CC YOUNG SENIOR LIVING

Rehab Activities

November 2026

CC Young

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Puzzles and More Available at North End Puzzle Station and By Request** 9:30 Worship Service (CC) 11:00 Worship Services live Streaming from the Point Channel 81 (CH81) 12:00 Dallas Cowboys vs Arizona Cardinals - FOX (CH. 56, 400 or 401) (TV)	**2** **Puzzles and More Available at North End Puzzle Station and By Request**	**3** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 Mobile Activity Cart (R2R) 10:00 OLLI- From Names to Narratives Ch.81 (PON) 11:00 Group Exercise with Therapy (8fl) 1:00 Music Therapy Room Visits – 8th Floor (R2R) 2:00 In-Room Reiki Sessions with Anna – Call 972-977-7012 to Schedule (R2R)	**4** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 Mobile Activity Cart (R2R) 2:30 Wednesday Watch Party (8fl)	**5** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 OLLI- Writing Your Own Songs Ch.81 (CH81) 11:00 Group Exercise with Therapy (8fl)	**6** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 Mobile Activity Cart (R2R) 10:00 One on One Visits (R2R) 2:30 Cinema Hour (8fl)	**7** **Puzzles and More Available at North End Puzzle Station and By Request**
8 **Puzzles and More Available at North End Puzzle Station and By Request** 9:30 Worship Service (CC) 11:00 Worship Services live Streaming from the Point Channel 81 (CH81) 12:00 Dallas Cowboys at Indianapolis Colts - FOX (CH. 56,400 or401) (TV)	**9** **Puzzles and More Available at North End Puzzle Station and By Request** 3:00 Strolling Accordion (R2R)	**10** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 Mobile Activity Cart (R2R) 10:00 OLLI- Inside the Band Ch.81 (PON) 11:00 Group Exercise with Therapy (8fl) 1:00 Music Therapy Room Visits- 7th Floor (7FL) 2:00 Music Therapy Room Visits – 8th Floor (8fl) 2:00 In-Room Reiki Sessions with Anna – Call 972-977-7012 to Schedule (R2R)	**11** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 Mobile Activity Cart (R2R) 2:30 One on One Visits "Dunkirk" *Adult Theme (R2R)	**12** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 Strolling Flutist-7th floor (R2R) 10:00 OLLI-U.S. Navy Submarine Operations Ch.81 (CH81) 11:00 Strolling Flutist- 8th floor (R2R) 11:00 Group Exercise with Therapy (8fl) 2:00 Bingo w/ Brittany – 8th Floor (8fl)	**13** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 Mobile Activity Cart (R2R) 10:00 One on One Visits (R2R) 2:30 Cinema Hour (8fl)	**14** **Puzzles and More Available at North End Puzzle Station and By Request**
15 **Puzzles and More Available at North End Puzzle Station and By Request** 9:30 Worship Service (CC) 11:00 Worship Services live Streaming from the Point Channel 81 (CH81) 3:25 Dallas Cowboys vs San Francisco 49ers - FOX (CH. 56, 400 or 401) (TV)	**16** **Puzzles and More Available at North End Puzzle Station and By Request**	**17** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 Mobile Activity Cart (R2R) 10:00 OLLI- Contemporary Trends in Antisemitism Ch. 81 (PON) 11:00 Group Exercise with Therapy (8fl) 1:00 Music Therapy Room Visits- 7th Floor (7FL) 2:00 In-Room Reiki Sessions with Anna – Call 972-977-7012 to Schedule (R2R) 2:00 Bingo Blitz! (9FL)	**18** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 Mobile Activity Cart (R2R) 2:30 Wednesday Watch Party (8fl)	**19** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 OLLI-William Cowper Brann and "The Iconoclast" Ch. 81 (CH81) 11:00 Group Exercise with Therapy (8fl)	**20** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 Mobile Activity Cart (R2R) 2:30 Cinema Hour (8fl)	**21** **Puzzles and More Available at North End Puzzle Station and By Request**
22 **Puzzles and More Available at North End Puzzle Station and By Request** 9:30 Worship Service (CC) 11:00 Worship Services live Streaming from the Point Channel 81 (CH81) 12:00 Dallas Cowboys vs Tennessee Titans- FOX (CH.56, 400 or 401) (TV)	**23** **Puzzles and More Available at North End Puzzle Station and By Request**	**24** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 Mobile Activity Cart (R2R) 11:00 Group Exercise with Therapy (8fl) 1:00 Music Therapy Room Visits- 8th Floor (8fl) 1:00 Music Therapy Room Visits- 7th Floor (7FL) 1:00 Music Therapy Room Visits- 7th Floor (7FL) 2:00 In-Room Reiki Sessions with Anna – Call 972-977-7012 to Schedule (R2R)	**25** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 Mobile Activity Cart (R2R)	**26** **Puzzles and More Available at North End Puzzle Station and By Request** **Happy Thanksgiving** 11:00 Group Exercise with Therapy (8fl) 2:00 Bingo w/ Brittany – 8th Floor (8fl) 3:30 Cowboys vs Philadelphia Eagles - FOX (CH.56 ,400 or 401) (TV)	**27** **Puzzles and More Available at North End Puzzle Station and By Request** 10:00 Mobile Activity Cart (R2R) 10:00 One on One Visits (R2R) 1:00 Strolling Accordion with Mike Frankel (8fl) 2:30 Cinema Hour (8fl)	**28** **Puzzles and More Available at North End Puzzle Station and By Request**
29 **Puzzles and More Available at North End Puzzle Station and By Request** 9:30 Worship Service (CC) 11:00 Worship Services live Streaming from the Point Channel 81 (CH81)	**30** **Puzzles and More Available at North End Puzzle Station and By Request**		**Locations Legend** Room to Room (R2R) 8th Floor (8fl) Channel 81 (CH81) Christ Chapel (CC) TV (TV) 7th Floor (7FL) The Point (PON) 9th Floor Activity Room (9FL)		**Dimensions Of Wellness Legend** Emotional Social Intellectual Spiritual Physical	