Life Enrichment
FRIENDLY HOME

November 2026

Spectrum TV
Life Enrichment Channel is 2494

If you have any questions, please don't hesitate to contact one of the Life Enrichment team members as listed below:

All scheduled programs are subject to change

Courtney Pierce	**789-3121**	**Director of Life Enrichment**
Sarah Veeder	**789-3128**	**Life Enrichment Coordinator TCC & Linden Knoll**
Beth Perdan	**789-3123**	**Porter Place**
Kate Schied-Deckert	**789-3124**	**Lindsay Place**
Mimi DeVinney	**789-3126**	**Selden Place**
Theo Cegelski	**789-3122**	**Morgan Place**
Denton Williams	**789-3131**	**Lee Place**
Gina Lane	**789-3129**	**Music Therapist**
Brennan Coon	**789-3125**	**Pastoral Care Coordinator**

Sunday, November 1st

10:30 Sunday Worship Service (Auditorium & channel 2494)
1:30 Music Hour with Sam (channel 2494)
2:00 Visits with Mimi (Morgan Place)

Monday, November 2nd

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:00 Morning Stretch (Porter Place)
10:30 All Souls (Selden Place)
10:30 Music Therapy (Morgan Place)
10:45 Morning Movement (Lindsay Place)
11:00 Porter Place Lunch Outing: Atlantic Diner- sign up with Beth
2:15 Bingo (Morgan Place)
3:30 Table Games (Selden Place)
4:00 Service Project: Sewing (Lindsay Place)

Tuesday, November 3rd

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:00 Visits with Allendale Students (Selden Place)
10:30 All About Ohio (Morgan Place)
10:45 Group Crossword (Porter Place)
10:45 November Jeopardy (Lindsay Place)
2:00 Cards (Morgan Place)
2:00 Making Hats & Scarves (Porter Place)
3:00 Oiu Si Game with Allen's Creek Students (Lindsay Place)
3:30 Election Day Fun: Who Would You Vote For? (Porter Place)
3:30 Virtual Travel (Selden Place)
5:00 Time with Beth (Lindsay Place)

Wednesday, November 4th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 Five Card Flip (Morgan Place)
10:30 Music Therapy (Lindsay Place)
10:30 Music Therapy (Selden Place)
10:30 Turkey Bowling (Porter Place)
11:00 Nursing Home Transition & Diversion Video (channel 2494)
2:15 Traveling Craft Cart (Lindsay Place)
2:30 Rosary (Selden Place)
3:00 Fitness with Stacy (Lee Place)
3:30 Alpha Ball (Morgan Place)
3:30 Room Visits (Selden Place)
3:30 Solitaire Frenzy (Porter Place)
5:00 November Trivia (Morgan Place)

Thursday, November 5th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 Morning Movement (Morgan Place)
10:30 December Calendar Planning (Porter Place)
10:45 Cranium Crunches Brain Game (Lindsay Place)
11:15 Would You Rather? (Selden Place)
2:30 Cocktail Hour (Auditorium)

Friday, November 6th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:00 Friday Film (Selden Place)
10:30 Music Therapy (Porter Place)
10:45 Neighborhood Meeting & Calendar Planning (Lindsay Place)
11:00 Sewing with Beth (Morgan Place)
2:00 Entertainment with Fred Vine & Harmony- guitar & vocals (Auditorium)

Saturday, November 7th

10:00 Exercise (channel 2494)
10:30 Traveling Collaborative Art Project (Porter & Selden Place)
1:30 Music Hour with Sam (channel 2494)
2:00 Cards (Morgan Place)
2:15 Traveling Collaborative Art Project (Lindsay Place)

Sunday, November 8th

10:30 Sunday Worship Service (Auditorium & channel 2494)
1:30 Music Hour with Sam (channel 2494)
2:00 Scrabble (Morgan Place)

Monday, November 9th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 An Elephant Never Forgets (Selden Place)
10:30 Food Trivia (Porter Place)
10:30 Music Therapy (Morgan Place)
10:45 Word Games (Lindsay Place)
2:15 Bingo (Morgan Place)
2:30 Reverse Dictionary (Porter Place)
2:30 Room Visits (Lindsay Place)
3:30 Afternoon Video (Selden Place)

Tuesday, November 10th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 All About Louisiana (Morgan Place)
10:30 Music Therapy (Lindsay Place)
10:30 Catholic Mass (Auditorium)
10:45 Group Crossword (Porter Place)
11:00 Selden Place Lunch Outing- sign up with Mimi
2:00 Wood Slice Turkey Craft (Morgan Place)
2:30 Thanksgiving Card Making (Porter Place)
3:00 Visits with Mimi (Selden Place)
3:30 Time with Theo (Lindsay Place)
4:00 We are Thankful For List (Porter Place South)

Wednesday, November 11th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 Music Therapy (Selden Place)
10:30 Veteran's Day Ceremony (Auditorium)
2:00 Art for the Young at Heart (Selden Place)
2:30 Rosary (Selden Place)
3:30 November Word Mining (Morgan Place)
3:30 Refreshment Cart (Lindsay Place)
3:45 Happy Birthday, Mrs. Porter! (Porter Place)

Thursday, November 12th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 Pal Joey's Comedy Show (Porter Place)
10:30 Exercise (Morgan Place)
10:45 Ring Toss (Lindsay Place)
10:45 Jeopardy (Selden Place)
2:30 Cocktail Hour (Auditorium)

Friday, November 13th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:00 Fitness with Stacy (Selden Place)
10:30 Music Therapy (Porter Place)
10:45 A Thankful Poem (Lindsay Place)
11:00 Hula Hoop Exercise (Morgan Place)
2:00 Entertainment with Rob Gioia -guitar & vocals (Auditorium)

Saturday, November 14th

10:00 Exercise (channel 2494)
10:30 Game: "America Says" (Porter Place)
11:00 Hmmm…ble (Selden Place)
1:30 Music Hour with Sam (channel 2494)
2:00 Cards (Morgan Place)
4:00 A-Z: We Give Thanks For (Lindsay Place)

Sunday, November 15th

10:30 Sunday Worship Service (Auditorium & channel 2494)
1:30 Music Hour with Sam (channel 2494)
2:00 UNO (Morgan Place)

Monday, November 16th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 A Kiss is Still a Kiss (Selden Place)
10:30 Music Therapy (Morgan Place)
10:30 Twister Trivia (Porter Place)
10:45 Mind & Body Stretch (Lindsay Place)
2:15 Bingo (Morgan Place)
2:30 5 Words or Less (Porter Place)
3:00 Room Visits (Lindsay Place)
3:30 Feeling Gratitude (Selden Place)

Tuesday, November 17th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 All About Indiana (Morgan Place)
10:30 Music Therapy (Lindsay Place)
10:30 November Word Games (Selden Place)
10:30 Rock Steady Boxing (Porter Place Game Room)
2:00 Lindsay Place Scenic Drive- sign up with Kate
2:30 Men's Group (Porter Place Game Room)
2:30 Table Games (Porter Place South)
3:00 Door to Door Hellos (Selden Place)

Wednesday, November 18th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 Turkey Wreath (Morgan Place)
10:30 Music Therapy (Selden Place)
10:30 Thanksgiving Trivia (Porter Place)
10:45 Virtual Reality: Fall Foliage & More (Lindsay Place)
1:30 Member Council (Family Gathering Room)
2:30 Fall Refreshment Cart (Lindsay Place)
2:30 Rosary (Selden Place)
3:30 Thanksgiving Foods: Then & Now (Morgan Place)
3:30 Book Club Meeting: Mad Mabel by Sally Hepworth (Porter Place Game Room)
3:30 Time with Sarah (Porter Place)

Thursday, November 19th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 Morning Movement (Morgan Place)
10:30 Beats & Bible with Father Gary (Porter Place Game Room)
10:45 Art Appreciation: Norman Rockwell (Lindsay Place)
10:45 Exercise & Trivia (Selden Place)
2:30 Cocktail Hour (Auditorium)

Friday, November 20th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:00 Friday Film (Selden Place)
10:30 Music Therapy (Porter Place)
10:45 Fall Bingo (Lindsay Place)
11:00 Visits with Mimi (Morgan Place)
2:00 Entertainment with Dave Marchione- guitar & vocals (Auditorium)

Saturday, November 21st

10:00 Exercise (channel 2494)
1:30 Music Hour with Sam (channel 2494)
2:00 Cards (Morgan Place)
2:30 Hymn Sing with Jon & Terry (Porter Place Game Room)

Sunday, November 22nd

10:30 Sunday Worship Service (Auditorium & channel 2494)
1:30 Music Hour with Sam (channel 2494)
2:00 US Trivia (Morgan Place)

Monday, November 23rd

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 It Pays to Advertise (Selden Place)
10:30 Music Therapy (Morgan Place)
10:45 Morning Movement (Porter Place)
10:45 Bean Bag Number Toss (Lindsay Place)
2:15 Bingo (Morgan Place)
3:00 Room Visits (Lindsay Place)
3:30 Afternoon Video (Selden Place)
4:00 November Word Mining (Porter Place South)

Tuesday, November 24th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 Music Therapy (Lindsay Place)
10:30 Hymns with Rev. Brennan (Porter Place Game Room)
11:00 Soup is Good Food (Selden Place)
11:30 Morgan Place Lunch Outing-sign up with Theo
2:00 Baking Pumpkin Cookies (Porter Place)
2:15 Virtual Reality: History of Plymouth (Lindsay Place)
3:00 Chicken Soup for the Soul (Selden Place)
3:30 Word Mining (Morgan Place)
3:30 Refreshments & Trivia (Porter Place)
5:00 Soup's On (Selden Place)

Wednesday, November 25th

9:15 St. Thomas More Mass
(channel 2494)
10:00 Exercise (channel 2494)
10:30 Exercise with Theo
(Morgan Place)
10:30 Music Therapy (Selden Place)
10:30 Thanksgiving Day Word Games
(Porter Place)
10:45 Evolution of Stuffing
(Lindsay Place)
1:30 Food Forum
(Family Gathering Room)
2:30 Rosary (Selden Place)
2:30 Piano Concert with Johnny Shaw
(Auditorium)

Thursday, November 26th

Macy's Parade starts at 8:30 (NBC)
9:00-11:00 Refreshments in the
Family Gathering Room
1:30 Music Hour with Sam
(channel 2494)
2:00 Traveling Tailgating
(All Neighborhoods)
8:20 Buffalo Bills vs Kansas City Chiefs
(Netflix & channel 2494)

Friday, November 27th

9:15 St. Thomas More Mass
(channel 2494)
10:00 Exercise (channel 2494)
10:15 Virtual Travelogue
(Lindsay Place)
10:30 Music Therapy
(Porter Place Game Room)
2:00 Entertainment with Mike
Kornrich-guitar, banjo, vocals
(Auditorium)

Saturday, November 28th

10:00 Exercise (channel 2494)
10:00 Coffee Cart Visits
(Porter & Selden Place)
1:30 Music Hour with Sam
(channel 2494)
1:30 Refreshments (Lindsay Place)
2:00 Cards (Morgan Place)

Sunday, November 29th	Monday, November 30th
10:30 Sunday Worship Service (Auditorium & channel 2494) 1:30 Music Hour with Sam (channel 2494) 2:00 All About Mississippi (Morgan Place)	9:15 St. Thomas More Mass (channel 2494) 10:00 Exercise (channel 2494) 10:30 Music & Movement (Porter Place South) 10:30 Music Therapy (Morgan Place) 10:30 Tis the Season (Selden Place) 10:45 November Trivia & Fun Facts (Lindsay Place) 2:00 Making Gifts for Kindergarteners (Porter Place) 2:15 Bingo (Morgan Place) 3:30 Parkinson's Support Group (Porter Place Game Room) 3:30 Wine & Cheese (Selden Place) 4:00 Food Trivia (Lindsay Place)

Buffalo Bills November Schedule

Sunday, November 1st: 1:00 PM vs Baltimore Ravens (CBS)

Monday, November 9th: 8:15 PM vs Minnesota Vikings (ABC)

Sunday, November 15th: 1:00 vs New York Jets (CBS)

Sunday, November 22nd: 1:00 PM vs Miami Dolphins (CBS)

Thursday, November 26th: 8:20 vs Kansas City Chiefs (Netflix)

Spectrum Music Channel Guide

1901 - Today's Hits	1926 - 80s
1902 - Trending Hits	1927 - 90s
1903 - Feel Good Favorites	1928 - 60s Generation
1904 - Pop Energy	1929 - 70s
1905 - Hip-Hop and R&B	1930 - Solid Gold Oldies
1906 - Dance	1931 - Pop & Country
1907 - Hip Hop Classics	1932 - Today’s Country
1908 - Throwback Jamz	1933 - Country Favorites
1909 - R&B Classics	1934 - Classic Country
1910 - R&B	1935 - Country Rock
1911 - Gospel	1936 - Sleep Noise
1912 - Contemporary Christian	1937 - Relaxing Vibes
1913 - Rock	1938 - Calming Classical
1914 - Yacht Rock	1939 - Joyful Instrumentals
1915 - 60s & 70s Mellow	1940 - Pop Instrumentals
1916 - Adult Alternative	1941 - Light Classical
1917 - Alternative & Rock Hits	1942 - Classical Masterpieces
1918 - Classic Rock	1943 - Soundscapes
1919 - Soft Rock	1944 - Smooth Jazz
1920 - Happy Hits	1945 - Jazz
1921 - Pop Hits	1946 - Blues
1922 - Today's Latin Hits	1947 - Singers & Swing
1923 - Tropicales	1948 - Easy Listening
1924 - Romantic Latin Pop	1949 - Classic Christmas
1925 - 70s & 80s Favorites	1950 - Sounds of the Season

Friendly Home Spectrum Channel Guide - updated 10/26					
Logo	Channel	Network	Logo	Channel	Network
	1	Spectrum News Rochester		52	TLC
	3	News Nation		53	MSG Sportsnet
	7	WUHF-FOX		54	Bravo
	8	WROC-CBS		56	HGTV
	10	WHEC-NBC		57	Fox News Channel
	11	PBS - WXXI		58	Cartoon Network
	13	WHAM-ABC		59	SYFY
	16	WHAM-The CW		61	Disney Channel
	17	RFIT Telemundo		62	CMT
	18	WBGT - MY 18		63	HISTORY
	20	CNN		64	TVLAND
	21	HLN		65	ION
	22	CNBC		67	FX
	23	The Weather Channel		68	Animal Planet
	24	ESPN		70	NAT GEO
	25	ESPN2		71	Galavision
	27	Paramount Network		72	WE TV
	28	MTV		73	C-SPAN2
	29	VH1		74	C-SPAN3
	30	Nickelodeon		75	Oxygen True Crime
	31	FREEFORM		76	truTV
	32	USA Network		77	BBC America
	33	TNT		78	Travel Channel
	34	AMC		79	Bloomberg Television
	35	Lifetime		80	Fox Business Network
	36	Discovery Channel		81	Daystar
	37	A&E		82	Fox Sports 1
	38	Comedy Central		83	New York Legislative Channel
	39	E!		84	FX Movie Channel
	40	Hallmark Chnnnel		85	Hallmark Movies & Mysteries
	41	BET		86	INSP
	43	EWTN		87	Investigation Discovery
	44	C-SPAN		88	SEC Network
	45	Food Network		89	SonLife
	46	SNY		90	Motor Trend
	47	YES Network		91	Victory Channel
	48	MSNBC		95	FXX
	50	TBN		2494	Friendly Home Broadcast Channel
	51	MSG		1900- 1950	Music Choice Channels

Massage Therapy

November 5th & 19th

1:30 PM- 3:00 PM

(Tranquility Room)

By appointment only

Contact: Courtney Pierce at 789-3121 or cpierce@friendlyhome.org

Independent Leisure Opportunities

- Books (including large print & audio books)
- Magazines
- Puzzles: crossword, word search, jigsaw
- Adult coloring materials
- Playing cards
- Knitting/Crocheting supplies

If there is anything that is not listed, don't hesitate to ask your Life Enrichment Specialist

Wifi for Member Use:

Network: FH Member

Password: FCA@TFH!

Stop by our art gallery (in the hallway by the courtyard) to see some beautiful artwork!

Member Art Gallery: Edith "Edie" McSorley

Art Gallery Display: Ann Limbeck & Jennie Miller