

FREDERICK COMMUNITY

November 2025

peopleCare
communities

Programs & locations are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00am Faith & Film - Chapel 11:30am Calendar Handout - FCRR 2:30pm Community Movie - MLDR 6:00pm Trivia: Old Wives' Tales - FCWL
2 11:30am Guess the Word - FCEL 3:00pm Church Service - VPDR 6:00pm Evening Meditation & Stretching - FCEL Daylight Savings Time: Fall Back	3 11:30am Manicure Monday - FCRR 2:30pm Golden Oldies Music Bingo - FCDR 6:00pm Brain Teasers & Riddles - FCWL	4 10:00am Pump it Up - FCEL 11:30am Bean Bag Toss - FCEL 2:00pm Paper Poppy Craft - FCDR 3:30pm Reminiscing - FCEL 6:00pm Jeopardy! - FCWL	5 10:00am Who/What Am I? - FCEL 11:30am Balloon Volleyball - FCDR 2:30pm Bingo - FCDR	6 11:30am Finish the Phrase - FCEL 2:30pm Hot Chocolate Social - FCDR 6:00pm Travelogue: Paris, France - FCEL	7 10:00am Chair Yoga - FCEL 11:30am Bean Bag Toss - FCEL 2:30pm Making Banana Pudding - FCDR 6:00pm Short Stories - FCEL	8 11:30am Word Game - FCEL 2:30pm Specialty Coffee Time - MLDR
9 10:00am Chair Exercises - FCEL 11:30am Dice Bingo - FCDR 3:00pm Church Service - VPDR	10 11:30am Manicure Monday - FCRR 2:30pm Paint & Sip Social - FCDR 6:00pm Travelogue: West England - FCEL	11 Remembrance Day 10:00am Pump it Up - FCEL 10:45am Remembrance Day Service- VPDR 2:30pm 70s Hits Music Bingo - FCDR	12 10:00am Throwing Darts - FCEL 10:15am Travelling RC Communion - TC 11:30am Music Videos - EPDR 2:30pm Bingo - FCDR	13 10:00am Pump it Up - FCEL 11:30am Reminiscing - FCEL 2:30pm Entertainment with Bob MacLean - FCDR 6:00pm Evening Meditation & Stretching - FCEL	14 11:00am Songs of Remembrance Group with Chelsea - FCDR 2:30pm Making Flapper Headbands - FCDR 3:30pm Getting Ready for Casino Night - FCRR 6:15pm Casino Night-Market Lane	15 11:30am Balloon Volleyball - FCEL 2:30pm Community Movie - MLDR 6:00pm A-Z Game - FCEL
16 11:30am Guess the Word - FCEL 2:30pm Coffee & Timbits Social - FCDR 3:30pm One to One - FCRR 6:00pm Evening Meditation & Stretching - FCEL	17 11:30am Manicure Monday - FCRR 2:30pm Old Country Hits Music Bingo - FCDR 3:00pm Church Service-VPDR 6:00pm Brain Teasers & Riddles - FCWL	18 10:00am Pump it Up - FCEL 11:30am Basketball - FCEL 2:30pm S'mores and Stories - FCDR 6:00pm Name 5 - FCEL	19 10:00am Pondering Prompts: The Holidays - FCEL 11:30am Balloon Volleyball - FCDR 2:30pm Bingo - FCDR	20 10:30am For the Spirit with Chaplain Jen (Book club to follow) - FCEL 1:00pm 1:1 Chaplain Visits 2:30pm Elf Yourself! Christmas Craft - FCDR 6:00pm Travelogue: Barcelona, Spain - FCEL	21 10:00am Chair Yoga - FCEL 11:00am Christmas Choir Practice with Chelsea - CHAP 12:00pm Homemade Pizza Lunch - FCDR 2:30pm Let's Decorate for the Holidays! - FCRR 6:00pm Short Stories - FCEL	22 10:00am Faith & Film - Chapel 10:30am Bean Bag Toss - FCEL 11:30am Word Game - FCEL 2:30pm Specialty Coffee Time - MLDR
23 10:00am Name 5 - FCEL 11:30am Basketball - FCEL 3:00pm Church Service - VPDR	24 11:00am Memorial Service-RGDR 11:30am Manicure Monday - FCRR 2:00pm Outing - Benjamin Christmas Tree Farm 2:30pm Christmas Garland Craft - FCDR 6:00pm Name 5 - FCEL	25 10:00am Hymn Sing with live pianist - RGDR 10:00am Pump it Up - FCEL 11:30am Balloon Volleyball - FCEL 2:00pm Pottery Class with Chaplain Jen (Sign up-required)	26 10:30am Catholic Mass - CHAP 11:30am Get to Know You - FCRR 2:30pm Bingo - FCDR	27 10:00am Reminiscing: Christmas Decorating - FCEL 11:30am Finish the Phrase - FCEL 1:00pm 1:1 Chaplain Visits 2:30pm Baking Maple Peanut Butter Cookies - FCDR 6:00pm Evening Meditation & Stretching - FCEL	28 11:00am Christmas Choir Practice with Chelsea - CHAP 11:30am One to One - FCRR 2:30pm November Birthday Party with Kevin Coates-FCDR 6:00pm Short Stories - FCEL	29 10:00am Faith & Film - Chapel Christmas Bazaar 11-3
30 11:30am Guess the Word - FCEL 3:00pm Church Service - VPDR 6:00pm Travelogue: Switzerland's Great Cities - FCEL						

CHAP - Chapel
MLDR - Market Lane Dining Room

FCDR - Frederick Community Dining Room
TC - Travelling Carts

FCEL - Frederick Community East Lounge

FCRR - Resident Room for 1-1 scoring

FCWL - Frederick Community West Lounge