November 2026

Pomeroy Living Rochester Skilled Rehabilitation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 11:00-Random Trivia (RT) 1:00-Lion's Club (RT/T) 1:15-Beacon of Light PM (C) 2:00-Kerplunk game (RT) 4:00-1:1 Visits (Rooms) Daylight Saving Time Ends	**2** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Pet Therapy w/Lacey (D/B) 1:15-Beacon of Light PM (C) 2:00-Curling! (RT) 4:00-1:1 Visits (Rooms)	**3** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Virtual Reality: Adventures! (RT) 1:15-Beacon of Light PM (C) 2:00-Bingo (RT) 4:00-1:1 Visits (Rooms)	**4** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 11:00-Sweater Weather Seated Stretch (RT) **11:30-Outing: Lucky's Steakhouse** 1:15-Beacon of Light PM (C) 2:00-Music & Manicures (RT) 4:00-1:1 Visits (Rooms)	**5** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Virtual Reality: Relaxing (RT) 1:15-Beacon of Light PM (C) 2:00-Bingo (RT) 4:00-1:1 Visits (Rooms)	**6** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Stick Turkey word game (RT) 1:15-Beacon of Light PM (C) 2:00-Popcorn Bar! (RT) 4:00-1:1 Visits (Rooms)	**7** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 11:00-Wii Bowling 1:15-Beacon of Light PM (C) 2:00-Bonus Bingo (RT) 4:00-1:1 Visits (Rooms)
8 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 11:00-Learn about Diwali (RT) 1:00-Lion's Club (RT/T) 1:15-Beacon of Light PM (C) 2:00-Shut the Box game (RT) 4:00-1:1 Visits (Rooms) Diwali (Hindi)	**9** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Pet Therapy w/Lacey (C/A) 1:15-Beacon of Light PM (C) 2:00-November Birthday Social (RT) 4:00-1:1 Visits (Rooms)	**10** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Group Guess Who? (RT) 1:15-Beacon of Light PM (C) 2:00-Bingo (RT) 4:00-1:1 Visits (Rooms)	**11** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 11:00-Pet Therapy w/Mia (D/B) 1:15-Beacon of Light PM (C) 2:00-Veteran's Day Ceremony (RT) 4:00-1:1 Visits (Rooms) Veterans Day Remembrance Day (Canada)	**12** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Travelogue: Flying around the world (T) 1:15-Beacon of Light PM (C) 2:00-Bingo (RT) 4:00-1:1 Visits (Rooms)	**13** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Charades (RT) 1:15-Beacon of Light PM (C) 2:00-Happy Hour: Rick & Sheila music (RT) 4:00-1:1 Visits (Rooms)	**14** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 11:00-Brain Games (RT) 1:15-Beacon of Light PM (C) 2:00-Bonus Bingo 4:00-1:1 Visits (Rooms)
15 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 9:30-Lion's Club (RT/T) 11:00-Pinecone Turkey Craft (RT) 1:15-Beacon of Light PM (C) 2:00-Tennis Bowling (RT) 4:00-1:1 Visits (Rooms)	**16** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Pet Therapy w/Lacey (D/B) 1:15-Beacon of Light PM (C) 2:00-Apple/Cherry Turnovers (RT) 4:00-1:1 Visits (Rooms) 6:15-Lucky Number Dice Game (RT)	**17** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Family Feud: Autumn Edition (RT) 1:15-Beacon of Light PM (C) 2:00-Bingo (RT) 3:15-Resident Council (RT) 4:00-1:1 Visits (Rooms)	**18** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 11:00-Gratitude Tree Craft (RT) 1:15-Beacon of Light PM (C) **1:30-Outing: Meijer** 2:00-Music & Manicures (RT) 4:00-1:1 Visits (Rooms)	**19** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Spaghetti Slurp Race game (RT) 1:15-Beacon of Light PM (C) 2:00-Bingo (RT) 4:00-1:1 Visits (Rooms)	**20** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Group Uno (RT) 1:15-Beacon of Light PM (C) 2:00-Pomeroy Store (RT) 4:00-1:1 Visits (Rooms)	**21** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 11:00-What in the world do you mean? Game (RT) 1:15-Beacon of Light PM (C) 2:00-Bonus Bingo 4:00-1:1 Visits (Rooms)
22 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 11:00-Songs of Worship (RT) 1:00-Lion's Club (RT/T) 1:15-Beacon of Light PM (C) 2:00-Gobble Gobble game (RT) 4:00-1:1 Visits (Rooms)	**23** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Pet Therapy w/Lacey (C/A) 1:15-Beacon of Light PM (C) 2:00-Pin the Feather on the Turkey (RT) 4:00-1:1 Visits (Rooms)	**24** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Cross Country Flight game (RT) 1:15-Beacon of Light PM (C) 2:00-Bingo (RT) 4:00-1:1 Visits (Rooms)	**25** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 11:00-Pet Therapy w/Mia (C/A) 11:00-Zumba! (RT) 1:15-Beacon of Light PM (C) 2:00-Skeeball! (RT) 4:00-1:1 Visits (Rooms)	**26** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Thanksgiving Sermon (RT) 1:00-Lion's Club (RT/T) 1:15-Beacon of Light PM (C) 2:00-Bingo (RT) 4:00-1:1 Visits (Rooms) Thanksgiving Day (U.S)	**27** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Indoor Bocce Ball (RT) 1:15-Beacon of Light PM (C) 2:00-Happy Hour: Comedy Hour (RT) 4:00-1:1 Visits (Rooms)	**28** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 11:00-Gumballs of Gratitude craft (RT) 1:15-Beacon of Light PM (C) 2:00-Bonus Bingo (RT) 4:00-1:1 Visits (Rooms)
29 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 11:00-Virtual Church (T) 1:15-Beacon of Light PM (C) 2:00-Stuffed Cheesy Potatoes (RT) 4:00-1:1 Visits (Rooms)	**30** 9:00-10:30-Daily Chronicles & Friendly Visits (Rooms) 9:15-Beacon of Light AM (C) 10:45-Sunrise Yoga (RT) 11:00-Pet Therapy w/Lacey (D/B) 1:15-Beacon of Light PM (C) 2:00-Movie & Popcorn (T) 4:00-1:1 Visits (Rooms) 6:15-Left, Center, Right game (RT)					