South Granville Park Lodge

Activity Calendar

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 12:45pm Walks/ 1:1 - 2 2:00pm Bingo 4:00pm Happy Half 6:45pm Gentle touch	**2** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 12:00pm Weight Class - 4 2:00pm Tai Chi 3:15pm SGPL Community Service Club 4:00pm Happy Half	**3** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Picnic Lunch 2:00pm Domino - 4 2:00pm Sing a long with Natasha - 3 2:00pm Soup club-2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	**4** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Chair Yoga with Laina Barber-3 12:00pm Chair Yoga with Laina Barber-4 2:30pm Birthday Party with Luna Rossa 4:00pm Happy Half 6:45pm Domino	**5** 9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 12:00pm Fitness - 4 2:00pm Afternoon @ the Cafe 2:00pm Music Therapy - 2 4:00pm Happy Half 6:45pm Crossword Puzzle	**6** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 12:00pm Fitness - 4 12:45pm Walks/1:1 - 2 2:30pm Classical Music with Patrick Ray 4:00pm Happy Half 6:45pm Bingo	**7** 9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 12:00pm Fitness - 4 12:50pm Walks/1:1 - 2 2:00pm Flower Arranging 2:15pm Jigsaw Puzzle 4:00pm Happy Half 6:45pm Movie night
8 9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 12:45pm Walks/ 1:1 -2 2:00pm Bingo 4:00pm Happy Half 6:45pm Mini Poppies Ornament Making	**9** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 12:00pm Weight Class - 4 2:00pm Tai Chi 3:15pm SGPL Community Service Club 4:00pm Happy Half	**10** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Picnic Lunch 2:00pm Baking Cookies- 2 2:00pm Domino - 4 2:00pm Sing a long with Natasha - 3 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	**11** 9:00am Walk-A-Block 10:00am Remembrance Day Ceremony with Ana de Pansacola 12:00pm Chair Yoga - 4 12:45pm Walks/ 1:1 - 2 2:00pm Colouring/Puzzle -2 2:00pm Indoor Golf 4:00pm Happy Half	**12** 9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 12:00pm Fitness - 4 12:45pm Walks/ 1:1 - 2 2:00pm Tea and Toast 2:00pm Music Therapy - 2 4:00pm Happy Half 6:45pm Veteran Documentary	**13** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 12:00pm Fitness - 4 12:45pm Walks /1:1 - 2 2:30pm Music with Joel Hanna 4:00pm Happy Half 6:45pm Hand Massage/ Manicure	**14** 9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 12:00pm Fitness - 4 12:45pm Walks/ 1:1 - 2 2:00pm Art & Painting 2:00pm Karaoke 4:00pm Happy Half 6:45pm Movie Night
15 9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 12:45pm Walks/ 1:1 - 2 12:45pm Walks/ 1:1 -2 2:30pm Music with Los Panderos 4:00pm Happy Half 6:45pm Bingo	**16** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 12:00pm Weight Class - 4 2:00pm Tai Chi 3:15pm SGPL Community Service Club 4:00pm Happy Half	**17** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Picnic Lunch 2:00pm Colouring - 2 2:00pm Domino - 4 2:00pm Sing a long with Natasha - 3 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	**18** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness-3 12:00pm Chair Yoga - 4 12:45pm Walks/ 1:1 -2 2:30pm 50's Music with Robert Sproviero 4:00pm Happy Half 6:45pm Domino	**19** 9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 12:00pm Fitness - 4 12:45pm Walks/ 1:1 - 2 2:00pm Baking Cinnamon 2:00pm Music Therapy - 2 4:00pm Happy Half 6:45pm Hand Massage/Manicure	**20** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 12:00pm Fitness - 4 12:45pm Walks/ 1:1 -2 2:30pm Opera Music with Gerald 4:00pm Happy Half 6:45pm Movie night	**21** 9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 12:00pm Fitness - 4 12:45pm Walks/ 1:1 - 2 2:00pm Flower Arranging 2:30pm Jigsaw Puzzle - 2 4:00pm Happy Half 6:45pm Baking cookies

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 12:45pm Walks/ 1:1 - 2 12:45pm Walks/ 1:1 - 2 2:00pm Bingo 4:00pm Happy Half 6:45pm Hand Massage/Manicure	**23** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 12:00pm Weight Class - 4 2:00pm Tai Chi 3:15pm SGPL Community Service Club 4:00pm Happy Half	**24** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Picnic Lunch 2:00pm Domino - 4 2:00pm Sing a long with Natasha - 3 2:00pm Parfait social - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	**25** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness-3 12:00pm Chair Yoga - 4 12:45pm Walks/ 1:1 - 2 2:30pm Welcome New Resident with Hand Over Heart 4:00pm Happy Half 6:45pm Domino	**26** 9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness- 3 12:00pm Fitness - 4 12:45pm Walks/ 1:1 - 2 2:00pm Music Therapy - 2 2:15pm Ring Toss 4:00pm Happy Half 6:45pm Jigsaw Puzzle	**27** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 12:00pm Fitness - 4 12:45pm Walks/ 1:1 - 2 2:30pm Celebration of Life with Rebecca Blair 4:00pm Happy Half 6:45pm Movie Night	**28** 9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 12:00pm Fitness - 4 12:45pm Walks/ 1:1 - 2 2:00pm Karaoke 3:00pm Colouring - 2 4:00pm Happy Half 6:45pm Bingo
29 9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 12:45pm Walks/1:1 - 2 2:30pm Country Music with Bob Collins 4:00pm Happy Half 6:45pm Gentle touch	**30** 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 12:00pm Weight Class - 4 2:00pm Tai Chi 3:15pm SGPL Community Service Club 4:00pm Happy Half					

