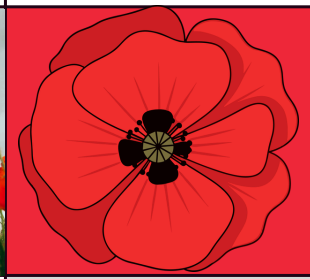
November 2026 ~Meadows

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
1 2:00 Sunday Church Presbyterian	2 2:00 Ice Cream Floats	3 10:00 Chair Yoga 11:15 Catholic Mass at Arbours	4 10:00 Exercise 2:00 Andy at the Arbours	5 10:00 Chair Yoga 12:30 Library Visit	6 2:00 Karaoke	7
8 2:00 Sunday Church Nazarene	9 2:00 Bingo Bonanza	10 9:30 Meadows Breakfast	11 Remembrance Day 10:00 Remembrance Day Broadcast in the Lounge	12 10:00 Chair Yoga 2:00 Fill In The Blank	13 2:00 Jam Factory At the Arbours	14
15 2:00 Sunday Church Brae Rd Gospel	16 2:00 Show & Tell Social	17 Twoonie Sale in the Lounge	18 10:00 Exercise 2:00 Travelogue “Aviation”	19 10:00 Chair Yoga	20 2:00 Wine Time with Parry	21
22 2:00 Church Pentecostal 29 2:00 Church ShareWord Global	23 2:00 Music Bingo 30 2:00 No Bake Baking	24 10:00 Chair Yoga 2:00 Tenant Meeting	25 10:00 Exercise 2:00 Guess The Landmark	26 10:00 Chair Yoga 2:00 Fill In The Blank	27 1:00 Decorating The Lounge	28

November 2026 ~Arbours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
1 8:15 Morning Greetings Daily Chronicle 2:00 Sunday Church Presbyterian	**2** 8:15 Morning Greetings 10:00Balloon Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Resident Council 3:00 Easy Bake Oven	**3** 8:15 Morning Greetings 9:00 Recreation Meeting 11:15 Catholic Mass 1:00 This Day In History 2:00 Bingo Bonanza 3:00 Elton John Hits	**4** 8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Marketplace 2:00 Music History with Andy	**5** 8:15 Morning Greetings 10:00 Meditation 11:00 Daily Affirmation 1:00 Walk The Block 2:00 Creative Corner 3:00 Name That Tune	**6** 8:15 Morning Greetings 10:00 Fun & Fitness 11:00 Parachute 1:00 Marketplace 2:00 The Islanders in the Fireside	**7**
8 8:15 Morning Greetings Daily Chronicle 2:00 Sunday Church Nazarene	**9** 8:15 Morning Greetings 10:00Balloon Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Fill In The Blank 3:00 Easy Bake Oven	**10** 8:15 Morning Greetings 10:00 News & Views 11:00 War Time Hits 1:00 One To One Visits 2:00 Noodle Ball 3:00 Art Walk	**11** Remembrance Day 8:15 Morning Greetings 10:00 Remembrance Day Broadcast 1:00 Marketplace 2:00 Neighbourhood Visits	**12** 8:15 Morning Greetings 10:00 Meditation 11:00 Daily Affirmation 1:00 Walk The Block 2:00 Target Shoot 3:00 Laugh Therapy	**13** 8:15 Morning Greetings 10:00 Fun & Fitness 11:00 Finish The Phrase 1:00 Marketplace 2:00 Jam Factory Performance	**14**
15 8:15 Morning Greetings Daily Chronicle 2:00 Sunday Church Brae Rd Gospel	**16** 8:15 Morning Greetings 10:00Balloon Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Travelogue 3:00 Easy Bake Oven	**17** 8:15 Morning Greetings 10:00 Reminisce 11:00 Tone Chimes 1:00 This Day In HIstory 2:00 Bingo Bonanza 3:00 Joni Mitchell Hits	**18** 8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Marketplace 2:00 Ice Cream Social	**19** 8:15 Morning Greetings 10:00 Meditation 11:00 Daily Affirmation 1:00 Walk The Block 2:00 Creative Corner 3:00 Name That Tune	**20** 8:15 Morning Greetings 10:00 Fun & Fitness 11:00 Relay Race 1:00 Marketplace 2:00 Ken sings Songs about Home	**21**
22 2:00 Church Pentecostal **29** 2:00 Church ShareWord Global	**23** 10:00Balloon Volleyball 2:00 Family Feud **30** 10:00Balloon Volleyball 2:00 One To One	**24** 8:15 Morning Greetings 10:00 News & Views 11:00 Linda Ronstadt 1:00 One To One Visits 2:00 Bocce Ball 3:00 Art Walk	**25** 8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Marketplace 2:00 Fireside Serenade	**26** 10:00 Decorating The Fireside Lounge	**27** 8:15 Morning Greetings 10:00 Fun & Fitness 11:00 Finish The Phrase 1:00 Marketplace 2:00 Fireside Matinee	**28**