

Activity Calendar

November 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 12:00pm Fitness - 4 2:00pm Catch 'n Throw - 2 2:00pm Cinnamon Bun and Chai Fireplace Social 3:00pm Reminiscing - 4 4:00pm Happy Half 6:45pm Hand Massage/ Manicure
2 9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 1:30pm Sensory - 2 2:15pm Bingo 4:00pm Happy Half 6:45pm Painting Class	3 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Mini Poppies Ornament Making 4:00pm Happy Half	4 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Picnic Lunch - 4 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	5 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Birthday Party with Luna Rosa 4:00pm Happy Half 6:45pm Karaoke & Donuts National Donut Day 	6 9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Zumba - 4 2:00pm Afternoon @ the Cafe 2:00pm Music Therapy - 2 3:00pm Hangman 4:00pm Happy Half 6:45pm Pub Night with Beer and Nachos National Nachos Day	7 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Word Timer 2:00pm Sensory - 2 4:00pm Happy Half 6:45pm Movie and Hot Cider National Jersey Day! Wear a Jersey!	8 9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Baking - Mini Pumpkin Pies 4:00pm Happy Half 6:45pm Science Experiment - Stress Balls National S.T.E.M Day
9 9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:30pm Tribute to Veterans with Lorraine Smith 4:00pm Happy Half 6:45pm Painting Class - Poppies	10 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Hangman - Remembrance Day 4:00pm Happy Half	11 9:00am Walk-A-Block 10:00am Remembrance Day with Anna de Pensacola 10:00am Music Therapy - 2 11:15am Fitness - 2 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Baking Cookies - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	12 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Staff Appreciation with Hand Over Heart 4:00pm Happy Half 6:45pm Bingo 6:45pm Hand Massage/ Manicure Chicken Soup For the Soul Day	13 9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Zumba - 4 2:00pm Tea and Toast 2:00pm Music Therapy - 2 2:30pm Tic-Tac-Toss 4:00pm Happy Half 6:45pm Movie Night with Mulled Cider	14 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Classical Music with Patrick Ray 4:00pm Happy Half 6:45pm Hot Coco & Dominos Pajamas Day!	15 9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Flower Arranging 3:00pm A Good Read 4:00pm Happy Half 6:45pm Jazzy Karaoke & Mocktails

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:30pm Liu Ruoxi Vocal Art Academy 4:00pm Happy Half 6:45pm Bingo	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Indoor Bowling 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Picnic Lunch - 3 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:30pm Soup Club - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Country & Western Music with Bob Collins 4:00pm Happy Half 6:45pm Hand Massage/ Manicure	9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Zumba - 4 2:00pm Music Therapy - 2 2:30pm Music with Evan Symons 4:00pm Happy Half 6:45pm Dominos & Mulled Wine	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Italian Favourites with Robert Sproviero 4:00pm Happy Half 6:45pm Movie Night	9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Soulful Classics with Michael Diaconu 4:00pm Happy Half 6:45pm Snowflake Science Experiment
23	24	25	26	27	28	29
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:30pm OneKey Classical Music 4:00pm Happy Half 6:45pm Bingo	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:30pm Brock House Orchestra 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Picnic Lunch - 2 2:00pm Sing a long with Natasha - 3 2:00pm Parfait Social - 2 2:00pm Domino - 4 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half National Parfait Day	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Welcome New Residents with Hand Over Heart 4:00pm Happy Half 6:45pm Christmas Decorating	9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Zumba - 4 2:00pm Afternoon @ the Cafe 2:00pm Music Therapy - 2 4:00pm Happy Half 6:45pm Word Timer Bavarian Cream Pie Day	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Celebration of Life with Rebecca Blair 4:00pm Happy Half 6:45pm Movie Night with Chai Lattes	9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Karaoke 4:00pm Happy Half 6:45pm Painting Class
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9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:00pm Bingo 4:00pm Happy Half 6:45pm Baking Cookies						

