Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Ring Toss 3:30 Hand Spa Daylight Saving Time Ends	2 9:30 Ball Toss 10:00 Bingo 2:30 Helping Hands 3:00 Pet & Doll Therapy	3 **8:50 Music with Jeff** 9:45 Morning Stretch **10:30 Hymn Sing** 2:30 Helping Hands 3:00 Snoezelen Therapy	4 9:30 Morning Stretch 10:00 Sensory Program 10:30 Walking Program 2:30 Hand Spa 4:00 Calls with Family	5 9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Helping Hands 3:00 Therapy Pet	6 9:30 Morning Stretch **10:30 Baking: Apple Cider Muffins**  10:30 Walking Program 2:30 Helping Hands **3:00 Friday Social Hour**	7 9:30 Morning Stretch 10:00 Walking Program 10:30 Tea Cart **2:30 Diwali Social** 
8 9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Ring Toss 3:30 Hand Spa Diwali (Hindi)	9 9:30 Ball Toss 10:00 Bingo **2:30 Java Music Club (By Invite) (2nd Floor)** 2:30 Helping Hands 3:00 Karaoke Sing-along	10 **8:50 Music with Jeff** 9:45 Morning Stretch **10:30 Hymn Sing** 2:30 Helping Hands 3:00 Snoezelen Therapy	11 9:30 Morning Stretch **10:30 Remembrance Day Service (2nd Floor)** 10:30 Walking Program 2:30 Hand Spa 4:00 Calls with Family 	12 **8:30 Breakfast Club (By Invite)**  10:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program **2:00 Resident Council Meeting** 	13 9:30 Morning Stretch **10:00 Good News** 10:30 Walking Program 2:30 Helping Hands **3:00 Friday Social Hour**	14 9:30 Morning Stretch 10:00 Walking Program 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy
15 9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Ring Toss 3:30 Hand Spa	16 9:30 Ball Toss 10:00 Bingo 2:30 Helping Hands 3:00 Pet & Doll Therapy	17 **8:50 Music with Jeff** 9:45 Morning Stretch **10:30 Hymn Sing** **11:00 White Spot Lunch Trip (By Invite)** 2:30 Helping Hands 3:00 Snoezelen Therapy 	18 9:30 Morning Stretch 10:00 Sensory Program 10:30 Walking Program 2:30 Hand Spa 4:00 Calls with Family	19 9:30 Morning Stretch 10:00 Bean Bag Toss 10:30 Walking Program 2:30 Helping Hands **2:30 Resident Birthday Party with Peter Tam (2nd Floor)** 3:00 Therapy Pet 	20 9:30 Morning Stretch **10:30 Baking: Cranberry Scones**  10:30 Walking Program 2:30 Helping Hands **3:00 Friday Social Hour**	21 9:30 Morning Stretch 10:00 Walking Program 10:30 Tea Cart **12:00 South Asian Luncheon (By Invite)**  2:30 Helping Hands 3:00 Snoezelen Therapy **Amazon 2-4**
22 9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Ring Toss 3:30 Hand Spa	23 9:30 Ball Toss 10:00 Bingo **2:30 Java Music Club (By Invite) (2nd Floor)** 2:30 Helping Hands 3:00 Karaoke Sing-along	24 **8:50 Music with Jeff** 9:45 Morning Stretch **10:30 Hymn Sing** 2:30 Helping Hands 3:00 Movie Matinee 	25 9:30 Morning Stretch 10:00 Sensory Program 10:30 Walking Program 2:30 Hand Spa 4:00 Calls with Family	26 9:30 Morning Stretch 10:00 Musical Moments 2:30 Helping Hands 3:00 Therapy Pet **Diwali Fundraiser** 	27 9:30 Morning Stretch **10:00 Good News** 10:30 Walking Program 2:30 Helping Hands **3:00 Friday Social Hour**	28 9:30 Morning Stretch 10:00 Walking Program 10:30 Tea Cart 2:30 Helping Hands 3:00 Snoezelen Therapy
29 9:30 Morning Stretch 10:00 Hymn Sing 10:30 Walking Program 2:30 Ring Toss 3:30 Hand Spa	30 9:30 Ball Toss 10:00 Bingo **12:00 Take out Dine in (By Invite)**  2:30 Helping Hands 3:00 Pet & Doll Therapy					

November 2026

Primrose

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Morning Stretch **10:30 Diwali Craft** 11:00 Walking Program **2:30 Church Service (2nd Floor)** 3:00 Room Visits 	2 9:30 Morning Exercise 10:00 Nail Spa **10:30 Travel Tales How People Live in Fiji/ Remote Islands, Extraordinary Lives/ 4K Travel Documentary** 11:00 Walking Program **2:30 Active Games** 3:30 Room Visits	3 **9:30 Music with Jeff** 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) **2:30 Active Game** 3:30 Walking Program	4 9:30 Morning Exercise 10:00 Sikh Prayer **10:00 Ball Toss** 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	5 9:30 Morning Exercise **10:30 Table Games** 11:00 Walking Program **2:30 Active Games** 3:30 Room Visits	6 9:30 Morning Exercise **10:15 Word Games** 11:00 Walking Program **2:30 Friday Social Hour** 3:30 Room Visits	7 9:30 Morning Stretch 10:00 Table Games **2:30 Diwali Social** 3:30 Room Visits 
8 9:30 Morning Stretch **10:30 Remembrance Day Poppy String Art** **10:30 Sikh Prayer (Meeting Room)** 11:00 Walking Program **2:30 Church Service (2nd Floor)** 3:00 Room Visits  Diwali (Hindi)	9 9:30 Morning Exercise 10:00 Nail Spa **10:30 Travel-Tales Patagonia: The Bottom of the World/ 4K Travel Documentary** 11:00 Walking Program **2:30 Active Games** 3:30 Room Visits	10 **9:30 Music with Jeff** 10:30 Morning Stretch 11:15 Hymn Sing (2nd Floor) **2:30 Active Game** 3:30 Walking Program	11 9:30 Morning Exercise 10:00 Sikh Prayer **10:30 Remembrance Day Service (2nd Floor)** 2:30 Bingo 3:30 Room Visits 	12 **8:30 Breakfast Club (By Invite)**  10:00 Morning Exercise **2:00 Resident & Family Council (2nd Floor)** 3:00 Walking Program 	13 9:30 Morning Exercise 10:00 Table Games 11:00 Walking Program **2:30 Friday Social Hour** 3:30 Room Visits	14 9:30 Morning Stretch **10:00 Tzu Chi (2nd Floor)** **10:30 Baking: Apple Cider Muffins** 10:30 Walking Program  **2:30 Active Game** 3:30 Room Visits
15 9:30 Morning Stretch **10:30 Good News Stories** 11:00 Walking Program **2:30 Active Game** **2:30 Catholic Service (2nd Floor)** 3:00 Room Visits	16 9:30 Morning Exercise 10:00 Nail Spa **10:30 Travel Tales -Rick Steves the Best of Paris** 11:00 Walking Program **2:30 Active Games** 3:30 Room Visits	17 **9:30 Music with Jeff** 10:30 Morning Stretch **11:00 White Spot Lunch Trip (By Invite)** 11:15 Hymn Sing (2nd Floor) **2:30 Active Game** 3:30 Walking Program 	18 9:30 Morning Exercise 10:00 Sikh Prayer **10:00 Trivia** 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	19 9:30 Morning Exercise **10:30 Family Feud (2nd Floor)** 10:30 Walking Program **2:30 Resident Birthday Party with Peter Tam (2nd Floor)** 3:00 Room Visits 	20 9:30 Morning Exercise **10:15 Word Games** 11:00 Walking Program **2:30 Friday Social Hour** 3:30 Room Visits	21 9:30 Morning Stretch **10:00 Tzu Chi (2nd Floor)** 10:00 Table Games 10:30 Walking Program **12:00 South Asian Luncheon (By Invite)**  **2:30 Active Game** 3:30 Room Visits **2-4 Amazon**
22 9:30 Morning Stretch **10:30 Jeopardy Game** 11:00 Walking Program **2:30 Church Service (2nd Floor)** 3:00 Room Visits	23 9:30 Morning Exercise 10:00 Nail Spa **10:30 Travel Tales- David Attenbourough: Nature's most fascinating creatures** 11:00 Walking Program **2:30 Active Games** 3:30 Room Visits	24 **9:30 Music with Jeff** 10:30 Morning Stretch **11:15 Hymn Sing & Communion (2nd Floor)** **2:30 Active Game** **3:00 Movie Matinee** 	25 9:30 Morning Exercise 10:00 Sikh Prayer **10:00 Giant Scrabble** 10:30 Walking Program 2:30 Bingo 3:30 Room Visits	26 9:30 Morning Exercise **10:30 Table Games** 11:00 Walking Program **2:30 Active Game** 3:30 Room Visits **Diwali Fundraiser** 	27 9:30 Morning Exercise 10:00 Table Games 11:00 Walking Program **2:30 Friday Social Hour** 3:30 Room Visits	28 9:30 Morning Stretch **10:00 Tzu Chi (2nd Floor)** **10:30 Baking: Cranberry Scones** 10:30 Walking Program  **2:30 Active Game** 3:30 Room Visits
29 9:30 Morning Stretch **10:30Golden Memories** 11:00 Walking Program **2:30 Church Service (2nd Floor)** 3:00 Room Visits	30 9:30 Morning Exercise 10:00 Nail Spa **10:30 Travel Tales- Venice, Island Treasure/ Documentary** 11:00 Walking Program **12:00 Take out Dine in (By Invite)** **2:30 Active Games** 3:30 Room Visits 					

November 2026

Dogwood / Trillium

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Morning Stretch **1** **10:30 Jeopardy Game** 11:00 Walking Program 11:00 Calls with Family 2:30 Church Service 3:30 Room Visits Daylight Saving Time Ends	9:30 Morning Exercise **2** 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program **2:30 Travel-Tales: Patagonia: The Bottom of the World/ 4K Travel Documentary** 3:00 Room Visits	9:30 Morning Stretch **3** **10:10 Music with Jeff** 11:15 Hymn Sing 2:30 Tea and Talk Visits **3:00 Diwali Craft** 	9:30 Morning Exercise **4** 10:30 Sikh Prayer 10:30 Bingo **2:30 Active Games** 3:00 Walking Program	9:30 Morning Stretch **5** **10:30 Baking: Apple Cider Muffins**  11:00 Walking Program **2:30 Muffins and Memories** 3:00 Room Visits	9:30 Chair Dancing **6** 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program **2:30 Friday Social Hour** 3:30 Room Visits	9:30 Morning Stretch **7** **10:30 Ancient Wonders: Places that seem too advanced for their Time** 10:30 Walking Program **2:30 Diwali Social** 3:30 Room Visits 
9:30 Morning Stretch **8** **10:30 Sikh Prayer Service (Meeting Centre)** 11:00 Walking Program **2:30 Church Service** 3:30 Room Visits Diwali (Hindi)	9:30 Morning Exercise **9** 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program **2:30 Java Music Club** 3:00 Room Visits	9:30 Morning Stretch **10** **10:10 Music with Jeff** 11:15 Hymn Sing 2:30 Tea and Talk Visits **2:30 Remembrance Day Poppy String Art** 	9:30 Morning Exercise **11** **10:30 Remembrance Day Service** **2:30 Bingo** 3:30 Walking Program 	**8:30 Breakfast Club (By Invite)** **12**  10:00 Morning Stretch 11:00 Walking Program **2:00 Resident Council Meeting** 	9:30 Chair Dancing **13** **10:30 Word Games** 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program **2:30 Friday Social Hour** 3:30 Room Visits	9:30 Morning Stretch **10:00 Tzu Chi** 10:30 Walking Program **2:30 Bingo** 3:30 Room Visits
9:30 Morning Stretch **15** **10:30 Word Games** 11:00 Walking Program 11:00 Calls with Family 2:30 Catholic Service (2nd Floor) 3:30 Room Visits	9:30 Morning Exercise **16** 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program **2:30 Travel-Tales: How People Live in Fiji/ Remote Islands, Extraordinary Lives/ 4K Travel Documentary** 3:00 Room Visits	9:30 Morning Stretch **17** **10:10 Music with Jeff** **11:00 White Spot Lunch Trip (by Invite)** 11:15 Hymn Sing 2:30 Tea and Talk Visits 	9:30 Morning Exercise **18** 10:30 Sikh Prayer 10:30 Bingo **2:30 Active Games** 3:00 Walking Program	9:30 Morning Stretch **19** **10:30 Family Feud Game** 11:00 Walking Program **2:30 Resident Birthday Party with Peter Tam** 3:00 Room Visits 	9:30 Chair Dancing **20** 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program **2:30 Friday Social Hour** 3:30 Room Visits	9:30 Morning Stretch **21** **10:00 Tzu Chi** 10:30 Walking Program **12:00 South Asian Luncheon (By Invite)** **2:30 Bingo** 3:30 Room Visits **2-4 Amazon Visit** 
9:30 Morning Stretch **22** **10:30 Baking: Cranberry Scones**  11:00 Walking Program 11:00 Calls with Family 2:30 Church Service 3:30 Room Visits	9:30 Morning Exercise **23** 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program **2:30 Java Music Club** 3:00 Room Visits	9:30 Morning Stretch 10:10 Music with Jeff **24** **11:15 Hymn Sing & Communion** 2:30 Tea and Talk Visits **3:00 Movie Matinee** 	9:30 Morning Exercise **25** 10:30 Sikh Prayer 10:30 Bingo **2:30 Active Games** 3:00 Walking Program	9:30 Morning Stretch **26** **10:30 Sing a long** 11:00 Walking Program **2:30 Active Game** 3:00 Room Visits **Diwali Fundraiser** 	9:30 Chair Dancing **27** **10:30 Word Games** 10:30 Hand Spa 11:00 Walking Program 11:00 Cultural Program **2:30 Friday Social Hour** 3:30 Room Visits	9:30 Morning Stretch **28** **10:00 Tzu Chi** 10:30 Walking Program **2:30 Bingo** 3:30 Room Visits
9:30 Morning Stretch **29** **10:30 Trivia** 11:00 Walking Program 11:00 Calls with Family 2:30 Church Service 3:30 Room Visits	9:30 Morning Exercise **30** 10:30 News & Views 11:00 Sensory Cart 11:30 Cultural Program **12:00 Take out to Dine in (By Invite)** **2:30**  3:00 Room Visits					