November 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
1 **Daylight Savings Time Ends** 10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (FC) 6:00 PM Sunday Movie: (A)	**2** *9:45 AM Morning Mingle (LR)* 10:00 AM Aldi's/Hobby Lobby/Target Shopping 11:15 AM Balance & Strength (A) 12:15 PM Chair Exercise (A) *2:00 PM Monday Mingle (LR)* *4:30 PM Happy Hour (LR/A)*	**3** **7:00 AM Foundation Fund Bake Sale (FL)** 9:00 AM Harris Teeter Pick-up 10:00 AM Bank Run 11:30 AM CANCELLED: Balance & Strength (N/A) 1:00 PM CANCELLED: Chair Yoga W/ Mary (N/A) *1:00 PM Trivial Pursuit (LR)* *2:15 PM Poker Club (LR)*	**4** 9:45 AM Seabrook Singers (A) 10:00 AM Catholic Communion Service (FC) 11:15 AM Balance & Strength (A) 12:15 PM Chair Exercise (A) *12:30 PM Duplicate Bridge (LR)* 7:00 PM Bingo (A)	**5** 9:45 AM Grocery Shopping 10:00 AM Tai Chi (A) 11:30 AM Balance & Strength (A) **2:00 PM Meet & Greet w/ the BOT Candidates (A)**	**6** 9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) *11:00 AM Grief Support Meeting (CR)* 11:15 AM Balance & Strength (A) 12:15 PM Chair Exercise (A) **2:00 PM Bocce Ball Grand Opening (Outside (Bocce Court))** *2:00 PM Rumikub (LR)* *4:30 PM Happy Hour (LR/A)*	**7** 10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) *1:00 PM Bridge (LR)* 2:00 PM Knitting Club w/ Ginny & Friends (L)
8 10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (FC) 6:00 PM Sunday Movie: (A)	**9** *9:45 AM Morning Mingle (LR)* 10:30 AM Book Mobile (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:15 PM Chair Exercise (A) *2:00 PM Monday Mingle (LR)* 2:30 PM Hearing with Greg Critchley (A) *4:30 PM Happy Hour (LR/A)*	**10** 9:00 AM Harris Teeter Pick-up **10:00 AM Beaufort Memorial Health Center Development Presentation (A)** 11:30 AM Resident Council (CR) 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) *1:00 PM Trivial Pursuit (LR)* *2:15 PM Poker Club (LR)*	**11** **Veterans Day** 9:45 AM Seabrook Singers (A) 10:00 AM Catholic Mass (FC) 10:00 AM Walmart/Dollar Tree/Barnes & Noble 11:15 AM Balance & Strength (A) **11:45 AM Veteran's Day Parade (Seabrook house)** 12:15 PM Chair Exercise (A) *12:30 PM Duplicate Bridge (LR)* **3:00 PM Veteran's Day Documentary (A)**	**12** 9:45 AM Grocery Shopping *10:00 AM Tai Chi (A)* **10:00 AM Board of Trustees Election (CC)** 11:30 AM Balance & Strength (A) **2:00 PM Fall Tea Party (LR)** **3:00 PM A Talk w/ Lisa the Physical Therapist (A)**	**13** 9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:15 PM Chair Exercise (A) *2:00 PM Rumikub (LR)* *4:30 PM Happy Hour (LR/A)*	**14** **9:30 AM Hilton Head Craft Fair: Christmas Bizarre (O)** 10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) *1:00 PM Bridge (LR)* 2:00 PM Knitting Club w/ Ginny & Friends (L) **3:00 PM Jane Bobbit Celebration of Life (A)** **7:00 PM Lantern Parade (O)**
15 10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (FC) 6:00 PM Sunday Movie: (A)	**16** *9:45 AM Morning Mingle (LR)* 10:00 AM Aldi's/Hobby Lobby/Target Shopping 11:15 AM Balance & Strength (A) 12:15 PM Chair Exercise (A) *2:00 PM Monday Mingle (LR)* *4:30 PM Happy Hour (LR/A)* **6:45 PM Bella Hristova- Hilton Head Symphony Orchestra (O)**	**17** 9:00 AM Harris Teeter Pick-up 10:00 AM Bank Run 11:30 AM Balance & Strength (A) **11:30 AM Lunch at Nectar (O)** 1:00 PM Chair Yoga W/ Mary (A) *1:00 PM Trivial Pursuit (LR)* *2:15 PM Poker Club (LR)*	**18** 9:00 AM Audiologist (Nurses Office) 9:45 AM Seabrook Singers (A) 10:00 AM Catholic Communion Service (FC) 11:15 AM Balance & Strength (A) 12:00 PM Birthday Lunch (DR) 12:15 PM Chair Exercise (A) *12:30 PM Duplicate Bridge (LR)* 2:00 PM Board of Trustees/Regime Board Meeting (A) 7:00 PM Bingo (A)	**19** 9:45 AM Grocery Shopping *10:00 AM Tai Chi (A)* 11:30 AM Balance & Strength (A) 2:00 PM Grief Support Meeting (CR) **3:00 PM Apothic String Ensemble (A)**	**20** 9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) *11:00 AM Grief Support Meeting (CR)* 11:15 AM Balance & Strength (A) 12:15 PM Chair Exercise (A) **1:30 PM Mitchelville Talk w/ Ahmad Ward (A)** *2:00 PM Rumikub (LR)* *4:30 PM Happy Hour (LR/A)*	**21** 10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) *1:00 PM Bridge (LR)* 2:00 PM Knitting Club w/ Ginny & Friends (L)
22 10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (FC) 6:00 PM Sunday Movie: (A)	**23** *9:45 AM Grocery Shopping* *9:45 AM Morning Mingle (LR)* 10:30 AM Book Mobile (Front of Seabrook House) **11:00 AM Coastal Discovery Museum (O)** 11:15 AM Balance & Strength (A) 12:15 PM Chair Exercise (A) *2:00 PM Monday Mingle (LR)* *4:30 PM Happy Hour (LR/A)*	**24** 9:00 AM Harris Teeter Pick-up 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) *1:00 PM Trivial Pursuit (LR)* *2:15 PM Poker Club (LR)* 3:00 PM The Seabrook Book Club (CC) **6:00 PM Magic with Gary Maurer (A)**	**25** 9:45 AM Seabrook Singers (A) 10:00 AM Catholic Communion Service (FC) 10:00 AM Walmart/Dollar Tree/Barnes & Noble 11:15 AM CANCELED: Balance & Strength 12:15 PM CANCELED: Chair Exercise *12:30 PM Duplicate Bridge (LR)* **4:30 PM Fiddler on the Roof (O)**	**26** **Thanksgiving** **2:30 PM Movie Night: An Old Fashioned Thanksgiving (A)**	**27** 11:15 AM CANCELED: Balance & Strength 12:15 PM CANCELED: Chair Exercise *2:00 PM Rumikub (LR)* *4:30 PM Happy Hour (LR/A)*	**28** 10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary *1:00 PM Bridge (LR)* 2:00 PM Knitting Club w/ Ginny & Friends (L) ***6:30 PM Cordials (A)***
29 10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (FC) 6:00 PM Sunday Movie: (A)	**30** *9:45 AM Morning Mingle (LR)* 10:00 AM Aldi's/Hobby Lobby/Target Shopping 11:15 AM Balance & Strength (A) 12:15 PM Chair Exercise (A) *2:00 PM Monday Mingle (LR)* *4:30 PM Happy Hour (LR/A)*	**LOCATION KEY** A - AUDITORIUM CR - CONFERENCE ROOM CC - COZY CORNER LR - LIVING ROOM				

THE SEABROOK of Hilton Head
A SENIOR RETIREMENT COMMUNITY