

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2025						9:30 Solving Puzzles ¹ 10:30 Table Games 2:15 Let's Get Active 3:15 Coffee time 4:00 Chats & Stories
10:30 Brain Games ² 11:00 Arts & Crafts 1:30 One to One 2:30 Active Game 3:15 Coffee Time 4:00 Bingo Daylight Saving Time Ends	10:30 Riddles+ Words ³ 1:30 One to One 2:15 Outdoor Time 3:15 Coffee Time 3:45 Chair Tai Chi	9:30 Chapel Service ⁴ 10:30 Table Games 1:30 One to One 2:00 Falls Prevention 3:15 Coffee Time 3:45 Bingo	10:30 Individual puzzles ⁵ 11:30 One to One 2:15 "Hangman" 3:15 Coffee Time 3:45 Let's Walk	10:00 Arts & Crafts ⁶ 11:30 One to One 2:00 Falls Prevention 3:15 Coffee Time 4:00 Bingo	10:30 "Reminiscence" ⁷ 11:30 One to One 2:30 "Tango" Chair Exercise 3:15 Coffee Time 4:00 Bingo	9:30 Solving Puzzles ⁸ 10:30 Table Games 2:15 Let's Get Active 3:15 Coffee time 4:00 Bingo
10:30 Brain Games ⁹ 11:00 Arts & Crafts 1:30 One to One 2:30 Active Game 3:15 Coffee Time 4:00 Bingo	10:30 Let's Bake ¹⁰ 1:30 One to One 2:15 Chair Tai Chi 3:15 Coffee Time 3:45 'Checkers or Dominos'	 REMEMBRANCE DAY SERVICE 10:45 am 1:30 One to One 2:00 Falls Prevention 3:15 Coffee Time 3:45 Bingo Veterans Day / Remembrance Day (Canada) ¹¹	10:30 Colour+Match ¹² 2:15 'Dice Games' 3:15 Coffee Time 3:45 Fitness Fun 4:00 One to One + Outdoor Walk	10:00 Arts & Crafts ¹³ 11:30 One to One 2:00 Falls Prevention 3:15 Coffee Time 4:00 Bingo	10:30 '1950& You' ¹⁴ 2:00 Outdoor Time 2:30 Chair Dance Yoga 3:15 Coffee Time 4:00 Bingo	9:30 Solving Puzzles ¹⁵ 10:30 Table Games 2:15 Let's Get Active 3:15 Coffee time 4:00 Bingo
10:30 Brain Games ¹⁶ 11:00 Arts & Crafts 1:30 One to One 2:30 Active Game 3:15 Coffee Time 4:00 Bingo	10:30 Short Stories ¹⁷ 1:30 One to One 2:15 Chair Tai Chi 3:15 Coffee Time 3:45 Table Theme Bingo	9:30 Chapel Service ¹⁸ 10:30 Table Games 1:30 One to One 2:00 Falls Prevention 3:15 Coffee Time 3:45 Bingo	10:30 Numbers challenge ¹⁹ 2:15 Armchair Travel 3:15 Coffee Time 3:45 Fitness Fun 4:00 One to One Visits	10:00 Arts & Crafts ²⁰ 11:30 One to One 2:00 Falls Prevention 3:15 Coffee Time 4:00 Bingo	10:30 Quiet Table Trivia ²¹ 2:00 One to One 2:30 Chair Exercise to Music 3:15 November Birthdays 4:00 Bingo	9:30 Solving Puzzle ²² 10:30 Table Games 2:15 Let's Get Active 3:15 Coffee time 4:00 Bingo
10:30 Brain Games ²³ 11:00 Arts & Crafts 1:30 One to One 2:30 Active Game 3:15 Coffee Time 4:00 Bingo	10:30 'Fact or Fiction' ²⁴ 1:30 One to One 2:15 Chair Tai Chi 3:15 Coffee Time 3:45 Table Theme Bingo	9:30 Chapel Service ²⁵ 10:30 Board Games 1:30 One to One 2:00 Falls Prevention 3:15 Coffee Time 3:45 Bingo	10:30 Colour+Match ²⁶ 2:15 'Dice Games' 3:15 Coffee Time 3:45 Fitness Fun 4:00 One to One + Outdoor Walk	10:30 Arts & Crafts ²⁷ 11:30 One to One 2:00 Falls Prevention 3:15 Coffee Time 4:00 Bingo Thanksgiving Day (U.S.)	10:30 Word Exercises ²⁸ 11:30 One to One 2:00 Karaoke Sing Along 4:00 Bingo	9:30 Solving Puzzle ²⁹ 10:30 Table Games 2:15 Let's Get Active 3:15 Coffee time 4:00 Bingo
10:30 Brain Games ³⁰ 11:00 Arts & Crafts 1:30 One to One 2:00 Upper Canada Choir 3:15 Coffee Time 4:00 Bingo						