

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2025

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Word Game
12:00 - Lunch
1:30 - Walking Program
1:45 - Ladder Ball
2:30 - Snack & Chat

1

2

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Word Game
12:00 - Lunch
1:30 - Walking Program
1:45 - Bowling
2:30 - Snack & Chat

3

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Hot Seat
12:00 - Lunch
1:30 - Walking Program
1:45 - National Candy Day
2:30 - Snack & Chat

4

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - National Donut Day
12:00 - Lunch
1:30 - Walking Program
1:45 - Bingo
2:30 - Snack & Chat

5

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Memory Cart
12:00 - Lunch
1:30 - Walking Program
1:45 - Putt Putt
2:30 - Snack & Chat

6

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Word Game
12:00 - Lunch
1:30 - Walking Program
1:45 - Ladder Ball
2:30 - Snack & Chat

7

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Bean Bag Toss
12:00 - Lunch
1:30 - Walking Program
1:45 - Bingo
2:30 - Snack & Chat

8

Daylight Saving Time Change

9

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Library Visit
12:00 - Lunch
1:30 - Walking Program
1:45 - Putt Putt
2:30 - Snack & Chat

10

Closed for Remembrance Day

Veterans Day
Remembrance Day (Canada)

11

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Bocce Ball
12:00 - Lunch
1:30 - Walking Program
1:45 - Axe Throwing
2:30 - Snack & Chat

12

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Bean Bag Toss
12:00 - Lunch
1:30 - Walking Program
1:45 - Bingo
2:30 - Snack & Chat

13

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Bocce Ball
12:00 - Lunch
1:30 - Walking Program
1:45 - Bowling
2:30 - Snack & Chat

14

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Bocce Ball
12:00 - Lunch
1:30 - Walking Program
1:45 - Uno
2:30 - Snack & Chat

15

16

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Bean Bag Toss
12:00 - Lunch
1:30 - Walking Program
1:45 - Bingo
2:30 - Snack & Chat

17

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Trivia
12:00 - Lunch
1:30 - Walking Program
1:45 - Bowling
2:30 - Snack & Chat

18

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Bingo
12:00 - Lunch
1:30 - Walking Program
1:45 - Library Craft
2:30 - Snack & Chat

19

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Word Game
12:00 - Lunch
1:30 - Walking Program
1:45 - Ladder Ball
2:30 - Snack & Chat

20

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Bean Bag Toss
12:00 - Lunch
1:30 - Walking Program
1:45 - Bingo
2:30 - Snack & Chat

21

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Ladder Ball
12:00 - Lunch
1:30 - Walking Program
1:45 - Bingo
2:30 - Snack & Chat

22

23

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Memory Cart
12:00 - Lunch
1:30 - Walking Program
1:45 - Ladder Ball
2:30 - Snack & Chat

24

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Bean Bag Toss
12:00 - Lunch
1:30 - Walking Program
1:45 - Bingo
2:30 - Snack & Chat

25

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Bocce Ball
12:00 - Lunch
1:30 - Walking Program
1:45 - Bowling
2:30 - Snack & Chat

26

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Bocce Ball
12:00 - Lunch
1:30 - Walking Program
1:45 - Ladder Ball
2:30 - Snack & Chat

27

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Trivia
12:00 - Lunch
1:30 - Walking Program
1:45 - Putt Putt
2:30 - Snack & Chat

28

9:00 - Coffee Social
10:00 - Morning Exercise
11:00 - Lunch
12:00 - Lunch
1:30 - Walking Program
1:45 - Uno
2:30 - Snack & Chat

29

30

