ONEgeneration
Share the Care℠

November 2026 Activity Calendar

MONDAY	WEDNESDAY	FRIDAY
2 11:00 SOUND BATH MEDITATION 11:30 EXPRESSING NEEDS 1:00 GARDEN CHECK-IN 1:30 LIFE JOURNAL 2:00 HANDLING DISSAPOINTMENT	**4** 11:00 ART THERAPY 1:00 GARDEN CHECK-IN 1:15 RELASHIONSHIP & COMMUNICATION 2:00 MINDFUL CARD GAME	**6** 11:00 GARDEN CHECK-IN 11:15 COGNITIVE GAME 1:00 STORY TELLING 1:30 COPING WITH CHANGES 2:00 CARD GAME
9 11:00 ART THERAPY 1:00 GARDEN CHECK-IN 1:30 CHECKING ASSUMPTIONS 2:00 LIFE JOURNAL	**11**  CENTER CLOSED	**13** 11:00 GARDEN CHECK-IN 11:15 HELPFUL ROUTINES 1:00 STORY TELLING 1:30 RECOGNIZING CHALLENGES 2:00 GRATITUDE JOURNAL
16 11:00 SOUND BATH MEDITATION 11:45 GARDEN CHECK-IN 1:00 ENJOYING YOUR OWN COMPANY 1:45 LIFE JOURNAL 2:00 CELEBRATING STRENGTHS	**18** 11:00 ART THERAPY 1:00 GARDEN CHECK-IN 1:15 STORY TELLING 2:00 EMOTIONAL NEEDS	**20** 11:00 GARDEN CHECK-IN 11:15 PRACTICAL CONFIDENCE 1:00 CREATIVE PAPERS GAME 1:30 EVERYDAY COURAGE 2:00 CARD GAME
23 11:00 GARDEN CHECK-IN 11:15 LIFE JOURNAL 1:00 BEYOND DIAGNOSIS 1:30 ACCEPTING SUPPORT 2:00 STORY TELLING	**25** 11:00 ART THERAPY 1:00 GARDEN CHECK-IN 1:15 TRIVIA 2:00 MANAGING THE INNER CRITIC	**27**  CENTER CLOSED
30 11:00 SOUND BATH MEDITATION 11:45 LIFE JOURNAL 1:00 GARDEN CHECK-IN 1:30 TRIVIA 2:00 ACCEPTING MIXED FEELINGS		



*Engage *Connect*Create & Thrive with Early-Stage Memory Loss