November 2026

The Woodlands Kensington Park Senior Living: 3618 Littledale Road Kensington MD 20895

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Catholic Service Live TV 10:00 Walking Group 10:30 Trivia 11:15 Daily, News Discussion & Hot Topic: David Foster 12:00 Lunch 1:30 Walking Group 2:00 Meet Milton - A KP Interview w/ Teddy! 3:30 Happy Hour with Live Music Howard Samtur 5:00 Dinner 6:00 Sunday Cinema: Monster in law 8:15 Commanders v Eagles Daylight Saving Time Ends	2 10:00 Walking Group 10:30 Chair Exercise 11:15 Daily, News Discussion & Hot Topic: Stefanie Powers 12:00 Lunch 1:30 Walking Group 2:00 BINGO 3:00 Handbell Choir w/ Marie 3:00 Bridge Club 3:00 YouTube Trivia 4:00 Happy Hour w/Suzi 5:00 Dinner 6:00 Movie Night: Aloha	3 10:00 Walking Group 10:30 Chair Exercise 11:15 Daily, News Discussion & Hot Topic: Bob Feller 11:30 Outing to Stella Point Grill 12:00 Lunch 1:30 Walking Group 2:15 Travelogue Tuesdays 3:00 100 Piece Puzzle 4:00 Happy Hour 5:00 Dinner 6:00 Movie Night: Juanita	4 10:00 Walking Group 10:30 Chair Exercise 11:15 Daily, News Discussion & Hot Topic: Candy 12:00 Lunch 1:30 Walking Group 2:00 Trivia Games 2:30 Catholic Service 3:00 Candy Giftbags & Thankful Notes! 4:00 Happy Hour 5:00 Dinner 6:00 Movie Night: Ruth & Boaz National Candy Day	5 10:00 Walking Group 10:30 Mahjong Club 10:30 Chair Exercise 11:15 Daily, News Discussion & Hot Topic: Donuts 12:00 Lunch 1:30 Walking Group 1:45 Donut & Coffee Social 2:00 Pet Therapy w/ Cooper 3:15 Visit from Silver Creek Middle School 4:00 Happy Hour w/Bonnie 5:00 Dinner 6:00 Movie Night: Rudy 8:15 Commanders v Giants National Donut Day	6 10:00 Walking Group 10:30 Friday Flex Chair Exercise 11:15 Daily, News Discussion & Hot Topic: Maria Shriver 12:00 Lunch 1:25 Jerry Roman Live Music Trivia 2:00 Shabbat Service 2:15 Mindful Maintenance - Coloring Fall Scenes 4:00 Happy Hour 5:00 Dinner 6:30 Piano Bar Tunes & Sing Along w/ Geoff	7 10:00 Walking Group 10:30 Chair Exercise 11:15 Daily, News Discussion & Hot Topic: Marie Curie 12:00 Lunch 1:30 Walking Group 1:30 Scenic Ride 2:00 Mahjong Practice 3:00 Card Sharks Club 4:00 Happy Hour 5:00 Dinner 6:00 Movie Night: Ticket to Paradise
8 9:30 Catholic Service Live TV 10:00 Walking Group 10:30 Chair Exercise 11:15 Daily, News Discussion & Hot Topic: Lawrence Joel 12:00 Sunday Brunch with Live Music-Rita & Richard 1:30 Walking Group 2:30 BINGO 4:00 Happy Hour 5:00 Dinner 6:00 Sunday Cinema: Nonnas Diwali (Hindi)	9 10:00 Walking Group 10:30 Exercise 11:15 Daily, News Discussion & Hot Topic: Mary Travers 12:00 Lunch 1:30 Dr. Jenner: Hot Topic 3:00 Handbell Choir w/ Marie 3:00 Bridge Club 3:00 YouTube Trivia 4:00 Happy Hour w/Suzi 5:00 Dinner 6:00 Movie Night: Straw	10 10:00 Walking Group 10:30 Chair Exercise 11:00 Mobile Postal Service at The Woodlands 11:15 Daily, News Discussion & Hot Topic: Tim Rice 11:30 National Museum of African Art 12:00 Lunch 1:30 Walking Group 2:15 Travelogue Tuesdays 3:00 100 Piece Puzzle 4:00 Happy Hour w/Karen 5:00 Dinner 6:00 Movie Night: 50 First Dates	11 10:00 Walking Group 10:30 Chair Exercise 11:00 Daily Chronicle, News Discussion & Hot Topic: Veterans Day 12:00 Lunch 1:30 Walking Group 2:30 Catholic Service 3:00 Veteran's Day Service Tribute with Betsy 4:00 Happy Hour 5:00 Dinner 6:00 Movie Night: Chicago Veterans Day Remembrance Day (Canada)	12 10:00 Walking Group 10:30 Mahjong Club 10:30 Chair Exercise 11:15 Daily Chronicle, News Discussion & Hot Topic: Al Michaels 12:00 Lunch 12:15 Burgers & Fries Social 2:00 Walking Group 3:15 Silver Creek Middle School 4:00 Happy Hour with Live Music: Julie Hall Plus Volunteer Bonnie 5:00 Dinner 6:00 Movie Night: Dear John	13 10:00 Walking Group 10:30 Friday Flex Chair Exercise 11:15 Daily Chronicle, News Discussion & Hot Topic Whoopi Goldberg 12:00 Lunch 1:30 Walking Group 2:15 Fall Vision Board - Scrapbooking Craft 3:00 Tech Support 4:00 Classical Happy Hour 5:00 Dinner 6:30 Live Music Performance with Rita & Richard World Kindness Day	14 10:00 Walking Club 10:30 Trivia 11:00 Yoga with Ashish 12:00 Lunch 1:30 Walking Group 1:30 Scenic Ride 2:00 Mahjong Practice 3:00 Puzzle Club 4:00 Happy Hour 5:00 Dinner 6:00 Saturday Classics: Double Jeopardy
15 9:30 Catholic Service Live TV 10:00 Walking Group 10:30 Chair Exercise 11:15 Daily, News Discussion & Hot Topic: “Baby Fae” 12:00 Lunch 1:30 Walking Group 2:00 Sound Bath w/ Nimaste Yoga Gurus! 4:00 Happy Hour 5:00 Dinner 6:00 Movie Night: A Few Good Men	16 10:00 Walking Group 10:30 Chair Exercise 11:15 Daily, News Discussion & Hot Topic: Chinua Achebe 12:00 Lunch 1:30 Jewish Art History Talk w/ Nancy Kotz 3:00 Handbell Choir w/ Marie 3:00 Bridge Club 3:00 YouTube Trivia 4:00 Happy Hour w/Suzi 5:00 Dinner 6:00 Movie Night: The Revenant	17 10:00 Walking Group 10:30 Tone It Up Tuesday Workout 11:15 Daily, News Discussion & Hot Topic: Rock Hudson 11:30 Outing to Le Ferme French Cuisine 12:00 Lunch 1:30 Walking Group 2:15 Travelogue Tuesdays 3:00 100 Piece Puzzle 4:00 Happy Hour with Live Music: Tom Stringer 5:00 Dinner 6:30 Sing Along Tunes w/ Napat	18 10:00 Walking Group 10:30 Chair Exercise 11:15 Daily Chronicle, News Discussion & Hot Topic: Mickey Mouse 12:00 Lunch 1:30 Walking Group 2:30 Catholic Service 3:15 Documentary Viewing 4:00 Happy Hour 5:00 Dinner 6:30 Live Music Performance: Empty Ecstasy Mickey Mouse Day	19 10:00 Walking Group 10:30 Resident Town Hall Meeting 12:00 Lunch 1:30 Walking Group 1:30 Just Bead it! w/ Cindy 3:15 Silver Creek Middle School 4:00 Happy Hour w/Bonnie 5:00 Dinner 6:00 Movie Night: Contact	20 10:00 Walking Group 10:30 Exercise-Friday Flex 11:15 Daily, News Discussion & Hot Topic: Ming-Na Wen 12:00 Lunch 1:30 Walking Group 2:00 Shabbat Service *2:30 Fall Tea Party w/ Bonnie* 4:00 Happy Hour 5:00 Dinner 6:00 Movie Night: Casablanca	21 10:00 Walking Group 10:30 Chair Exercise 11:15 Daily Chronicle, News Discussion & Hot Topic: Goldie Hawn 12:00 Lunch 1:30 Walking Group 1:30 Scenic Ride 2:00 Painting Project - Fall Leaves & Trees 4:00 Happy Hour 5:00 Dinner 6:00 Saturday Classics: Gone with the Wind
22 9:30 Catholic Service Live TV 10:00 Walking Group 10:30 Trivia 11:00 Yoga with Ashish 12:00 Lunch 1:30 Visit from The Landon School Boys - Axe Throwing 2:30 BINGO 3:00 Gin Rummy 4:00 Happy Hour w/Karaoke 5:00 Dinner 6:00 Movie Night: The First Wife's Club	23 10:00 Walking Group 10:30 Exercise 11:00 Daily, News Discuss & Hot Topic: Betty Everett 12:00 Lunch 1:30 General Store 3:00 Handbell Choir w/ Marie 3:00 Bridge Club 3:00 YouTube Trivia 4:00 Happy Hour 5:00 Dinner 6:00 Movie Night: My Cousin Vinny 8:15 Commander v Bengles	24 10:00 Walking Group 10:30 Outing to National Portrait Gallery 10:30 Tone It Up Tuesday Workout 11:00 Mobile Postal Service at The Woodlands 11:15 Daily, News & Hot Topic: Oscar Robertson 12:00 Lunch 1:30 Walking Group 2:15 Travelogue Tuesdays 3:00 100 Piece Puzzle 4:00 Happy Hour w/ Yumi, Strathmore Pianist 5:00 Dinner 6:00 Movie Night: Rocky	25 10:00 Walking Group 10:30 Chair Exercise 11:00 Daily, News Discussion & Hot Topic: Benjamin Banneker 11:15 Big Word Little Word Game 12:00 Lunch 1:30 Walking Group 2:00 Catholic Rosary 2:30 Catholic Mass 3:15 Documentary Viewing 4:00 Happy Hour 5:00 Dinner 6:00 Movie Night: Sabrina	26 10:00 Walking Group 10:30 Mahjong Club 10:30 Chair Exercise 11:00 Daily, News Discussion & Hot Topic: Thanksgiving Traditions 11:30 - 1:45 Thanksgiving Brunch w/ Dave & Paula Live! 1:30 Walking Group 2:30 Thanksgiving Wreaths! 4:00 Happy Hour 5:00 Dinner 6:00 Movie Night: Planes Trains & Automobiles Thanksgiving Day (U.S.)	27 10:00 Walking Group 10:30 Exercise-Friday Flex 11:15 Daily, News Discuss & Hot Topic: Eddie Rabbitt 12:00 Lunch 1:30 Dr. Jenner Lecture 2:30 Origami with Kyoko 3:15 Black Friday Trivia 4:00 Happy Hour 5:00 Dinner 6:00 Movie Night: An Unfinished Life Black Friday	28 10:00 Walking Group 10:30 Chair Exercise 11:15 Daily Chronicle, News Discussion & Hot Topic: Randy Newman 12:00 Lunch 1:30 Walking Group 1:30 Scenic Ride 2:00 Mahjong Practice 3:00 Documentary Viewing 4:00 Happy Hour 5:00 Dinner 6:00 Saturday Classics: Saving Mr. Banks
29 9:30 Catholic Service Live TV 10:00 Walking Group 10:30 Chair Exercise 11:15 Daily, News Discussion & Hot Topic: Don Cheadle 12:00 Lunch 1:30 Walking Group 2:15 Holiday Bracelet Workshop 4:00 Happy Hour 5:00 Dinner 6:00 Movie Night: Seven Years in Tibet	30 10:00 Walking Group 10:30 Chair Exercise 11:15 Daily, News & Hot Topic: Ann Hodges 12:00 Lunch 1:30 Walking Group 2:00 Flower Arranging 3:00 Handbell Choir w/ Marie 3:00 Bridge Club 3:00 Table Games 4:00 Happy Hour w/Suzi 5:00 Dinner 6:00 Movie Night: Point Break					