

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025 1st Floor Calendar						10:15 - Morning Fitness 1 (A&C) 11:00 - Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 - Happy Hour 3:00 – Bingo
10:15 – Balance Fitness 2 (A&C) 11:00 – Word Games (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social Daylight Saving Time Ends	10:15 – Chair Aerobic 3 (A&C) 11:00 – News & View (B) 12:00 - Meal Assist 1:1 1:30 – Darts 2:30 – Tea Talk 3:30 - Spa-La-La	10:15– Strength Fitness 4 11:00 – Charades (B) 1:30 – Word Find (B) 12:00 - Meal Assist 1:1 2:30 – Tea Talk 3:30 - Heart for Music	10:15 – Gentle Stretches 5 (A&C) 11:00 - Gentle Stretches (B) 2:00 – Bingo 3:00 - Mingle Mugs Social 3:30 - Knot another Massage	10:15 – Chair Yoga 6 (A&C) 11:00 – News & Views (B) 2:00 - Fashion Show “Miss Foyer Maillard” 3:30 – 1:1 Visit	10:15 - Stretch & Bouncing Ball (A&C) 7 11:00 – Gentle Stretch 2:00 – Remembrance Day Student Concert 3:30 – 1:1 Visit	10:15 - Morning Fitness 8 (A&C) 11:00 - Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 - Happy Hour 3:00 – Bingo
10:15 - Balance Fitness 9 (A&C) 11:00 – Word Games (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit	10:15 – Chair Aerobic 10 (A&C) 11:00 - Charades (B) 2:00 – Remembrance Day Concert 3:30 – 1:1 Visit	10:15 – Morning Fitness 11 2:00 – 1:1 visit Veterans Day Remembrance Day (Canada)	10:15 – Gentle Stretches 12 (A&C) 11:00 - Gentle Stretches (B) 2:00 – Chinese Cultural Tea 3:30 - Knot another Massage	10:15 – Chair Yoga 13 (A&C) 11:00 – News & Views 2:00 - Crossword Fun with Roger 3:00 – Tea Talk 3:30 – Sensory Program	10:15 - Stretch & Bouncing Ball (A&C) 14 11:00 – Gentle Stretch (B) 2:00 – Social Tea 3:00 – News & Views 3:30 – Manicure	10:15 - Morning Fitness 15 (A&C) 11:00 - Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 - Happy Hour 3:00 – Bingo
10:15 - Balance Fitness (A&C) 16 11:00 – Word Games (B) 2:00 - Birthday Celebration with Entertainment 3:30 – 1:1 Visit	10:15 – Chair Aerobic 17 (A&C) 11:00 - Trivia (B) 1:30 – Beanbag Toss 2:30 – Tea Talk 3:30 - Spa-La-La	10:15– Strength Fitness 18 11:00 – News & View (B) 1:30 – Word Find (B) 2:30 – Tea Talk 3:30 - Heart for Music	10:15 – Gentle Stretches 19 (A&C) 11:00 - Gentle Stretches (B) 2:00 – Bingo 3:00 - Mingle Mugs Social 3:30 - Knot another	10:15 – Chair Yoga 20 11:00 – News & Views 1:30 – Church Service 2:00 - Crossword Fun with Roger 3:00 – Tea Talk 3:30 – Sensory Program	10:15 - Stretch & Bouncing Ball (A&C) 21 11:00 – Gentle Stretch 2:00 – Social Tea 3:00 – Table Games 3:30 – Manicure	10:15 - Morning Fitness 22 (A&C) 11:00 - Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 - Happy Hour 3:00 – Bingo
10:15 - Balance Fitness (A&C) 23 11:00 – Word Games (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit	10:15 – Chair Aerobic 24 (A&C) 11:00 – News & View (B) 1:30 – Beanbag Toss 2:30 – Tea Talk 3:30 - Spa-La-La	10:15– Strength Fitness 25 11:00 – Charades (B) 1:30 – Word Find (B) 2:30 – Tea Talk 3:30 - Heart for Music	10:15 – Gentle Stretches (A&C) 26 11:00 - Gentle Stretches (B) 2:00 – Spa Afternoon in the Lobby 3:30 - Knot another	10:15 – Chair Yoga 27 11:00 – News & Views 12:00 - Meal Assist 1:1 2:00 - Happy Hour with live Entertainment 3:30 – Sensory Program Thanksgiving Day (U.S.)	10:15 - Stretch & Bouncing Ball (A&C) 28 11:00 – Gentle Stretch 2:00 – Social Tea 3:00 – News & Views 3:30 – Manicure	10:15 - Morning Fitness 29 (A&C) 11:00 - Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 - Happy Hour 3:00 – Bingo
10:15 - Balance Fitness (A&C) 30 11:00 – Word Games (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit						

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025 2nd Floor Calendar						10:15 - Pool Noodle Fun1 (B) 11:00 - Pool Noodle Fun (A&C) 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Sing Along
10:15 - Morning Fitness 2 (B) 11:00 - Morning Fitness 2:00 – Active Games 3:00 – Social Tea 3:30 – Hymn Sing Daylight Saving Time Ends	10:15 – Balloon Toss (B)3 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	10:15 - Morning Fitness 4 (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Sing Along	10:15 - Weighted 5 Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Creative Corner 3:00 – 1:1 visit	10:15 – Fun & Fitness 6 11:00 - Fun & Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Fashion Show “Miss Foyer Maillard” 3:30 – 1:1 visit	10:15 - Morning Fitness 7 (B) 11:00 - Pool Noodle Fun 2:00 – Movie Afternoon (C) 2:00 - Remembrance Day Student Concert	10:15 - Pool Noodle Fun8 (B) 11:00 - Pool Noodle Fun (A&C) 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Sing Along
10:15 - Morning Fitness 9 (B) 11:00 - Morning Fitness 2:00 – Active Games 3:00 – Social Tea 3:30 – Hymn Sing	10:15 – Balloon Toss 10 11:00 – Balloon Toss (A&C) 2:00 - Remembrance Day Concert 3:30 – 1:1 visit	10:15 – Morning Fitness 11 2:00 – Remembrance Day Trivia Veterans Day Remembrance Day (Canada)	10:15 - Weighted Fitness12 11:00 - Weighted Fitness 2:00 – Chinese Cultural Tea (1st floor) 2:00 – Cooking with Roger 3:30 – 1:1 visit	10:15 – Fun & Fitness (B) 13 11:00 - Fun & Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Poetry Reading 3:00 – Word Scramble	10:15 - Morning Fitness14 (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Soccer (B&C) 3:00 – Social Tea 3:30 – Drum Playing (A)	10:15 - Pool Noodle Fun15 11:00 - Pool Noodle Fun (A&C) 2:00 - Birthday Celebration with Entertainment 3:30 – 1:1 visit
10:15 - Morning Fitness 16 (B) 11:00 - Morning Fitness 2:00 – Active Games 3:00 – Social Tea 3:30 – Hymn Sing	10:15 – Balloon Toss (B)17 11:00 – Balloon Toss (A&C) 2:00 - Happy Hour with live Entertainment 3:00 – 1:1 visit	10:15 - Morning Fitness18 (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Sing Along	10:15 - Weighted 19 Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Creative Corner 3:00 – 1:1 visit	10:15 – Fun & Fitness 20 11:00 - Fun & Fitness (A&C) 1:30 – Church Service 2:00 – Men’s Group 3:00 – Sensory Stimulation	10:15 - Morning Fitness21 (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Table Games 3:00 – Social Tea 3:30 – Drum Playing (A)	10:15 - Pool Noodle Fu22 (B) 11:00 - Pool Noodle Fun (A&C) 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Sing Along
10:15 - Morning Fitness 23 (B) 11:00 - Morning Fitness 2:00 – Active Games 3:00 – Social Tea 3:30 – Hymn Sing	10:15 – Balloon Toss (B)24 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	10:15 - Morning Fitness25 (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Sing Along	10:15 - Weighted 26 Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Spa in the Lobby 3:00 – 1:1 visit	10:15 – Fun & Fitness 27 (B) 11:00 - Fun & Fitness (A&C) 2:00 – Cooking program 3:00 – 1:1 visit Thanksgiving Day (U.S.)	10:15 - Morning Fitness28 (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – High Tea Social 3:30 – Drum Playing (A)	10:15 - Pool Noodle Fu29 (B) 11:00 - Pool Noodle Fun (A&C) 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Sing Along
10:15 - Morning Fitness 30 (B) 11:00 - Morning Fitness 2:00 – Active Games 3:00 – Social Tea 3:30 – Hymn Sing						

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025 3rd Floor Calendar						10:15 – Balloon Toss 1 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 - Active Game
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 – Social Tea 3:00 – Table Games Daylight Saving Time Ends	2 10:15 – Weighted Fitness (B) 11:00 – Word Game 11:30 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:30 – Sing a Long	3 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Word Games	4 10:15 - Golden Years Yoga (B) 11:00 - Golden Years Yoga (A&C) 12:00 – Meal Assist 1:1 2:00 – Word Games 3:00 – Creative Corner	5 10:15 - Forever Young Pilates (B) 11:00 - Forever Young Pilates (A&C) 2:00 – Fashion Show “Miss Foyer Maillard” 3:30 – 1:1 visit	6 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – Remembrance Day Student Concert 3:30 – 1:1 visit	7 10:15 - Balloon Toss (B) 11:00 - Morning Fitness 2:00 – Birthday Celebration with live entertainment 3:30 – 1:1 visit
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 – Hymn Sing 3:30 – Table Games	9 10:15 – Weighted Fitness (B) 11:00 – Word Game 11:30 - Weighted Fitness 2:00 – Remembrance Day Concert 3:30 – Sing a Long	10 10:15 – Morning Fitness 2:00 – 1:1 visit Veterans Day Remembrance Day (Canada)	11 10:15 - Golden Years Yoga (B) 11:00 - Golden Years Yoga (A&C) 2:00 – Chinese Cultural Tea (1st floor B side) 2:00 – Word Games 3:00 – Creative Corner	12 10:15 - Forever Young Pilates (B) 11:00 - Forever Young Pilates (A&C) 2:00 – Social Tea 3:00 – Brain Games	13 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	14 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 - Active Game
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 – Social Tea 3:00 – Table Games	16 10:15 – Weighted Fitness (B) 11:00 – Word Game 11:30 - Weighted Fitness (A&C) 2:00 – Social Tea 3:30 – Sing a Long	17 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Word Games	18 10:15 - Golden Years Yoga (B) 11:00 - Golden Years Yoga (A&C) 12:00 – Meal Assist 1:1 2:00 – Word Games 3:00 – Creative Corner	19 10:15 - Forever Young Pilates (B) 11:00 - Forever Young Pilates (A&C) 1:30 – Church Service (1st floor A side) 2:00 – Social Tea 3:00 – Comedy Corner	20 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	21 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 - Active Game
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 – Hymn Sing 3:30 – Table Games	23 10:15 – Weighted Fitness (B) 11:00 – Word Game 11:30 - Weighted Fitness (A&C) 2:00 – Social Tea 3:30 – Sing a Long	24 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Word Games	25 10:15 - Golden Years Yoga (B) 11:00 - Golden Years Yoga (A&C) 2:00 – Spa in the Lobby 3:30 – 1:1 visit	26 10:15 - Forever Young Pilates (B) 11:00 - Forever Young Pilates (A&C) 2:00 – Social Tea 3:00 – US Thanksgiving Trivia Thanksgiving Day (U.S.)	27 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	28 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 - Active Game
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 – Social Tea 3:00 – Table Games	30					

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