Benedictine

November 2026

Benedictine Living Community-Regina
Pauline

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **11:00** | Daily Chronicle and Seated Exercise with Jessica **1:00** | Mass All Saints **1:30** | Community Walks with Jessica	**2** **9:30** | Morning Greetings **10:00** | Daily Chronicle and Exercise **10:30** | Service of Remembrance **11:00** | Hand Massages **1:00** | Mass **1:30** | Mindful Meditation **2:30** | Snack Social **3:30** | Balloon Volleyball	**3** **9:30 |** Morning Greetings **10:00 |** Music and Movement **11:00 |** Spirit Alive **1:00 |** Mass **1:30 |** Bowling **2:00 | Veterans Café** **2:30 |** Community Walks **3:30 |** In Room Visits	**4** **10:30 |** Daily Chronicle and Seated Exercise **11:00 |** Pauline Band Practice **1:00 |** Mass **1:30 |** Pamper & Polish Nails **2:30 |** Community Walks **3:00 |** Top Tier Toss **3:30 |** In Room Visits	**5** **9:30 |** Morning Greetings **10:30 |** Letter Ball **11:00 |** Spirit Alive **1:00** | Mass **2:30 | Campus-Wide Carpenter Nature Center Program** **4:00 |** Friendly Visits	**6** **9:30** | Morning Greetings **10:00 |** Daily Chronicle **10:30 |** Seated Exercise **11:00 |** Bingo **1:00** | Hand Massages **2:30 | Live Music with Colleen Wold** **4:00** | Friendly Visits	**7** **11:00** | Daily Chronicle and Seated Stretches with Joan **2:00 |** Staff Led Movie Showing
8 **11:00** | Daily Chronicle and Seated Exercise with Joan **1:00** | Mass **1:30** | Community Walks with Joan	**9** **9:30** | Morning Greetings **10:00** | Daily Chronicle and Exercise **10:30** | Ecumenical Service **11:00** | Pamper & Polish Nails **1:00** | Mass **1:30** | Pauline Band Practice **2:30** | Hydration Cart **3:30** | Dirty Laundry Game	**10** **9:30 |** Morning Greetings **10:00 |** Music and Coloring **11:00 |** Spirit Alive **1:00 |** Mass **1:30 |** Mindful Movement **2:30 |** Community Walks **3:00 |** Bingo **3:30 |** In Room Visits	**11** **8:30 | Veteran's Day Breakfast** **10:30 |** Daily Chronicle and Seated Exercise **11:00 |** Pauline Band Practice **1:00 |** Mass **1:30 |** Pamper & Polish Nails **2:00 | Campus-Wide Veteran's Day Celebration**	**12** **10:00am-3:00pm | Campus-Wide Craft Fair** **10:00** | Live Music with Kit **11:00 |** Spirit Alive **1:00** | Mass **1:30** | Snack Social in the Activity Kitchen **3:00** | Balloon Volleyball	**13** **9:30** | Morning Greetings **10:00 |** Daily Chronicle **10:30** | Seated Exercise **11:00** | Cornhole **1:00** | Hand Massages **2:30 | Live Music with Bobbie & Christine** **4:00** | Friendly Visits	**14** **11:00** | Daily Chronicle and Seated Stretches with Jessica **2:00 |** Staff Led Movie Showing
15 **11:00** | Daily Chronicle and Seated Exercise with Jessica **1:00** | Mass **1:30** | Community Walks with Jessica	**16** **9:30** | Morning Greetings **10:00** | Daily Chronicle and Exercise **10:30** | Ecumenical Service **11:00** | Hand Massages **1:00** | Mass **1:30** | Coloring Club **2:30** | Snack Social **3:30** | Music and Movement	**17** **9:30 |** Morning Greetings **10:00 |** Music and Movement **11:00 |** Spirit Alive **1:00 |** Mass **1:30 |** Balloon Volleyball **2:15 | Campus-Wide Sing Along with Home Spun Harmony** **3:30 |** In Room Visits	**18** **10:30 |** Daily Chronicle and Seated Exercise **11:00 |** Pauline Band Practice **1:00 |** Mass **1:30 |** Pamper & Polish Nails **2:30 |** Community Walks **3:00 |** Top Tier Toss **3:30 |** In Room Visits	**19** **9:30** | Morning Greetings **10:30** | Mindful Meditation **11:00 |** Spirit Alive **1:00** | Mass **2:00 | Campus-Wide Turkey Trot** **4:00** | Friendly Visits	**20** **9:30** | Morning Greetings **10:00 |** Daily Chronicle **10:30** | Seated Exercise **11:00** | 300 Bag Toss **1:00** | Hand Massages **2:30 | Live Music with Tony Casey** **4:00** | Friendly Visits	**21** **11:00** | Daily Chronicle and Seated Stretches with Cheryl **2:00 |** Staff Led Movie Showing
22 **11:00** | Daily Chronicle and Seated Exercise with Cheryl **1:00** | Mass **1:30** | Community Walks with Cheryl	**23** **9:30** | Morning Greetings **10:00** | Daily Chronicle and Exercise **10:30** | Ecumenical Service **11:00** | Pamper & Polish Nails **1:00** | Mass **1:30** | Pauline Band Practice **2:30** | Community Walks **3:30** | Dart Toss	**24** **9:30 |** Morning Greetings **10:00 |** Music and Coloring **11:00 |** Spirit Alive **1:00 |** Mass **1:30 |** Pamper & Polish Nails **2:30 |** Community Walks **3:00 |** Bingo **3:30 |** In Room Visits	**25** **10:30 |** Daily Chronicle and Seated Exercise **11:00 |** Pauline Band Practice **1:00 |** Mass **1:30 |** Pamper & Polish Nails **2:30 |** Community Walks **3:00 |** Top Tier Toss **3:30 |** In Room Visits	**26** **11:00** | Daily Chronicle and Seated Exercise with Jessica **Happy Thanksgiving!!**	**27** **9:30** | Morning Greetings **10:00 |** Daily Chronicle **10:30** | Seated Exercise **11:00** | Balloon Volleyball **1:00** | Hand Massages **2:30 | Live Music with Tim Patrick** **4:00** | Friendly Visits	**28** **11:00** | Daily Chronicle and Seated Stretches with Cheryl **2:00 |** Staff Led Movie Showing
29 **11:00** | Daily Chronicle and Seated Exercise with Cheryl **1:00** | Mass **1:30** | Community Walks with Cheryl	**30** **9:30** | Morning Greetings **10:00** | Daily Chronicle and Exercise **10:30** | Ecumenical Service **11:00** | Hand Massages **1:00** | Mass **1:30** | Coloring Club **2:30** | Hydration Cart **3:30** | Balloon Volleyball					

Let our lives be full of both thanks and giving.

Activities subject to change.