



November 2025 ~Arbours



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 SUNRIDGE PLACE SENIORS COMMUNITY <i>A member of the Park Place family</i>						
2 Daily Chronicle 2:00  Sunday Church St Andrew's Presbyterian	3  8:15 Morning Greeting 10:00 Balloon Volleyball  2:00 Word In A Word 	4 8:15 Morning Greetings 11:15 Catholic Mass  2:00 Bingo Bonanza 	5  8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 Looking Back with Brian & Cate	6 8:15 Morning Greetings 10:00 Resident Council Meeting 2:00 Creative Corner 	7  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Jukebox Favourites  Daily Chronicle	8 
9  Daily Chronicle 2:00  Sunday Church New Life	10 8:15 Morning Greeting 9:30 Prayer Circle 10:00 Balloon Volleyball  2:00 Language Arts 	11    8:15 Morning Greeting 10am Remembrance Day Broadcast 2:00 Neighbourhood Visits Daily Chronicle	12 8:15 Morning Greetings 9:30 Walk The Block 10:00 Sit & Dance 2:00 Andy's Musical Tour 	13  8:15 Morning Greetings 10:00 Mindful Meditation  2:00 Blackjack  21 	14 8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Jam Factory  Golden Hits Daily Chronicle	15  2:00 Brass, Wind & Rhythm Jazz Band
16 Daily Chronicle 2:00  Sunday Church Nazarene	17  8:15 Morning Greeting 10:00 Dance Therapy  2:00 Target Shoot 	18 8:15 Morning Greetings 10:00 News & Views  2:00 Bingo Bonanza 	19  9:30 Walk The Block 10:00 Balloon Volleyball  2:00 Creative Corner 	20 8:15 Morning Greetings 10:00 Mindful Meditation  2:00 Ice Cream & Karaoke 	21  8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Evergreen Choir  Daily Chronicle	22 
23 2:00 Church Jesus Is Lord	24 8:15 Morning Greeting 9:30 Prayer Circle 10:00 Balloon Volleyball  2:00 Travelogue To Turkey	25  8:15 Morning Greetings 10:30 Harmonica Band  2:00 Bocce Ball 	26 Decorating The Fireside 	27  8:15 Morning Greetings 10:00 Mindful Meditation  2:00 Neighbourhood Visits	28 8:15 Morning Greeting 10:00 Fun & Fitness In the Fireside 2:00 Too Much Chocolate Party	29 



November 2025 ~Meadows



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 <u>Daylight Savings Ends</u>  2:00  Church Service St Andrew's Presbyterian at the Arbours	3 2:00  Bingo Bonanza	4  10:00 Chair Yoga 11:15 Catholic Mass	5 10:00 Gentle Stretches 2:00Jan Matthews  Jingle Jangles 	6   10:00 Chair Yoga  Lunch In Sign-up	7 10:00 Fun & Fitness In the Fireside  2:00 Dice Box	8 
9 2:00  Church Service New Life at the Arbours	10   9:45am Country Drive 2:00 Word In A Word	11  Remembrance Day	12  10:00 Gentle Stretches 2:00 Trivia Time 	13 2:00  Meditation with Gae	14  10:00 Fun & Fitness at the Arbours 2:00   Ice Cream Social 	15 
16   2:00 Church Service Nazarene at the Arbours	17 2:00  Bingo Bonanza	18   10:00 Chair Yoga  Lunch In Sign-up	19 10:00 Gentle Stretches  2:00 Andy's Musical Tour 	20  10:00 Chair Yoga 2:00 Tai Chi with Dave	21 10:00 Fun & Fitness at the Arbours  2:00 Elvin & Al Music Memory 	22 
23 2:00 Church Jesus Is Lord 30 3:00 Church ShareWord Global	24   2:00 Music Bingo	25  2:00 Tenant Meeting	26  10:00 Gentle Stretches 2:00 Circle Of Friends 	27 2:00  Meditation with Gae	28 Decorating The Lounge 	29 