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Be WELL
Connect WELL
Eat WELL
Give WELL
Learn WELL
Move WELL

SUN	MON	TUE	WED	THU	FRI	SAT
M&M=Mix & Mingle BYOC=Bring Your Own Cup FTF=Food Truck Friday BA=By Appointment Bold Print=Must RSVP Sign Up 72 hours ahead LRC=Left Right Center RL=Resident Led						1 9:45 Functional Fitness 10am Word Finds @Coffee Bar 11am Adult Coloring Join your Friends/Neighbors in the craft room
2 10am BYOC Coffee Chat 7pm Cornhole Challenge	3 9am Mobility Mondays 10am Massage Therapy w/Hector by Appointment 10am Men of Faith 10am Women of Faith 12pm Bridge 6:30pm 31 Card Game	4 9am BYOC Ladies Coffee 10am Chair Yoga 10:15am RL Golf Group 1pm Wreath Craft w/MTM 2pm Line Dancing 4pm Bingo 6pm Poker Night 6pm Wood Carving	5 9am Pilates Class 11am Turkey Craft/Pt#1 12pm Mahjong 3:30pm Gloria w/ Houston Methodist- Resource 4pm M&M B-Day Celebration AND Family Feud!	6 9am BYOC Guys' Coffee 10am Chair Yoga 2:30pm Canasta 4pm LRC 5:30pm Step N Groove 6pm Billiards Night 7pm Quarter Nickle	7 9:30am Chair Yoga 4pm-7pm FTF The Cajun Spot-See Menu 1pm Matinee Movie 4pm Po Ke No 5pm Spades/Bid Whist 6pm Bocce Ball 6pm Smore's@ Firepit	8 9:45 Functional Fitness 11am CyFair Police Self Defense Class 6pm Veterans Group *Food Bank Donation Delivery- Toy's for Tots Donation Launch due by 12-10
9 10am BYOC Coffee Chat 7pm Cornhole Challenge	10 9am Mobility Mondays 10am Men of Faith 10am Butter Pecan Coffee Syrup @ Bar 12pm Bridge 2pm "The Pilgrim" MMM Production 4:30 Bible Study	11 9am BYOC Ladies Coffee 9am Veterans Celebration BRUNCH 1pm Tech Tuesday -BYO Device 2pm Line Dancing 4pm Bingo 6pm Poker Night	12 9am Pilates Class 11am Crochet Class 12pm Mahjong 1pm Turkey Craft Part #2 4pm M&M Cooking Demo w/Chef Kim	13 9am BYOC Guys' Coffee 10am Chair Yoga 11am Veterans Movie 2:30pm Canasta 4pm LRC 5:30pm Step N Groove 6pm Billiards Night 7pm Quarter Nickle	14 9:30am Chair Yoga 1pm Travel Group 4-7pm FTF Mataebos BBQ 4pm Po Ke No 5pm Spades/Bid Whist 6pm Bocce Ball	15 9:45 Functional Fitness 5pm RL Spades Touranment Bridget #138
16 10am BYOC Coffee Chat 7pm Cornhole Challenge	17 9am Mobility Mondays 10am Men of Faith 10am Women of Faith 12pm Bridge 4pm Sip & Paint with Connie 6:30pm 31 Card Game	18 9am BYOC Ladies Coffee 10am Chair Yoga 10:15 Golf Group 1pm Ambassador Mtg 2pm Line Dancing 4pm Bingo with Prizes 6pm Poker Night 6pm Wood Carving	19 9am Pilates Class 12pm Mahjong 4pm M&M Potluck Thanksgiving Friendsgiving & Pie Contest	20 9am BYOC Guys' Coffee 10am Chair Yoga 2:30pm Canasta 4pm LRC 5:30pm Step N Groove 6pm Billiards Night 7pm Quarter Nickle Launch Holiday Decoration Contest	21 9:30am Chair Yoga 11am Field Day Games 1pm BUNCO 2pm BOOK CLUB 4pm Po Ke No 4-7pm FTF Saucy on the Fly 5pm Spades/Bid Whist 6pm Bocce Ball	22 9:45 Functional Fitness 1pm Open Play Games-Join your Friends/Neighbors to play Skip Bo, Phase 10, UNO & More!
23/30 10am BYOC Coffee Chat 7pm Cornhole	24 9am Mobility Mondays 10am Men of Faith 11am Christmas Matinee Movie!!! 12pm Bridge 4:30 Bible Study	25 9am BYOC Ladies Coffee Butter Pecan Coffee Syrup 10am Chair Yoga 10:15 Golf Group 2pm Line Dancing 4pm Bingo 6pm Poker Night	26 Office closes at 2pm	27 <i>HAPPY THANKSGIVING OFFICE CLOSED</i>	28 1pm Christmas Matinee Movie 4pm-7pm FTF Gus Burgers	29 9:45 Functional Fitness 1pm Open Play Games-Join your Friends/Neighbors to play Skip Bo, Phase 10, UNO & More!



CADENCE CREEK
AT TOWNE LAKE
A 55+ CALDWELL COMMUNITY

NOVEMBER 2025



Activity & Event Descriptions:

Coffee-Chat/Connect with neighbors: Sundays 10am, Tuesdays 9am w/Ladies & Thursdays 9am w/Men
Quarterly Vendor Market Day Sip & Shop Event-See Calendar-or Bulletin for more information Lots of Fun!
Open Play Games Bring a Friend- play chess, checkers, Monopoly, Dominos, Rummikub, UNO, BUNCO & More!
Food Trucks-Specified Fridays- See calendar-No sign up required see Menu in RSVP Book
Adult Coloring in the Craft Room ALL supplies provided. join your friends & Color!
Chair YOGA, Zumba, Functional Fitness, Water Aerobics (Seasonal), Line Dancing , Mobility Mondays
CCTL Golf Group See Calendar for dates & T-off time
Learn How to use Fitness Equipment in the Fitness Center-Quarterly Self Defense Class
New to the area & Community- Ask about Resident Resource Binder
Veteran's Group- If you are a veteran-this is a great group to join!
Veterans Movie- Join Veterans to watch a movie in the Theatre!
Step & Groove and Line Dancing- Get in the Groove and learn Group Dances

RL - Bridge - A fun resident led 2 hours of Bridge
RL - BINGO Every Tuesday at 4pm
RL - SPADES- card game RL-Quarter Nickel
RL - LRC- Left Right Center Dice Game
RL - Canasta - A resident led card game
RL - Poker Night- Resident led Poker Play
RL - Billiards- Play Billiards in the Game room
RL - Book Club- If you like to read-Join the group
RL - Mahjong- for experienced or Beginners
RL - Po Ke No resident led game
RL - Wood Carving Class RL-Crochet Class
RL - BUNCO- DICE GAME SO FUN!

*****Bold Print Activities/Events Please /RSVP/Sign up (72 hours) Prior -See Binder @ Leasing Desk*****

***Mix & Mingle Birthday Celebration & Live Entertainment - Ice Cream & Cupcakes Please RSVP/Sign UP 72 hours in advance**

***Mix & Mingle Cooking Demo with Chef Kim-Please RSVP/Sign UP 72 hours in advance**

***Mix & Mingle Karaoke/Lip Sync -Light Bites, Beer & Wine Please RSVP/Sign UP 72 hours in advance**

***Mix & Mingle Potluck-Please RSVP/Sign UP 72 hours in advance & bring a food item to share!**

***BRUNCH- Once a month enjoy a catered BRUNCH**

***Matinee Movies - See you in the Theatre for Feature film or a series- Popcorn Soda & Candy Provided**

***Ambassador Program - Want to get involved in the community? Join us for more details Please RSVP/Sign UP 72 hours in advance**

***Live Well / Nutrition / Health Wellness / Doc Talk Workshops- in the Craft room-**

***Sip & Paint Class with Connie-All Supplies provided**

New Resident Welcome and Tech Help Tuesday- Bring your Lap Top Tablet or smart phone for tech help navigating portal or Social Media etc.

Travel Group- If you like to Travel. Cruise and have adventures- this is the group for you!