November 2026

Independent Living

EDGEMERE

SUN	MON	TUE	WED	THUR	FRI	SAT
1 *Daylight Savings Time Ends* 10:00 Catholic Communion (GR) 10:30 Church Service (Non-denominational) (PAC) **11:00 Sunday Brunch (MD)** **1:15 Dallas Opera House - The Cunning Little Vixen (OUT)** **4:15 Chair Yoga with Olivia (Aerobics Studio)**	**2** 9:30 Agercise - Charles (Aerobics Studio) 9:30 Bridge lessons with Gerri (GR) **10:00 Art Class with Laura (IL-AS)** 10:30 Balance & Bar - Charles (Aerobics Studio) 1:00 Chair Yoga with Jeri (Aerobics Studio) 2:00 Musical Mondays Movie (Theater)	**3** 9:30 Body Fusion (Aerobics Studio) 9:30 Golf Putting / Golf Simulator (PG) 10:00 Mahjong (GR) 10:30 Bible Study (PAC) 10:30 Start Me Up With Charles (Aerobics Studio) 11:30 Stretch & Balance - Dan (Aerobics Studio) **1:00 Walgreens & Tom Thumb** (OUT)** 1:00 Tai Chi - Teri (Aerobics Studio) 1:00 Mahjong (GR) 2:00 Military Series (IL-TH) **2:00 Wizard Card Game (Club Room)** **7:30 Tuesday Night Performance - Tribute to the Oldies with Andy, Norris & Krystal (PAC)**	**4** 9:30 Agercise® Charles (Aerobics Studio) 10:30 Functional Fitness - Harriet (Aerobics Studio) **10:30 Water Aerobics with Olivia (PO)** **12:30 Amon Carter Museum Outing (OUT)** **1:00 Healthy Living Talk with Kyle (GR)** 1:00 Chair Yoga with Jeri (Aerobics Studio) **2:00 GUNSMOKE WEDNESDAY (Movie Theater)** 3:00 Edgemere Choir Practice (PAC) **6:45 101 Tech Computer Classes (GR)** **7:30 Musical Memorial Performance with Joslin & Guest (PAC)** **7:30 Wednesday Night Movie with Linda (Theater)**	**5** 9:30 Body & Brain With Charles (Aerobics Studio) 10:00 Bridge lessons with Gerri (GR) **10:00 Harris Jewelry Repair (Art Studio)** **10:00 Edgemere's One-Stop Holiday Shop - Mini Mall (Club Room)** 10:30 Agercise® Charles (Aerobics Studio) **11:00 Catholic Confession and Mass (PAC)** **1:00 Farkle Dice Game (GR)** 1:00 Tai Chi - Teri (Aerobics Studio) **1:00 Woman's Bible Fellowship (Art Room)** 2:00 Love & Romance Movies (IL-TH) **2:00 Wizard Card Game (Club Room)** **2:30 TouchTown/UniGuest app support (Lifestyles Office)** 7:30 Bingo (GR)	**6** **9:30 Pickleball (PAC)** **10:30 Balance & Barre - Charles (Aerobics Studio)** **10:30 Water Aerobics with Olivia (PO)** 11:30 Stretch & Balance - Dan (Aerobics Studio) **1:00 Boxing Class - All Levels with NEW Instructor - Josh (Aerobics Studio)** **1:00 Trader Joe's - Outing (OUT)** **1:30 Knit Wits (Seminar Room)** 1:30 Mahjong (GR) **2:00 *NEW Chair Pilates with Josh (Aerobics Studio)** 2:00 Friday & Saturday Movie (Theater) **2:30 Floral Club (Art Studio)** **4:00 Happy Hour - Doc Gibbs (PAC)**	**7** **7:30 Alz. Annual Walk - Klyde Warren Park! (OUT)** **9:00 Body Blast - With Charles (Aerobics Studio)** **10:00 Table Tennis - Resident Led (Aerobics Studio)** 2:00 Friday & Saturday Movie (Theater) **2:30 Tech Help (GR)** **3:00 Croquet & Cornhole - Resident Led (Croquet Court)** **7:00 Mexican Train Game (GR)**
8 10:00 Catholic Communion (GR) 10:30 Church Service (Non-denominational) (PAC) **11:00 Sunday Brunch (MD)** **1:15 Dallas Opera House - Family Show: The Little Prince (OUT)** **1:15 Dallas Symphony Orchestra - Ellington, Strayhorn & Gershwin (OUT)** **4:15 Chair Yoga with Olivia (Aerobics Studio)**	**9** 9:30 Agercise - Charles (Aerobics Studio) 9:30 Bridge lessons with Gerri (GR) **10:00 Claudia Wright Apparel Shopping (PAC)** **10:00 Wood Shop Class With Gary (Wood Shop)** 10:30 Balance & Bar - Charles (Aerobics Studio) **10:30 Beaded Dreams - Jewelry Making Class (Art Room)** 1:00 Chair Yoga with Jeri (Aerobics Studio) 2:00 Musical Mondays Movie (Theater) **2:00 Resident Social to Welcome Newcomers! (Lobby)**	**10** 9:30 Body Fusion (Aerobics Studio) 9:30 Golf Putting / Golf Simulator (PG) **10:00 Wood Shop Class With Gary (Wood Shop)** 10:00 Mahjong (GR) 10:30 Bible Study (PAC) 10:30 Start Me Up With Charles (Aerobics Studio) **11:00 Mary Kay Cosmetic Table (Portabella)** **11:15 The Adolphus' French Tea Room Outing (OUT)** 11:30 Stretch & Balance - Dan (Aerobics Studio) **1:00 Walgreens & Tom Thumb** (OUT)** 1:00 Tai Chi - Teri (Aerobics Studio) 1:00 Mahjong (GR) 2:00 Military Series (IL-TH) **2:00 Wizard Card Game (Club Room)** **3:00 Art with Lauren (Art Studio)** **3:30 Lifestyles Listens (GR)** **7:30 Tuesday Night Performance - Irving Symphony Brass Trio (PAC)**	**11** *Veterans Day* 9:30 Agercise® Charles (Aerobics Studio) 10:30 Functional Fitness - Harriet (Aerobics Studio) **10:30 Water Aerobics with Olivia (PO)** 1:00 Chair Yoga with Jeri (Aerobics Studio) **1:00 Vitamin Boost Event by ProSalutem (Portabella)** **1:00 Wednesday Wellness Presentation - Slowing Down The Effects of Aging. (GR)** **2:00 "The West" Episode 2 - Ken Burns (Movie Theater)** 3:00 Edgemere Choir Practice (PAC) **5:30 Veterans "Thank You" Celebration Dinner with Special Guests (PAC)** **6:45 101 Tech Computer Classes (GR)** 7:30 Park Cities Stamp Club (Club Room) **7:30 Wednesday Night Movie with Linda (Theater)**	**12** 9:30 Body & Brain With Charles (Aerobics Studio) 10:00 Bridge lessons with Gerri (GR) 10:30 Agercise® Charles (Aerobics Studio) **1:00 Farkle Dice Game (GR)** 1:00 Tai Chi - Teri (Aerobics Studio) **1:30 Book Club - "Theo of Golden" by Ken Freehil (PAC)** 2:00 Love & Romance Movies (IL-TH) **2:00 Wizard Card Game (Club Room)** **2:30 TouchTown/UniGuest app support (Lifestyles Office)** 7:30 Bingo (GR)	**13** **9:30 Pickleball (PAC)** **10:00 Dudes and Donuts (GR)** **10:30 Balance & Barre - Charles (Aerobics Studio)** **10:30 Memory Cafe (1A - Plaza)** **10:30 Water Aerobics with Olivia (PO)** 11:30 Stretch & Balance - Dan (Aerobics Studio) **1:00 Boxing Class - All Levels with NEW Instructor - Josh (Aerobics Studio)** **1:00 Walmart** (OUT)** **1:30 Knit Wits (Seminar Room)** 1:30 Mahjong (GR) **2:00 *NEW Chair Pilates with Josh (Aerobics Studio)** 2:00 Friday & Saturday Movie (Theater) **3:00 *New Dance Class - All Levels (PAC)** **4:00 Happy Hour - Dave Tanner (PAC)**	**14** **9:00 Body Blast - With Charles (Aerobics Studio)** **10:00 Table Tennis - Resident Led (Aerobics Studio)** **11:00 Yappy Hour (Dog Park)** 2:00 Friday & Saturday Movie (Theater) **2:30 Tech Help (GR)** **3:00 Croquet & Cornhole - Resident Led (Croquet Court)** **7:00 Mexican Train Game (GR)**
15 10:00 Catholic Communion (GR) 10:30 Church Service (Non-denominational) (PAC) **11:00 Sunday Brunch (MD)** **3:30 Meditation Sound Pool with Olivia (PO)** **4:15 Chair Yoga with Olivia (Aerobics Studio)**	**16** 9:30 Agercise - Charles (Aerobics Studio) 9:30 Bridge lessons with Gerri (GR) **10:00 Art Class with Laura (IL-AS)** 10:30 Balance & Bar - Charles (Aerobics Studio) **11:00 Park Lane Jewelry Sale (Portabella)** 1:00 Chair Yoga with Jeri (Aerobics Studio) 2:00 Musical Mondays Movie (Theater)	**17** 9:30 Body Fusion (Aerobics Studio) 9:30 Golf Putting / Golf Simulator (PG) 10:00 Mahjong (GR) 10:30 Bible Study (PAC) 10:30 Start Me Up With Charles (Aerobics Studio) **10:45 Men's BBQ lunch Outing - Oaked BBQ (OUT)** 11:30 Stretch & Balance - Dan (Aerobics Studio) **1:00 Walgreens & Tom Thumb** (OUT)** 1:00 Tai Chi - Teri (Aerobics Studio) 1:00 Mahjong (GR) 2:00 Military Series (IL-TH) **2:00 Wizard Card Game (Club Room)** **7:30 Tuesday Night Performance - USO Show (PAC)**	**18** 9:30 Agercise® Charles (Aerobics Studio) **10:30 Durbin Ear Clinic (GR)** 10:30 Functional Fitness - Harriet (Aerobics Studio) **10:30 Water Aerobics with Olivia (PO)** **1:00 Barrett Eyeglasses Clinic (Lobby)** 1:00 Chair Yoga with Jeri (Aerobics Studio) 1:00 Wellness Wednesday - Medicare vs Medicare Advantage (PAC) **2:00 GUNSMOKE WEDNESDAY (Movie Theater)** **2:15 Dish with Dining (Bottega)** 3:00 Edgemere Choir Practice (PAC) **4:00 Artist of the Month - Rwanda Presentation by Bill Evans (Art Studio)** **6:45 101 Tech Computer Classes (GR)** **7:30 Wednesday Night Movie with Linda (Theater)**	**19** 9:30 Body & Brain With Charles (Aerobics Studio) 10:00 Bridge lessons with Gerri (GR) 10:30 Agercise® Charles (Aerobics Studio) **10:30 Salty Loaf Baked Sale - Breads and More! (Portabella)** **1:00 Farkle Dice Game (GR)** 1:00 Tai Chi - Teri (Aerobics Studio) **1:00 Woman's Bible Fellowship (Art Room)** 2:00 Love & Romance Movies (IL-TH) **2:00 Wizard Card Game (Art Studio)** **2:30 TouchTown/UniGuest app support (Lifestyles Office)** **4:00 Resident Association (PAC)** 7:30 Bingo (GR)	**20** **9:30 Pickleball (PAC)** **10:30 Balance & Barre - Charles (Aerobics Studio)** **10:30 NEW! Parkinson's Monthly Support Group-DAPS (Seminar Room)** **10:30 Water Aerobics with Olivia (PO)** **11:15 Biblical Arts Museum (Outing - Self-Guided)** 11:30 Stretch & Balance - Dan (Aerobics Studio) **1:00 Boxing Class - All Levels with NEW Instructor - Josh (Aerobics Studio)** **1:00 Target** (OUT)** **1:30 Knit Wits (Seminar Room)** 1:30 Mahjong (GR) **2:00 *NEW Chair Pilates with Josh (Aerobics Studio)** 2:00 Friday & Saturday Movie (Theater) **2:30 Floral Club (Art Studio)** **4:00 Happy Hour - Night Caps Jazz Band (PAC)**	**21** **9:00 Body Blast - With Charles (Aerobics Studio)** **10:00 Table Tennis - Resident Led (Aerobics Studio)** **11:00 Yappy Hour (Dog Park)** 2:00 Friday & Saturday Movie (Theater) **2:30 Tech Help (GR)** **3:00 Croquet & Cornhole - Resident Led (Croquet Court)** **7:00 Mexican Train Game (GR)**
22 10:00 Catholic Communion (GR) 10:30 Church Service (Non-denominational) (PAC) **11:00 Sunday Brunch (MD)** **1:15 Dallas Symphony Orchestra - Debussy's La mer & Karen Gomyo (OUT)** **4:15 Chair Yoga with Olivia (Aerobics Studio)**	**23** 9:30 Agercise - Charles (Aerobics Studio) 9:30 Bridge lessons with Gerri (GR) **10:00 Ritu's Jewelry Sale (Portabella)** **10:00 Wood Shop Class With Gary (Wood Shop)** 10:30 Balance & Bar - Charles (Aerobics Studio) **10:30 Beaded Dreams - Jewelry Making Class (Art Room)** 1:00 Chair Yoga with Jeri (Aerobics Studio) 2:00 Musical Mondays Movie (Theater)	**24** 9:30 Body Fusion (Aerobics Studio) 9:30 Golf Putting / Golf Simulator (PG) **10:00 Miraculous Jewelry Show (Portabella)** **10:00 Wood Shop Class With Gary (Wood Shop)** 10:00 Mahjong (GR) 10:30 Bible Study (PAC) 10:30 Start Me Up With Charles (Aerobics Studio) 11:30 Stretch & Balance - Dan (Aerobics Studio) **1:00 Walgreens & Tom Thumb** (OUT)** 1:00 Tai Chi - Teri (Aerobics Studio) 1:00 Mahjong (GR) 2:00 Military Series (IL-TH) **2:00 Wizard Card Game (Art Studio)** **7:30 Tuesday Night Performance - Renderings of Thanksgiving Edgemere Artists Show (PAC)**	**25** 9:30 Agercise® Charles (Aerobics Studio) **10:00 American Red Cross Blood Drive (GR)** 10:30 Functional Fitness - Harriet (Aerobics Studio) **10:30 Water Aerobics with Olivia (PO)** **11:30 Welcome Home Luncheon - New Residents Only (Garden Room - Portabella)** 1:00 Chair Yoga with Jeri (Aerobics Studio) **2:00 GUNSMOKE WEDNESDAY (Movie Theater)** 3:00 Edgemere Choir Practice (PAC) **6:45 101 Tech Computer Classes (GR)** 7:30 Park Cities Stamp Club (PAC) **7:30 Wednesday Night Movie with Linda (Theater)**	**26** *Thanksgiving* **11:00 Thanksgiving Day Brunch - RSVP Required (MD)**	**27** **9:30 Pickleball (PAC)** **10:00 Dementia Support Group (La Sala - Plaza)** **10:00 Dudes and Donuts (GR)** **10:30 Balance & Barre - Charles (Aerobics Studio)** **10:30 Water Aerobics with Olivia (PO)** 11:30 Stretch & Balance - Dan (Aerobics Studio) **1:00 Boxing Class - All Levels with NEW Instructor - Josh (Aerobics Studio)** **1:00 Kroger** (OUT)** **1:30 Knit Wits (Seminar Room)** 1:30 Mahjong (GR) **2:00 *NEW Chair Pilates with Josh (Aerobics Studio)** 2:00 Friday & Saturday Movie (Theater) **3:00 *New Dance Class - All Levels (PAC)** **4:00 Happy Hour - Dave Tanner (PAC)**	**28** **9:00 Body Blast - With Charles (Aerobics Studio)** **10:00 Table Tennis - Resident Led (Aerobics Studio)** **11:00 Yappy Hour (Dog Park)** **1:00 VR Enrichment Excellence - (Lobby)** 2:00 Friday & Saturday Movie (Theater) **2:30 Tech Help (GR)** **3:00 Croquet & Cornhole - Resident Led (Croquet Court)** **7:00 Mexican Train Game (GR)**
29 10:00 Catholic Communion (GR) 10:30 Church Service (Non-denominational) (PAC) **11:00 Sunday Brunch (MD)** **1:15 Dallas Symphony Orchestra - Tchaikovsky's Piano Concerto No. 1 & Swan Lake (OUT)** **4:15 Chair Yoga with Olivia (Aerobics Studio)**	**30** 9:30 Agercise - Charles (Aerobics Studio) 9:30 Bridge lessons with Gerri (GR) **9:30 Casino - Winstar (OUT)** 10:30 Balance & Bar - Charles (Aerobics Studio) 1:00 Chair Yoga with Jeri (Aerobics Studio) 2:00 Musical Mondays Movie (Theater) **4:00 Current Events with Randy (PAC)**	**LOCATION KEY** GR - Game Room IL-AS - IL Art Studio IL-TH - IL Theater MD - Medici Dining Room	OUT - Outing PAC - Performing Arts Center PO - Pool PG - Putting Green			