November 2026

1st Floor Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:15 – Morning Fitness (A&C) 11:00 – Word Games 2:00 - Crossword Fun with Roger 3:00 – Social Tea and Discussion Daylight Saving Time Ends	**2** 10:15 – Flexibility Class (A&C) 11:00 - Charades (B) 2:00 – Tea Talk 3:00 - Beanbag Toss	**3** 10:15 – Gentle Stretches 11:00 – Word Association Staff Education* 3:00 – Social Tea	**4** 10:15– Strength Fitness 11:00 – Table Games 2:00 – Creative Corner 3:30 – Social tea	**5** 10:15 – Chair Yoga 11:00 – Brain Games 2:00 – Crossword Fun with Roger 3:00 – Tea Social	**6** 10:30 - Stretch & Bouncing Ball (A&C) 11:00 – Garden Walks (B) 2:00 – **Diwali Celebration** 3:00 – 1:1 visit	**7** 10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Garden Walks (B) 2:00 – Bingo 3:00 – Happy Hour
8 10:15 - Morning Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:30 – Sensory Program Diwali (Hindi)	**9** 10:15 – Flexibility Class (A&C) 11:00 – Charades (B) 2:00 – Shuffleboard 3:00 – Tea Talk	**10** 10:15 – Gentle Stretches 11:00 – Brain games 2:00 – **Remembrance day Service** 3:00 – 1:1 visit	**11** 10:15 – Morning Fitness 2:00 – 1:1 visit Veterans Day Remembrance Day (Canada)	**12** 10:15 – Chair Yoga 11:00 – Brain Games 2:00 – Crossword Fun with Roger 3:00 – Tea Social	**13** 10:15 - Stretch & Bouncing Ball (A&C) 11:00 – Garden Walks (B) 2:00 – Social Tea 3:00 – Table Games	**14** 10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Garden Walks (B) 2:00 – Bingo 3:00 – Happy Hour
15 10:15 – Morning Fitness (A&C) 11:00 – Word Games 2:00 - Crossword Fun with Roger 3:00 – Social Tea and Discussion	**16** 10:15 – Chair Aerobic (A&C) 11:00 – News & View (B) 2:00 – Darts 3:00 – Tea Talk	**17** 10:15 – Gentle Stretches 11:00 – Hymn Sing 2:00 – **Java Music** 3:00 – 1:1 visit	**18** 10:15– Strength Fitness 11:00 – Table Games 2:00 – **Café Chez Nous (Main Lobby)** 3:00 – 1:1 Visits	**19** 10:15 – Chair Yoga 11:00 – Brain Games 2:00 – Crossword Fun with Roger 3:00 – Tea Social	**20** 10:30 - Stretch & Bouncing Ball (A&C) 11:00 – Garden Walks (B) 2:00 – Social Tea 3:00 – Sing Along 3:30 – Manicure	**21** 10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Garden Walks 2:00 – **Birthday Celebration with live Entertainment** 3:30 – 1:1 Visit
22 10:15 - Morning Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:30 – Sensory Program	**23** 10:15 – Chair Aerobics (A&C) 11:00 – Brain Games (B) 2:00 – **Classical Movie Afternoon** 3:30 – 1:1 visit	**24** 10:15 – Gentle Stretches 11:00 – Word Games 2:00 – Bingo 3:00 – Social tea	**25** 10:15– Strength Fitness 11:00 – Table Games 2:00 – Creative Corner 3:30 – Social tea	**26** 10:15 – Chair Yoga 11:00 – Brain Games 1:30 – **Church Service** 2:00 – Crossword Fun with Roger 3:00 – Tea Social Thanksgiving Day (U.S)	**27** 10:15 - Stretch & Bouncing Ball (A&C) 11:00 – Garden Walks (B) 2:00 – **Miss Foyer Competition**	**28** 10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Garden Walks (B) 2:00 – **Java Music** 3:00 – 1:1 visit
29 10:15 – Morning Fitness (A&C) 11:00 – Word Games 2:00 - Crossword Fun with Roger 3:00 – Social Tea and Discussion	**30** 10:15 – Flexibility Class (A&C) 11:00 - Charades (B) 2:00 – **Happy Hour with live Entertainment** 3:30 - 1:1 visit					



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November 2026

2nd Floor Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – Hymn Sing 3:00 – Active Games Daylight Saving Time Ends	**2** 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 2:00 - Social Tea 3:00 – Creative Corner	**3** 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) Staff Education* 3:00 – 5 Card Bingo	**4** 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 2:00 – Cooking Program 3:30 – 1:1 visit	**5** 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) **2:00 – Happy Hour with live entertainment** 3:30 – 1:1 visit	**6** 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – **Diwali Celebration** 3:00 – 1:1 visit	**7** 10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun 2:00 – **Java Music** 3:00 – 1:1 visit
8 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – Hymn Sing 3:00 – Table Games Diwali (Hindi)	**9** 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 2:00 - Social Tea 3:00 – Sing Along	**10** 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 2:00 – **Remembrance day Service** 3:00 – 1:1 visit	**11** 10:15 – Morning Fitness 2:00 – 1:1 Visits Veterans Day Remembrance Day (Canada)	**12** 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – **Movie Afternoon** 3:00 – 1:1 visit	**13** 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Active Games 3:00 – Sing a Long	**14** 10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun 2:00 – **Birthday Celebration with Entertainment**
15 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – Hymn Sing 3:00 – Active Games	**16** 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 2:00 - Social Tea 3:00 – Creative Corner	**17** 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 2:00 – **Java Music** 3:00 – 1:1 visit	**18** 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 2:00 – **Café Chez Nous (Main Lobby)** 3:00 – 1:1 Visits	**19** 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Word games 3:00 – Short Stories	**20** 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – **Men's Group** 3:00 – Table Games	**21** 10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – 5 Cards Bingo 3:00 – Sing Along with Sam
22 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – Hymn Sing 3:00 – Table Games	**23** 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 2:00 - Social Tea 3:00 – Sing Along	**24** 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 2:00 – Bingo 3:00 – Sing Along	**25** 10:15 – Morning Fitness (B) 11:00 – Morning Fitness (A&C) 2:00 – Creative Corner 3:00 – Trivia	**26** 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Poetry Club 3:00 – Sensory Stimulation Thanksgiving Day (U.S)	**27** 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – **Miss Foyer Competition**	**28** 10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – **Movie Afternoon** 3:00 – 1:1 visit
29 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – Hymn Sing 3:00 – Active Games	**30** 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 2:00 - Social Tea 3:00 – Creative Corner					

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November 2026

3rd Floor Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 – Stretch and Bouncy Ball 11:00 – Hymn Sing 2:00 – Brain Games 3:00 – Social Tea Daylight Saving Time Ends	**2** 10:30 – Weighted Fitness 11:00 – Brain Games 2:00 – Reminiscing Program 3:00 – Salsa Dance	**3** 10:30 - Zumba 11:00 – Hymn Sing 2:00 – **Java Time** 3:00 – Manicures	**4** 10:30 – Fitness & Fun 11:00 – Word Games 2:00 – Word Games 3:00 – Creative Corner	**5** 10:30 – Weighted Fitness 11:00 – Sing Along 2:00 – Remembrance Day Discussion Group 3:00 – Social tea	**6** 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – **Diwali Celebration** 3:00 – 1:1 visit	**7** 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 2:00 – **Birthday Celebration with Entertainment**
8 10:30 – Stretch and Bouncy Ball 11:00 – Hymn Sing 2:00 – Active Games 3:00 – Social Tea Diwali (Hindi)	**9** 10:30 – Weighted Fitness 11:00 Brain Games 2:00 – Social Tea 3:00 – Sing Along	**10** 10:30 - Zumba 11:00 – Hymn Sing 2:00 – **Remembrance day Service** 3:00 – 1:1 visits	**11** 10:30 – Fitness & Fun 2:00 – 1:1 Visits Veterans Day Remembrance Day (Canada)	**12** 10:30 – Weighted Fitness 11:00 - Sing Along 2:00 – Cooking Program 3:30 – 1:1 visit	**13** 10:15 - Morning Fitness(B) 11:00 - Morning Fitness (A&C) 2:00 - Social Tea 3:00 – Active Games	**14** 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 2:00 – **Java Music** 3:00 – Social Tea
15 10:30 – Stretch and Bouncy Ball 11:00 – Hymn Sing 2:00 – Brain Games 3:00 – Social Tea	**16** 10:30 – Weighted Fitness 11:00 – Brain Games 2:00 – Reminiscing Program 3:00 – Salsa Dance	**17** 10:30 - Zumba (C) 11:00 – Hymn Sing 2:00 – Bingo 3:00 – Manicures	**18** 10:30 – Fitness & Fun 11:00 - Word Games 2:00 – **Café Chez Nous (Main Lobby)** 3:00 – 1:1 Visits	**19** 10:30 – Weighted Fitness 11:00 - Sing Along 2:00 – **Happy Hour with Entertainment** 3:30 – 1:1 Visit	**20** 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 - Social Tea 3:00 – Seated Dance	**21** 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 2:00 – Social Tea 3:00 – Bingo
22 10:30 – Stretch and Bouncy Ball 11:00 – Hymn Sing 2:00 – Active Games 3:00 – Social Tea	**23** 10:30 – Weighted Fitness 11:00 – Brain Games 2:00 – Social Tea 3:00 – Sing Along	**24** 10:30 - Zumba 11:00 – Hymn Sing 2:00 – **Java Time** 3:00 – Manicures	**25** 10:30 – Fitness & Fun 11:00 - Word Games 2:00 – Word Games 3:00 – Creative Corner	**26** 10:30 – Weighted Fitness 11:00 - Sing Along 1:30 – **Church Service (1ST floor)** 2:00 – Cooking Program Thanksgiving Day (U.S)	**27** 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – **Miss Foyer Competition**	**28** 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 2:00 – Social Tea 3:00 – Bingo
29 10:30 – Stretch and Bouncy Ball 11:00 – Hymn Sing 2:00 – Brain Games 3:00 – Social Tea	**30** 10:30 – Weighted Fitness 11:00 – Brain Games 2:00 – Reminiscing Program 3:00 – Salsa Dance					



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