuesday **17** 9:30am Body Works: Pickleball 10:00am EBR Library 1:00pm Travel Club: Turkish Handicrafts 2:00pm Bobbing for Apples	Wellness Wednesday **18** 9:30am Body Works: Breathe Better 10:00am Wellness Works: COPD 1:00pm Resident Council	**19** 9:30am Body Works: Pickleball 10:00am Mind Works: Gratitude A – Z 1:00pm Thanksgiving Trivia 2:00pm Game Club: Bingo	**20** 9:30am Body Works: Breathe Better 10:00am Mind Works: Turkey Trot Trivia 1:00pm Game Club: Cornhole and Cards 2:00pm Resident Birthday Party	**21** 10:00am Spiritual Care: Pastor Hardy 12:00pm College Football Watch Party 2:00pm Western Movies 6:00pm Wii Games
22 10:00am Spiritual Care: Bible Study 12:00pm NFL Watch Party 1:00pm Game Club: Trouble/ Connect 4 3:00pm Movies	**23** 9:30am Ladies Haircuts 10:00am Body Works: Pickleball 10:30am Father Joey 1:00pm Wellness on Wheels 2:00pm Game Club: Bingo	Travel Tuesday **24** 9:30am Body Works: Breathe Better 10:00am Art Works: Thanksgiving Décor 1:00pm Wellness on Wheels 2:00pm Movies and Popcorn	**25** 9:30am Body Works: Pickleball 1:00pm Spiritual Care: Bible Study 1:00pm Turkey Trot 2:00pm Game Club: Roll a Turkey Feather	**26** 11:30am Thanksgiving Meal 2:00pm Game Club: Bingo **Thanksgiving**	**27** 9:30am Body Works: Breathe Better 10:00am Mind Works: Thanksgiving Name 10 2:00pm Game Club: Tables Games	**28** 10:00am Sport Trivia 12:00pm College Football Watch Party 2:00pm Price is Right Game 6:00pm Wii Games
29 10:00pm Spiritual Care: Bible Study 12:00pm NFL Watch Party 3:00pm Game Club: Pokeno	**30** 9:30am Body Works: Pickleball 10:00am Art Works: Holiday Ornament Wall Décor 1:00pm Wellness on Wheels 2:00pm Game Club: Bingo					