November 2025 Generations Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Windsong of SONOMA SENIOR LIVING	**LOCATION** **Back Garden (1st Floor)** **Bistro (Bis)** **Dining Room (Din)** **GEN Dining Room (Din)** **Garden (Gdn)** **Living Room (LivRm)** **OUT (Out)** **Pvt Dining Room (Din)** **Sunroom (Sun)**	**ACTIVITY LEGEND** **Be Adventurous** **Be Challenged** **Be Connected** **Be Inspired** **Be Social** **Be Well** **One Reflection** **One Step** **Vibrant Life Inspires** **Traditions To Table** **Food For Thought**				**1** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am Walking Club (Out) 10:00am Seated exercise & SingALong w/Larry! (Bis) 10:00am Ball toss! (LivRm) 11:00am Singing/ Dancing (LivRm) 1:00pm Art & Coloring (LivRm) 2:15pm Balloon Toss (LivRm) 3:00pm Name 5 Things! (Din) 4:00pm Bocce or Bowling (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)
2 9:00am Bible Study (Din) 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:00am Sunday TV Mass (LivRm) 9:15am Games w/Caregivers! (LivRm) 10:30am Bistro Games! (Bis) 11:00am Singing/ Dancing (LivRm) 11:30am Walking Club (Out) 1:00pm Guitar w/Laura (LivRm) 1:30pm Nail Spa w/Caregivers (LivRm) 2:30pm Canasta! (Bis) 2:30pm Art Stories (LivRm) 3:30pm Paper Crafting (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**3** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am Walking Club (Out) 10:00am Ball/Ring Toss! (LivRm) 10:30am Art Coloring (LivRm) 11:00am Singing/ Dancing (LivRm) 1:15pm Documentary (LivRm) 1:30pm Connect FOUR! (LivRm) 2:30pm Sticker by Number (Bis) 2:30pm MATCH TWO w/Angela! (LivRm) 3:00pm Guitar W/Laura (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**4** 9:00am Bible Study (Din) 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am **Games w/Caregivers! (LivRm)** 10:00am Health/Wellness (Din) 10:30am Bistro Games! (Bis) 11:00am Singing/ Dancing (LivRm) 11:30am Walking Club (Out) 1:15pm "All Hands In!" (LivRm) 1:15pm BINGO for Fun (Bis) 2:00pm Let's Play Bunco! (1st Floor) 2:30pm **Accordian Mike (Bis)** 3:30pm BRIDGE Game (Bis) 4:00pm Balloon/Ball Toss! (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**5** 9:00am Bible Stories (Din) 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:00am Hair Styling (Din) 10:00am MATCH TWO! (Din) 10:30am Bistro Games! (Bis) 11:00am **Chris on Guitar! (Bis)** 11:00am Singing/ Dancing (LivRm) 1:00pm Short Story (LivRm) 1:15pm Bingo for Fun (Din) 1:30pm Lisa on Violin! (LivRm) 2:15pm Seasonal Art! (Din) 3:30pm Balloon/Ball Toss (LivRm) 4:00pm Walking Club! (Out) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**6** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am Walking Club (Out) 10:00am BAKING Club! (Din) 10:30am Catchphrase! (Bis) 10:30am Reading w/Harry (Sun) 11:00am Singing/ Dancing (LivRm) 1:15pm BINGO Fun! (Bis) 1:30pm Let's Create Art! (Din) 2:15pm Documentary (LivRm) 2:30pm **Scenic Ride! (Out)** 2:30pm Let's Play Canasta! (Bis) 3:45pm Family Feud Fun (LivRm) 4:15pm Balloon Toss! (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**7** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:00am Hair Styling (Din) 10:00am Ball Toss! (LivRm) 10:30am Trivia ?'s (Bis) 11:00am **Catholic Service (Din)** 11:00am Walking Club (Out) 11:00am Singing/ Dancing (LivRm) 1:15pm BINGO w/Prizes (Bis) 1:15pm Documentary (LivRm) 2:30pm Let's Play BRIDGE! (Bis) 2:30pm Noodle Hockey! (LivRm) 3:30pm Short Story (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**8** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am Walking Club (Out) 10:00am Seated exercise & SingALong w/Larry! (Bis) 10:00am Ball toss! (LivRm) 11:00am Singing/ Dancing (LivRm) 11:15am **Veteran's Coffee Corner (Bis)** 1:00pm Art & Coloring (LivRm) 2:15pm Balloon Toss (LivRm) 3:00pm Name 5 Things! (Din) 4:00pm Bocce or Bowling (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)
9 9:00am Bible Study (Din) 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:00am Sunday TV Mass (LivRm) 9:15am Games w/Caregivers! (LivRm) 10:30am Bistro Games! (Bis) 11:00am Singing/ Dancing (LivRm) 11:30am Walking Club (Out) 1:00pm Guitar w/Laura (LivRm) 1:30pm Nail Spa w/Caregivers (LivRm) 2:30pm Canasta! (Bis) 2:30pm Balloon/Ball Toss (LivRm) 3:30pm Paper Crafting (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**10** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am Walking Club (Out) 10:00am Ball/Ring Toss! (LivRm) 11:00am Singing/ Dancing (LivRm) 1:15pm Documentary (LivRm) 1:30pm Connect FOUR! (LivRm) 2:30pm Sticker by Number (Bis) 2:30pm MATCH TWO w/Angela! (LivRm) 3:00pm Guitar W/Laura (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**11** 9:00am Bible Study (Din) 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am **Games w/Caregivers! (LivRm)** 10:00am Health/Wellness (Din) 10:30am Bistro Games! (Bis) 11:00am **Veteran's Day Celebration (Bis)** 11:00am Singing/ Dancing (LivRm) 1:15pm "All Hands In!" (LivRm) 1:15pm BINGO for Fun (Bis) 1:30pm **Jodie-HARP! (Gdn)** 2:00pm Let's Play Bunco! (1st Floor) 2:30pm UNO/Games! (Bis) 2:30pm Bridge Game! (Bis) 2:30pm Chicken Soup/ Soul (Gdn) 4:00pm Balloon/Ball Toss! (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**12** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:00am Hair Styling (Din) 9:30am Walking Club (Out) 10:00am MATCH TWO! (Din) 10:30am Wheel of Fortune! (Bis) 11:00am Singing/ Dancing (LivRm) 11:00am **Guitar - ChrisG! (LivRm)** 1:00pm Short Story (LivRm) 1:15pm Bingo for Fun! (Din) 2:15pm Seasonal Art! (Din) 3:00pm **Windsong "Culture" Party (Bis)** 3:30pm Balloon/Ball Toss (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**13** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am Walking Club (Out) 10:00am Ball Toss! (LivRm) 10:30am Catchphrase! (Bis) 10:30am Reading w/Harry (Sun) 11:00am Singing/ Dancing (LivRm) 1:15pm BINGO Fun! (Bis) 1:30pm Let's Create Art! (Din) 2:15pm Documentary (LivRm) 2:30pm **Let's Learn Spanish! (Bis)** 2:30pm **Scenic Ride! (Out)** 3:45pm Family Feud Fun (LivRm) 4:15pm Balloon Toss! (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**14** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:00am Hair Styling (Din) 10:00am Ball Toss! (LivRm) 10:30am Trivia ?'s (Bis) 11:00am Walking Club (Out) 11:00am Singing/ Dancing (LivRm) 1:15pm BINGO w/Prizes (Bis) 1:15pm Documentary (LivRm) 2:30pm Let's Play BRIDGE! (Bis) 2:30pm Noodle Hockey! (LivRm) 3:00pm **Piano w/Patty (LivRm)** 3:30pm Short Story (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**15** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am Walking Club (Out) 10:00am Seated exercise & SingALong w/Larry! (Bis) 10:00am Ball toss! (LivRm) 11:00am Singing/ Dancing (LivRm) 11:15am **Veteran's Coffee Corner (Bis)** 1:00pm Art & Coloring (LivRm) 2:15pm Balloon Toss (LivRm) 3:00pm Name 5 Things! (Din) 3:30pm **Ice Cream Sundaes (Bis)** 4:00pm Bocce or Bowling (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)
16 9:00am Bible Study (Din) 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:00am Sunday TV Mass (LivRm) 9:15am Games w/Caregivers! (LivRm) 10:30am Bistro Games! (Bis) 11:00am Singing/ Dancing (LivRm) 11:30am Walking Club (Out) 1:00pm Guitar w/Laura (LivRm) 1:30pm Nail Spa w/Caregivers (LivRm) 2:30pm Canasta! (Bis) 2:30pm Art Stories (LivRm) 3:30pm Paper Crafting (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**17** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am Walking Club (Out) 10:00am Ball/Ring Toss! (LivRm) 10:30am Art Coloring (LivRm) 11:00am Singing/ Dancing (LivRm) 1:15pm Documentary (LivRm) 1:30pm Connect FOUR! (LivRm) 2:30pm Sticker by Number (Bis) 2:30pm MATCH TWO w/Angela! (LivRm) 3:00pm Guitar W/Laura (LivRm) 3:30pm **Music w/Russell! (LivRm)** 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**18** 9:00am Bible Study (Din) 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am **Games w/Caregivers! (LivRm)** 10:00am Health/Wellness (Din) 10:30am Bistro Games! (Bis) 11:00am Singing/ Dancing (LivRm) 11:30am Walking Club (Out) 1:15pm "All Hands In!" (LivRm) 1:15pm BINGO for Fun (Bis) 2:00pm **Food 4 Thought (Sun)** 2:00pm Let's Play Bunco! (1st Floor) 2:00pm **Accordian Mike (LivRm)** 3:00pm **Mike on Guitar! (Bis)** 4:00pm Balloon/Ball Toss! (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**19** 9:00am Bible Stories (Din) 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:00am Hair Styling (Din) 10:00am MATCH TWO! (Din) 10:30am Bistro Games! (Bis) 11:00am Singing/ Dancing (LivRm) 11:00am **Guitar - ChrisG! (LivRm)** 1:00pm Short Story (LivRm) 1:15pm Bingo for Fun! (Gdn) 2:15pm Seasonal Art! (Din) 2:30pm **Sebastopol Senior Singers! (Bis)** 3:30pm Balloon/Ball Toss (LivRm) 4:00pm Walking Club (Out) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**20** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am Walking Club (Out) 10:00am BAKING Club! (Din) 10:30am Catchphrase! (Bis) 10:30am Reading w/Harry (Sun) 11:00am Singing/ Dancing (LivRm) 1:15pm BINGO Fun! (Bis) 1:30pm **Library Outing! (Out)** 1:30pm Let's Create Art! (Din) 2:15pm Documentary (LivRm) 2:30pm **Art Class w/Lydia! (Bis)** 3:45pm Family Feud Fun (LivRm) 4:15pm Balloon Toss! (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**21** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:00am Hair Styling (Din) 10:00am Ball Toss! (LivRm) 10:30am Trivia ?'s (Bis) 11:00am Walking Club (Out) 11:00am Singing/ Dancing (LivRm) 1:15pm BINGO w/Prizes (Bis) 1:15pm Documentary (LivRm) 2:30pm Let's Play BRIDGE! (Bis) 2:30pm Noodle Hockey! (LivRm) 3:30pm Short Story (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**22** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am Walking Club (Out) 10:00am Seated exercise & SingALong w/Larry! (Bis) 10:00am Ball toss! (LivRm) 11:00am Singing/ Dancing (LivRm) 11:15am **Veteran's Coffee Corner (Bis)** 1:00pm Art & Coloring (LivRm) 2:15pm Balloon Toss (LivRm) 3:00pm Name 5 Things! (Din) 4:00pm Bocce or Bowling (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)
23 9:00am Bible Study (Din) 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:00am Sunday TV Mass (LivRm) 9:15am Games w/Caregivers! (LivRm) 10:30am Bistro Games! (Bis) 11:00am Singing/ Dancing (LivRm) 11:30am Walking Club (Out) 1:00pm Guitar w/Laura (LivRm) 1:30pm Nail Spa w/Caregivers (LivRm) 2:30pm Canasta! (Bis) 2:30pm Balloon/Ball Toss (LivRm) 3:30pm Paper Crafting (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**24** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am Walking Club (Out) 10:00am Ball/Ring Toss! (LivRm) 11:00am Singing/ Dancing (LivRm) 1:15pm Documentary (LivRm) 1:30pm Connect FOUR! (LivRm) 2:30pm Sticker by Number (Bis) 2:30pm MATCH TWO w/Angela! (LivRm) 3:00pm Guitar W/Laura (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**25** 9:00am Bible Study (Din) 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am **Games w/Caregivers! (LivRm)** 10:00am Health/Wellness (Din) 10:30am Bistro Games! (Bis) 11:00am Singing/ Dancing (LivRm) 11:30am Walking Club (Out) 1:15pm "All Hands In!" (LivRm) 1:15pm BINGO for Fun (Bis) 1:30pm **Jodie-HARP (Gdn)** 1:30pm Documentary (LivRm) 2:00pm Let's Play Bunco! (1st Floor) 3:30pm BRIDGE Game (Bis) 4:00pm Balloon/Ball Toss! (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**26** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:00am Hair Styling (Din) 9:30am Walking Club (Out) 10:00am MATCH TWO! (Din) 10:30am Bistro Games! (Bis) 11:00am **Chris on Guitar! (Bis)** 11:00am Singing/ Dancing (LivRm) 1:00pm Short Story (LivRm) 1:15pm Bingo for Fun! (Bis) 2:15pm Seasonal Art! (Din) 2:30pm **Month end Party! (Bis)** 3:30pm Balloon/Ball Toss (LivRm) 4:00pm **Resident Council (Bis)** 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**27** **Happy Thanksgiving!** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am Walking Club (Out) 10:00am Ball Toss! (LivRm) 10:30am Catchphrase! (Bis) 10:30am Reading w/Harry (Sun) 11:00am Singing/ Dancing (LivRm) 1:15pm BINGO Fun! (Bis) 1:30pm Let's Create Art! (Din) 2:15pm Documentary (LivRm) 2:30pm **Let's play Canasta! (Bis)** 3:45pm Family Feud Fun (LivRm) 4:15pm Balloon Toss! (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**28** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:00am Hair Styling (Din) 10:00am Ball Toss! (LivRm) 10:30am Trivia ?'s (Bis) 11:00am Walking Club (Out) 11:00am Singing/ Dancing (LivRm) 1:15pm BINGO w/Prizes (Bis) 1:15pm Documentary (LivRm) 2:30pm Let's Play BRIDGE! (Bis) 2:30pm Noodle Hockey! (LivRm) 3:00pm **Piano w/Patty (LivRm)** 3:30pm Short Story (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)	**29** 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:30am Walking Club (Out) 10:00am Seated exercise & SingALong w/Larry! (Bis) 10:00am Ball toss! (LivRm) 11:00am Singing/ Dancing (LivRm) 11:15am **Veteran's Coffee Corner (Bis)** 1:00pm Art & Coloring (LivRm) 2:15pm Balloon Toss (LivRm) 3:00pm Name 5 Things! (Din) 4:00pm Bocce or Bowling (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)
30 9:00am Bible Study (Din) 9:00am Daily Chronicle/ Exercise Etc. (LivRm) 9:00am Sunday TV Mass (LivRm) 9:15am Games w/Caregivers! (LivRm) 10:30am Bistro Games! (Bis) 11:00am Singing/ Dancing (LivRm) 11:30am Walking Club (Out) 1:00pm Guitar w/Laura (LivRm) 1:30pm Nail Spa w/Caregivers (LivRm) 2:30pm Canasta! (Bis) 2:30pm Art Stories (LivRm) 3:30pm Paper Crafting (LivRm) 4:30pm Meditation (LivRm) 6:00pm MOVIE Night (LivRm)						