RISE
55+ ACTIVE LIVING

Live here
Live well

NOVEMBER 2026

Resident Led
Team Led
Vendor Led

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:45 -Mindful Meditation/ MEDIA 11a-AQUA Fitness 1:00 - 3pm - Cards / Games	3 10am - Coffee Chat 11:00am ROTARY CLUB 1:30-3pm - CARDS 3:00 pm THRIVE 55+ Meeting	4 11a -Strength & Balance 1:00p - MAH JONGG / Cards 8:30p -DARTS -BYOB & Snacks	5 9a-Aqua Fitness pSAMBA/Jokers & Marbles 6:30p Comedy NIGHT w/ Matt	6 9:45 -10:45a Weight Watchers 11a-YMCA Fitness /WILLIE 1:30p - SAMBA / Cards 8:30p Cool by the Pool -BYOB & Snacks	7 11a- YOGA w / BRENDA
8 Gina's Fashion Coach Shopping Event RISE 3-5:00pm	9 11a-AQUA Fitness 1:00 - 3pm - Cards / Games 6:00pm- MUSIC BINGO w / Russell	10 9:45- ART ED VIDEO SERIES 10am - Coffee Chat 11am ART w/ KG 1:30-3pm - CARDS & GAMES	11 11a~Strength & Balance 1:00p MAH JONGG / Cards 5:00P-NOVEMBER Birthdays	12 9a-Aqua Fitness 9:45a -Mindful Meditation/ MEDIA 1:30 SAMBA/Jokers , Marbles	13 9:45 -10:45a Weight Watchers 11a-YMCA /WILLIE 1:30p-3pm - SAMBA / Cards 4:30P- POUR CANDLEMAKING Racetrack Rd	14
15 YMCA SHOPPING SPREE RISE at Nocatee Clubhouse 1-6:00pm	16 11a-AQUA Fitness 1:00 - 3pm - Cards / Games 6:00p- MUSIC BINGO w Russell	17 9:45 - ART ED VIDEO SERIES 10am - Coffee Chat 11:00am ROTARY CLUB 1:30-3pm - CARDS & GAMES	18 11a-Strength & Balance 1:00p - MAH JONGG / Cards 5:00 pm SIP ,SOCIAL & TOUR Happy HOUR	19 9a-Aqua Fitness 9:45a -Mindful Meditation/ MEDIA 1:30 SAMBA/Jokers & Marbles	20 9:45 -10:45a Weight Watchers 11a-YMCA Fitness /WILLIE 1:30-3pm - SAMBA / Cards 4:30p Cheryl & The Flames- DUET	21 11a- YOGA w / BRENDA
22 Board & Brush DYI Workshop 530 State Road 13 N, Saint Johns, FL 32259 2-5:00pm	23 11a-AQUA Fitness 1:00 - 3pm - Cards / Games 5:00p RISE at Nocatee Friendsgiving Feast	24 10am - Coffee Chat 1:30-3pm - CARDS & GAMES 5:00-Paint & Sip w/KG	25 9:45a - Mindful Meditation /Media 1 1a-Strength & Balance 1:00p - MAH JONGG / Cards	26 Happy Thanksgiving	27 9:45 -10:45a Weight Watchers 11a-YMCA Fitness /WILLIE 1:30p - 3pm - SAMBA / Cards	28
29	30 11a-AQUA Fitness 1:00 - 3pm - Cards / Games 6:00pm- BINGO w / Judy				National Hunger & Homelessness Awareness Month	