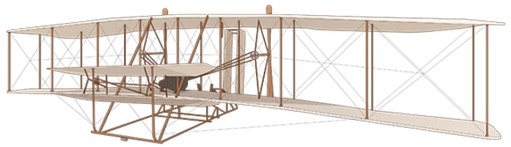
November 2026

Personal Care Programs & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:00 Worship Service (GR) 2:00 Movie Matinee: “The Philadelphia Story” (GR)	2 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Manicures (GR)(**) 3:00 Bingo (GR) 6:00 Color & Chat (GR)	3 9:30 Morning Start-Up (GR) 9:45 “Forever Fit” Exercise (GR) 10:30 Trivia (GR) 1:00 Craft: Gratitude Project (GR) 3:00 Bowling (GR)	4 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Coffee & Good News (GR) 1:00 Catholic Mass (GR) 1:30 Chair Dancing with Kim (OV) 3:00 Bible Study with Rev. Bob (GR)	5 9:30 Morning Start-Up (GR) 9:45 Stronger Seniors Exercise (GR) 10:30 Live Music with Danny Dolan (GR) 1:00 Piano w/ Joan (L) 1:00 Bunco Dice Game (GR) 2:00 Resident Council (GR) 6:00 Little House on the Prairie Night (GR)	6 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Homespun Devotions (GR) 1:00 Bingo (GR) 3:00 Piano with Linda (GR)	7 9:30 Morning Start-Up (OV) 9:45 Chair Exercise (OV) 10:30 Trivia (OV) 11:30 Saturday Brunch (GR) 1:00 Reading Circle: “Who was Ada Byron Lovelace?” Pt. 2 (L) 2:00 Movie Matinee: “Patch Adams” (GR)
8 1:00 Worship Service (GR) 2:00 Movie Matinee: “Funny Girl” (GR)	9 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Singalong with Lona and Trudy (GR) 3:00 Bingo (GR) 6:00 Color & Chat (GR)	10 9:30 Morning Start-Up (GR) 9:45 “Forever Fit” Exercise (GR) 10:30 Trivia (GR) 1:00 Documentary: “Season in the Wild: Fall” (GR) **1:00 Shopping at Boscov’s (FL)(**)**	11 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Veteran’s Day Presentation (GR) 3:00 Bible Study with Rev. Bob (GR)	12 9:30 Morning Start-Up (GR) 9:45 Stronger Seniors Exercise (GR) 10:30 Coffee & Crosswords (GR) 1:00 Piano w/ Joan (L) 3:00 Caramel Apple Bar (GR)	13 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Tea & Brain Ticklers (GR) 1:00 Bingo (GR) 3:00 Kitchen Korner: “Pumpkin Pie Cups” (OV) 6:30 Live Dance Performance with Expressions Performing Arts (GR)	14 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Hymn Sing with Freedom Community Church (L) 2:00 Movie Matinee: “The Valley of Light” (GR)
15 1:00 Worship Service (GR) 2:00 Movie Matinee: “To All the Boys I’ve Loved Before” (GR)	16 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Men’s Sit & Chat (GR) 1:00 Manicures (GR)(**) 3:00 Bingo (GR) 6:00 Color & Chat (GR)	17 9:30 Morning Start-Up (GR) 9:45 “Forever Fit” Exercise (GR) 10:30 Adelynn Wood Sings Through the Decades (GR) 1:00 Documentary: “The Beatles: 8 Days a Week” (GR) **1:00 Shopping at Walmart (FL)(**)**	18 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	19 9:30 Morning Start-Up (GR) 9:45 Stronger Seniors Exercise (GR) 10:30 Coffee, Hot Chocolate & Good News (GR) 1:00 Piano w/ Joan (L) 1:00 Bunco Dice Game (GR) 3:00 Bowling (GR)	20 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Homespun Devotions (GR) 1:00 Bingo (GR) 3:00 Birthday Party with Mick Cochran: “Giving Thanks” (GR)	21 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Reminiscing: “The Golden Age of Air Travel” (GR) 2:00 Movie Matinee: “You’ve Got Mail” (GR)
22 1:00 Worship Service (GR) 2:00 Movie Matinee: “Homeward Bound” (GR)	23 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Service Project: “Wrapped Coat Hangers” (GR) 3:00 Bingo (GR) 6:00 Color & Chat (GR)	24 9:30 Morning Start-Up (GR) 9:45 “Forever Fit” Exercise (GR) 10:30 Trivia (GR) **11:00 Lunch Out to Cheddar’s (FL)(**)** 1:00 “A Charlie Brown Thanksgiving” & Popcorn (GR) 3:30 Guess the Fall Spice Game (GR)	25 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	26 9:30 Morning Start-Up (GR) 9:45 Stronger Seniors Exercise (GR) 10:30 Thanksgiving History & Trivia (GR) 1:00 Table Topics with Cider (L) 2:00 Movie Matinee: “Home Alone” (GR)	27 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Tea & Brain Ticklers (GR) 1:00 Bingo (GR) 3:00 Live Music with J.D. Sage (GR)	28 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Stick-Plane Word Game (GR) 2:00 Movie Matinee: “The Family Stone” (GR)
29 1:00 Worship Service (GR) 2:00 Movie Matinee: “Meet Me in St. Louis” (GR)	30 9:30 Morning Start-Up (GR) 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Manicures (GR)(**) 3:00 Bingo (GR) 6:00 Color & Chat (GR)					

From Kitty Hawk to the Stars



November is the perfect time to celebrate aviation. National STEM/STEAM Day on November 8 highlights the science and engineering behind flight; Veterans Day on November 11 honors those who have served in the U.S. armed forces; and National Aviation History Month recognizes the remarkable advances that have transformed the way we live.

The story begins on December 17, 1903, near Kitty Hawk, North Carolina. On that windy day, Orville and Wilbur Wright achieved the first sustained, controlled, powered flight of a heavier-than-air aircraft. Orville's first flight lasted just 12 seconds and covered only 120 feet, but it proved that powered flight was possible. Before long, the brothers were making longer, more controlled flights, laying the foundation for modern aviation.

Their achievement was much more than a mechanical breakthrough. It combined science, engineering, mathematics, and careful experimentation—exactly the skills celebrated during National STEM/STEAM Day. The Wright brothers tested hundreds of wing designs in a homemade wind tunnel and solved problems that had frustrated inventors for decades. Their success showed how persistence and innovation can turn an ambitious idea into reality.

Aviation advanced rapidly during the 20th century. Airplanes became increasingly important during World Wars I and II, serving in reconnaissance, transportation, rescue missions, and combat. Veterans Day is an opportunity to recognize the pilots, crews, mechanics, and support personnel whose service helped shape aviation history.

After the wars, commercial aviation expanded dramatically. Air travel connected distant places, boosted trade, delivered emergency supplies, and made international travel routine. The spirit of flight also paved the way for space exploration. Today's astronauts and aerospace engineers continue building on more than a century of aviation advances. National Aviation History Month reminds us that one 12-second flight at Kitty Hawk changed transportation, military history, and exploration forever.



Loretta Nace

Pat Watts

Sally Over

Concordia at SpiriTrust Shrewsbury

Sally Over

Resident of the Month November 2026



Sally Over was born November 30th in Baltimore, MD. She attended Hereford High School from which she graduated in 1975, and afterwards attended college for a couple of years in Timonium.

Sally worked in the floral business for 45 years. She started out working for the Flower Cart in Jacksonville, MD, and afterwards opened her own business, Country Garden Flowers, where she created dried flower arrangements for parties, weddings, craft shows, and other special events. From the early 2000s until recently, she worked for Flowers by Bauers in Jarrettsville, MD. Sally also worked at the Maryland State Fair helping with their flower shows for about 30 years, and was a part of the Maryland Orchid Society and Garden Club. Sally was also a PTA president for many years, volunteered with fundraisers at her local firehouse, and ran Bible school events for her church. Sally loves animals, particularly cats, and she currently has 2 sweet cats, Judy and Michael, who live with her son.

Sally met her husband, Scott, at an event at the firehouse, and they were married in 1987. Together they had one son, Travis, and today she has a granddaughter, Charlotte, as well. Sally moved to Zimmerman Place in July of 2026, and we couldn't be happier to have her. You may see Sally around working on a craft, or attending Bible study or our live music. When you see Sally around, be sure to say, "Hello!", you will be glad you did!