

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>November 2025</h1>						1 10:00 Cards w/Judy- NSR3 (5.00 fee) 10:30 In Joy Choir Practice- EC 2:00 Saturday Matinee-Plaza Room
2 9:30 Praise and Worship – EC 9:45 Doug Forsberg to speak. 1:30 Bingo w/Keith – AR1 6:00 Prayer Group– NSR2 	3 9:30 Exercise Group – CTR3 10:00 Mitford w/Merlene- AR1 10:00 Run Errands 10:45 Piano w/Merlene-Lobby 1:00 Go to Arbuckle Fried Pies 3:00 In Joy Choir Practice-EC 6:30 Games w/SNU Students-EC	4 10:00 Quarter Bingo- AR1 1:30 Positive Movement Exercise Class w/Angela- CTR3 2:00 In Joy Choir Concert -EC	5 9:30 Exercise Group – CTR3 10:00 Walmart Market 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 1:00 -Art Class- Sheila/Oklahoma Arts Council 1:00 The Story of You Class-AR1 2:00 We Come Together Group AR1 3:45 Prayer & Share- Rm 237 4:00 “In Joy” Choir Practice- EC Betty Egerton - Birthday	6 9:30 Bible Study with Helen-PDR 10:00 Coffee & Donuts w/Rhonda Medicare/Humana Info Meeting-AR1 11:00 John’s Devotions-EC 2:00 Coloring and Cookies- AR1 6:30 SNU to perform White Christmas \$10.00- Cantrell Hall 6:30 Diamond Dots Crafts- AR1 Ben Luinstra- Birthday	7 9:30 Exercise Group- CTR3 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby	8 9:30 Positive Movement Exercise Class w/Angela-CTR3 2:00 Saturday Matinee-Plaza Room
9 9:30 Praise and Worship – EC 9:45 Doug Forsberg to speak. 1:30 Bingo w/Keith – AR1 6:00 Prayer Group– NSR2	10 9:30 Exercise Group – CTR3 10:00 Mitford w/Merlene- AR1 10:00 Run Errands 10:45 Piano w/Merlene-Lobby 11:00 Out to eat @ Olive Garden 2:00 Veterans Coffee Social w/Jason -Synergy Homecare-EC 6:30 Games w/SNU Students-EC	11 8:00 Men’s Breakfast-(sign up) 10:00 Paper Bingo-AR1 1:00 Poetry Group- Library 1:30 Positive Movement Exercise Class w/Angela- CTR3 2:30 Visit w/Toby the Therapy Dog- Lobby 3:00 Veterans Day Program- EC Veterans Day Remembrance Day (Canada)	12 9:30 Exercise Group – CTR3 10-3 S.P. Holiday Market- EC 10:00 Dollar Tree/Braums 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 1:00 The Story of You Class-AR1 2:00 We Come Together Group AR1 3:00 Wednesday Word Games-AR1 3:45 Prayer & Share- Rm 237 4:00 “In Joy” Choir Practice- EC Betty Edmondson- 101 Birthday	13 World Kindness Day 9:30 Bible Study with Helen-PDR 10:00 Operation Christmas Child Shoe Box stuffing- AR1 11:00 John’s Devotions-EC 2:00 Bingo w/Leslie-Refuge Hospice.- AR1 6:30 SNU’s Night of Opera 6:30 Diamond Dots Crafts- AR1	14 9:30 Exercise Group- CTR3 10-2 Stop by and shop -- Steph’s Sparkle & Style-Lobby 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby	15 2:00 Saturday Matinee-Plaza Room
16 9:30 Praise and Worship – EC 9:45 Doug Forsberg to speak. 1:30 Bingo w/Keith – AR1 6:00 Prayer Group– NSR2 Mary Williams- Birthday	17 9:30 Exercise Group – CTR3 10:00 Mitford w/Merlene- AR1 10:00 Run Errands 10:45 Piano w/Merlene-Lobby 1:00 Resident Assoc. Meeting-EC 2:00 Resident Dietary Meeting-EC 6:30 Games w/SNU Students-EC Della Morgan- Birthday	18 National Apple Cider Day 10:00 Sweets Bingo- AR1 1:00 Poetry Group- Library 2:00 Music by the Ms. Oklahoma Sr. America Group- EC 3:00 Join us for Hot Apple Cider – AR1	19 9:30 Exercise Group – CTR3 10:00 Walmart 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 1:00 The Story of You Class-AR1 2:00 We Come Together Group AR1 3:00 Bible Study w/ Dan DeOme- EC 3:45 Prayer & Share- Rm 237 4:00 “In Joy” Choir Practice- EC Hwa Yun Paddack- Birthday	20 Silly Kooky Day Dress up- Silly & Kooky!! 9:30 Bible Study with Helen-PDR 10:00 Trivia & Auction- Archwell-AR1 11:00 John’s Devotions-EC 12:45 Bp and Blood Sugar checks- AR1 2:00 Come learn to play the Ukulele w/Cynthia- EC 3:00 Guy Talk - PDR 6:30 Diamond Dots Crafts- AR1	21 9:30 Exercise Group- CTR3 10:00 Shopping & Lunch w/Lorna Belle Isle Shopping Center & Whiskey Cake Restaurant 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 1:00 Bunco w/Anne-NSR3 1:00 Music by Bill Phillips- EC	22 9:30 Positive Movement Exercise Class w/Angela-CTR3 2:00 Saturday Matinee-Plaza Room
23 9:30 Praise and Worship – EC 9:45 Doug Forsberg to speak. 1:30 Bingo w/Keith – AR1 6:00 Prayer Group– NSR2	24 9:30 Exercise Group – CTR3 10:00 Mitford w/Merlene- AR1 10:00 Run Errands 10:45 Piano w/Merlene-Lobby 1:30 Resident Birthday Party- EC 2:00 Music by June Carter-EC 6:30 Book Discussion Group- PDR 6:30 Games w/SNU Students-EC	25 10:00 Snacks Bingo- AR1 1:30 Positive Movement Exercise Class w/Angela- CTR3 2:30 Visit w/Toby-Therapy Dog-Lobby 3:00 Sing a Long w/Judy- EC 6:30 Resident & Family Pie Social. Music by The Freedom Song Trio -EC	26 World Puzzle Day 9:30 Exercise Group – CTR3 10:00 Dollar General/Braums 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 1:00 Wheelchair/Walker Checks-EC 2:00 Bingo w/Suncrest Hospice- AR1 3:45 Prayer & Share- Rm 237 4:00 “In Joy” Choir Practice- EC	27  Thanksgiving Day (U.S.)	28 9:00 Exercise Group- CTR3 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby	29 2:00 Saturday Matinee-Plaza Room
30 9:30 Praise and Worship – EC 9:45 Doug Forsberg to speak. 1:30 Bingo w/Keith – AR1 6:00 Prayer Group– NSR2	<h2>Southern Plaza Retirement Community</h2> <h3>Independent Living</h3> 					