

Have you ever heard of Movember? I haven't before either, however I will definitely be supportive of men's health. Movember has become Men's Health Awareness Month.

I'm not sure if it's because most of the time family is gathered together and may be more influential in coaching our fathers into going to the doctors and have preventative procedures done or it's easier to hog tie him and bring him in for a yearly visit...
Even though men's health has been studied longer; many early detection procedures are missed or put off by men. Then when an issue is found, less invasive treatment options are no longer available. Movember focuses on mental health, suicide prevention, prostate cancer and testicular cancer. Movember is also the leading charity changing the face of men's health on a global scale. This should be something we talk about more and know the resources available for help. All of the above topics, never just affect them as a sole individual; no one is alone. If there is ever the feeling of despair, be brave because we know you are, we are here to help.

November Highlights

Every Monday Post Pink Power Exercise
11/2 & 9 Food Lion
11/2 First Book Club Meeting10/6 Movie Council
11/3 Ambassador Meeting
11/3 Resident Council
Jeopardy & Trivia on Tuesday
Tues & Wed Exercise with Erin
11/4 Shopping Trip to Hobby Lobby, Kohl's and Belk
11/4 Music by Mark Humphries
Thursday Exercise with Assisting Hands
11/5 Menu Chat
11/5 Town Hall
11/6 & 20 Move & Groove (Drumming)
11/6 Trip to Wagon Wheel and The Wall that Heals
11/7 Bryan Bielanski
Line Dancing with Felicia 11/7 & 21
11/9 Oakland Ave Church
11/9 Beltone Hearing Check
11/10 & 24 York County Bookmobile Library
11/11Weight & Vitals with Marilou
11/11Bank & Pharmacy Run
11/11 Veteran's Celebration
11/13 & 27 Line Dancing with Tammy
11/12 Themed Meal Day
11/16 & 23 Publix
11/19 Thanksgiving Dessert
11/20 Worship with Winthrop U.
11/23 Second Book Club Meeting
11/23 Audible Hearing
11/25 Teatime Talk with Amy
11/29 Murphy the Therapy Dog

CHANDLER PLACE

INDEPENDENT LIVING

745 Dilworth Lane · Rock Hill, SC 29732 · 803-325-1008

Chandler Place Independent Living

Executive Director
Amy Warren
amy.warren@navionsl.com
Business Office Director
Ula Crockett
ula.crockett@navionsl.com
Sales & Marketing Director
Jessica Duplantis
jessica.duplantis@navionsl.com
Dining Services Director
Shawn MacDonald
shawn.macdonald@navionsl.com
Plant Operations Director
Seth Castellano
Seth.Castellano@navionsl.com
Life Enrichment Director
Erin Freel
erin.freel@navionsl.com



From the Latin word *novem*, "nine", this has been the ninth month of the early Roman calendar. Like the month September and October, the story behind November's name is surprisingly simple. It was the ninth month of the year during the Roman era. Today it is the eleventh month.

November 2026
IL Monthly

CHANDLER PLACE
INDEPENDENT LIVING

- Emotional
- Intellectual
- Physical
- Social
- Spiritual
- Vocational

Location Keys

2nd Floor	2F
3rd Floor	3F
Activity Room	AR
Bus Outing	BO
Dining Room	DR
Game Room	GR
Library	L
Lobby	LB
Movie Theater Room	MTR
Private Dining Room	PD
cafe	C

Resident Birthdays

Angelo C.	11/4
Jerrold K.	11/11
Anastasia C.	11/15
Charles M.	11/16
Ruth M.	11/20
Jessie W.	11/21
Ruth M.	11/22
William F.	11/25
John K.	11/28

NAVION
SENIOR SOLUTIONS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Begins 1 9:55 Morning TV Music [C] 10:00 Conversations with Coffee [C] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 2:00 Sunday Service - Uncle Buck (PG) [DR] 7:00 Board Game Hour [GR] 7:00 Sunday Night Movie - TBA [MTR]	**Cookie Monster's Birthday** 2 10:00 Grocery Store Run - Food Lion [BO] 10:45 Ambassador Meeting [PD] 11:00 Baking Cookies [AR] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 1:45 Catholic Communion [3F] 2:15 First Book Club Meeting (1st 100 Pages) [L] 2:30 Walking Club [2F] 6:45 Bunco [L] 7:00 Board Game Hour [GR] 7:00 Poker [2F] 8:15 Manly Monday - Chicago vs Seattle [MTR]	**Election Day** 3 10:00 Knitting, Crocheting & Needle Point Circle [L] 10:15 Time to Vote [BO] 10:30 Choir Practice [GR] 10:45 Exercise with Erin [C] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 1:30 Resident Council Member Meeting [PD] 1:45 Matinee - The Devil Wears Prada (PG-13) [MTR] 2:00 Jeopardy [L] 3:00 Social Hour [DR] 7:15 Bingo [DR]	10:15 Movie Council Meeting (Picking Movies) [MTR] 4 10:45 Exercise with Erin [C] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 1:45 Mid-Day Movie - The Breadwinner (PG) [MTR] 2:00 Shopping Outing - Hobby Lobby, Kohl's & Belk [BO] 2:15 Apple Pie [AR] 3:00 Music by Mark Humphries [DR] 6:30 Poker [3F] 7:00 Evening Movie - The Breadwinner (PG) [MTR]	10:00 Walmart Sign Up [BO] 5 10:30 Exercise with Assisting Hands [C] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 1:30 Menu Chat [DR] 2:00 Town Hall-All Residents Invited [DR] 3:00 Social Hour [DR] 6:30 Rummy Card Game [GR] 7:15 Bingo [DR]	10:00 Drum & Dance Exercise with Robin [DR] 6 10:00 Walmart Run [BO] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 11:30 1/2 Day Trip Lunch to Wagon Wheel for Lunch and The Wall That Heals (2pm) [BO] 1:45 Diamond Dots Workshop [AR] 6:45 Bunco [L] 7:00 Poker [2F] 7:00 Series -Victoria S1:E8 [MTR]	9:30 Conversations with Coffee [C] 7 10:30 Bible Study with Pastor Mark [L] 10:30 Morning Line Dancing with Felicia [GR] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 2:00 Rummikub [L] 2:00 Social Butterfly Club [AR] 3:00 Music by Bryan Bielanski [DR] 7:00 Saturday Night Documentary - History of the Eagles (TV-MA) [3F]
9:55 Morning TV Music [C] 8 10:00 Conversations with Coffee [C] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 2:00 Sunday Service [DR] 7:00 Board Game Hour [GR] 7:00 Sunday Night Movie - Heroes (PG) [MTR]	11:00 Mid-Morning Stoll - Should be warmer... [LB] 9 1:30 Oakland Ave Church Presbyterian Communion [PD] 1:45 Catholic Communion [3F] 2:00 Grocery Store Run - Food Lion [BO] 2:30 Walking Club [2F] 3:00 Beltone Hearing Checks [L] 6:45 Bunco [L] 7:00 Board Game Hour [GR] 7:00 Poker [2F] 8:15 Manly Monday - Buffalo vs Minnesota [MTR]	**York County Bookmobile** 10 10:00 Knitting, Crocheting & Needle Point Circle [L] 10:30 Choir Practice [GR] 10:45 Exercise with Erin [C] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 1:45 Matinee - Juanita (TV-MA) [MTR] 2:00 Fire Safety for Seniors by Fire Marshall Travis [DR] 2:30 York County Library Book Mobile [C] 3:00 Social Hour [DR] 7:15 Bingo [DR]	**Veterans Day** 11 10:45 Exercise with Erin [C] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 1:30 Checking Weight & Vitals with Marilou [2F] 1:45 Mid-Day Movie - The Choice (PG-13) [MTR] 2:20 Bank and Pharmacy Run- Sign Up [BO] 2:30 Veteran's Day Celebration [DR] 7:00 Evening Movie - The Choice (PG-13) [MTR] 7:00 Phase 10 Card Game [L]	10:30 Exercise with Assisting Hands [C] 12 11:00 Mid-Morning Stoll - Should be warmer... [LB] 11:30 Chicken "Soup" for the Soul Special Lunch [DR] 2:00 Trivia with CapTel [DR] 3:00 Social Hour [DR] 6:30 Rummy Card Game [GR] 7:15 Bingo [DR]	10:00 Line Dancing with Tammy [GR] 13 10:00 Walmart Sign Up [BO] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 1:45 Diamond Dots Workshop [AR] 2:30 BINGO with Oak Street Health [DR] 6:45 Bunco [L] 7:00 Poker [2F] 7:00 Series - Victoria S2:E1 [MTR]	9:30 Conversations with Coffee [C] 14 10:30 Bible Study with Pastor Mark [L] 10:30 Morning Strech Class [C] 2:00 Ornament Decoration [AR] 2:00 Rummikub [L] 7:00 Saturday Night Documentary - The Other Side of the Mountain (PG) [3F]
9:55 Morning TV Music [C] 15 10:00 Conversations with Coffee [C] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 2:00 Sunday Service [DR] 7:00 Board Game Hour [GR] 8:15 Sunday Night Movie - The Other Side of the Mountain (PG) [MTR]	10:00 Grocery Store Run - Publix [BO] 16 10:00 Post Pink Power Exercise Class [AR] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 1:45 Catholic Communion [3F] 2:15 Second Book Club Meeting [L] 2:30 Walking Club [2F] 6:45 Bunco [L] 7:00 Board Game Hour [GR] 7:00 Poker [2F] 8:15 Manly Monday - Los Angeles vs Baltimore [MTR]	10:00 Knitting, Crocheting & Needle Point Circle [L] 17 10:30 Choir Practice [GR] 10:45 Exercise with Erin [C] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 1:45 Matinee - The Interpreter (PG-13) [MTR] 2:00 Jeopardy [L] 3:00 Birthday Social Hour [DR] 7:15 Bingo [DR]	10:45 Exercise with Erin [C] 18 11:00 Mid-Morning Stoll - Should be warmer... [LB] 1:45 Mid-Day Movie - Faraway (TV-MA) [MTR] 2:00 No Bake Mini Grasshopper Pies [AR] 2:00 Shopping Outing - T.J.Maxx to Books a Million [BO] 7:00 Evening Movie - Faraway (TV-MA) [MTR]	10:30 Exercise with Assisting Hands [C] 19 11:00 Mid-Morning Stoll - Should be warmer... [LB] 11:30 Lunch Out- Mary's Cafe [BO] 3:00 Social Hour [DR] 6:00 Thanksgiving Dessert Party [DR] 6:30 Rummy Card Game [GR] 7:15 Bingo [DR]	10:00 Drum & Dance Exercise with Robin [DR] 20 10:00 Walmart Sign Up [BO] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 1:45 Diamond Dots Workshop [AR] 2:30 Prize BINGO [DR] 4:00 Winthrop Worship [L] 6:45 Bunco [L] 7:00 Poker [2F] 7:00 Series - Victoria S2:E2 [MTR]	9:30 Conversations with Coffee [C] 21 10:30 Bible Study with Pastor Mark [L] 10:30 Morning Line Dancing [GR] 2:00 Rummikub [L] 2:00 Social Butterfly Club [AR] 7:00 Saturday Night Documentary - Lorne (R) [3F]
9:55 Morning TV Music [C] 22 10:00 Conversations with Coffee [C] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 2:00 Sunday Service [DR] 2:45 Murphy the Therapy Dog [LB] 7:00 Board Game Hour [GR] 7:00 Sunday Night Movie - Pearl Harbor (PG-13) [MTR]	11:00 Mid-Morning Stoll - Should be warmer... [LB] 23 1:45 Catholic Communion [3F] 2:00 Grocery Store Run - Publix [BO] 2:30 Walking Club [2F] 3:00 Audibel Hearing Aid Check [L] 6:45 Bunco [L] 7:00 Board Game Hour [GR] 7:00 Poker [2F] 8:15 Manly Monday - Cincinnati vs Washington [MTR]	**York County Bookmobile** 24 10:00 Knitting, Crocheting & Needle Point Circle [L] 10:30 Choir Practice [GR] 10:45 Exercise with Erin [C] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 1:45 Matinee - AD Astra (PG-13) [MTR] 2:00 Jeopardy [L] 2:30 York County Library Book Mobile [C] 3:00 Social Hour with Music by Brian McCarns [DR] 7:15 Bingo [DR]	10:45 Exercise with Erin [C] 25 10:45 Teatime Talk with Amy [PD] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 1:45 Mid-Day Movie - What's Your Number? (R) [MTR] 2:20 Bank and Pharmacy Run- Sign Up [BO] 7:00 Evening Movie - What's Your Number? (R) [MTR] 7:00 Phase 10 Card Game [L] 8:00 Thanksgiving Eve Football - Packers v Rams [MTR]	**Thanksgiving** 26 11:00 Mid-Morning Stoll - Should be warmer... [LB] 11:00 Thanksgiving Puzzles [LB] 1:00 Thanksgiving Football - Bears v Lions [MTR] 4:30 Cowboys v Eagles [MTR] 6:30 Rummy Card Game [GR] 7:15 Bingo [DR] 8:20 Buffalo vs Cheifs [MTR]	10:00 Line Dancing with Tammy [GR] 27 10:00 Walmart Sign Up [BO] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 11:40 Christmas Closet Day! [3F] 1:45 Diamond Dots Workshop [AR] 2:30 Prize BINGO [DR] 3:00 Black Friday Football - Bronco v Steelers [MTR] 6:45 Bunco [L] 7:00 Poker [2F] 7:00 Series - Victoria S2:E3 [MTR]	9:30 Conversations with Coffee [C] 28 10:30 Strech Class [C] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 2:00 Deck the Halls [AR] 2:00 Rummikub [L] 7:00 Saturday Night Documentary - The Hollywood Rabbi (TV-14) [3F]
9:55 Morning TV Music [C] 29 10:00 Conversations with Coffee [C] 11:00 Mid-Morning Stoll - Should be warmer... [LB] 2:00 Sunday Service [DR] 7:00 Board Game Hour [GR] 7:00 Sunday Night Movie - Serena (R) [MTR]	10:00 Grocery Store Run - Aldi [BO] 30 11:00 Mid-Morning Stoll - Should be warmer... [LB] 1:45 Catholic Communion [3F] 2:30 Walking Club [2F] 6:45 Bunco [L] 7:00 Board Game Hour [GR] 7:00 Poker [2F] 8:15 Manly Monday - Carolina Panthers vs Tampa Bay [MTR]					