

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025 3 WEST 3 WEST 						 November 1
BE THE SUNSHINE, IN SOMEONE ELSE'S RAINY DAY  2	9:30- FITNESS CLASS 10:30- CHURCH SERVICE 10:45- NOV DISPLAY CASE 1-1 11:15- AMBULATION/ R.O.M 1:15- BEAUTY TIME 2:00- YOUNG A HEART -ART 3:30- NOV TRIVIA 1-1 4:00- AMBULATION/ PHYSIO 3	9:30- FROM A - Z GAME 10:15- MONTESSORI 1-1 10:45- TWIST & TURN 11:15- AMBULATION/R.O.M 1:15- MAKING SLUSHIES 2:00- YOGA w BETTY 2:45- TASTE TEST SLUSHIES 3:30- AMBULATION/ PHYSIO 4	9:30- FITNESS CLASS 10:15- PUZZLES 1-1 10:45- SNOOZELYN ROOM 11:15- AMBULATION/R.O.M 1:15- CONVENIENCE STORE 1-1 2:00- AFTERNOON MATINEE 2:30- MUSIC w BILL 3:45- AMBULATION/ PHYSIO 5	9:30- COMEDY SHOW 10:00- WALMART BUS TRIP NEWMARKET 2:30- WORD GAME REMEMBRANCE 3:15- AROMA & MASSAGE 1-1 3:45- AMBULATION/ PHYSIO 6	9:30- FUN & FITNESS 10:00- BINGO 11:00- LET'S WALK & TALK 1:30- BOARD GAMES 2:30- WORD SEARCH 3:30- READING STORIES 7	9:30- FITNESS CLASS 10:15- PAINTERS COVE POPPIES 10:45- SNOOZELYN ROOM 11:15- AMBULATION/ R.O.M 1:15- TRAVEL CART 1-1 2:00- YOUNG A HEART -ART 3:30- R.O.M EXERCISES 4:00- AMBULATION/ PHYSIO 8
9:30- HOUR OF POWER 9:30- BOARD GAME MONOPOLY 10:45- HYMN & STORIES 1-1 11:15- AMBULATION/ R.O.M 1:30- MAKING APPLE SAUCE 2:00- APPLE TRIVIA SOCIAL 2:30- TASTE TEST APPLE SAUCE 3:30- AMBULATION/ PHYSIO 9	9:30- FITNESS CLASS 10:00- HOROSCOPES 1-1 10:30- CHURCH SERVICE 11:15- AMBULATION/ R.O.M 1:15- BEAUTY TIME 1-1 2:00- AFTERNOON MATINEE 2:30- BIRTHDAY PARTY w JAY 3:45- AMBULATION/ PHYSIO 10	9:30- FUN & FITNESS 10:30- REMEMBRANCE DAY SOCIAL AUDITORIUM 11:15- LET'S WALK & TALK 1:30- NOODLE SOCCER 2:30- WORD GAME 3:30- FUN & GAMES 5:45- BOWLING 11	9:30- FITNESS CLASS 10:15- COMEDY SHOW 10:45- SNOOZELYN ROOM 11:15- AMBULATION/ R.O.M 1:15- FUN & GAMES 1-1 2:00- RESIDENT COUNCIL 2:30- FOOD COMMITTEE 3:30- AMBULATION/ PHYSIO 12	9:30- JUMBLE FRUIT 10:15- BIBLE STUDY 1-1 10:45- FUN & FITNESS 11:15- AMBULATION/R.O.M 1:30- HORSE DERBY 2:30- CONVENIENCE STORE 3:00- JOKES & RIDDLES 1-1 3:30- AMBULATION/ PHYSIO 13	8:30 SPECIAL BREAKFAST 10:15- NOODLE SOCCER 11:00- REMEMBER STORIES 1-1 11:15- AMBULATION/R.O.M 1:30- MINI BINGO w 3E 1:30- MUSICAL MELODIES 2:30- AROMA & MASSAGE 1-1 3:00- AMBULATION/ PHYSIO 14	KEEP YOUR FACE TOWARDS THE SUN & YOU WILL NEVER SEE SHADOWS  15
TOUGH TIMES NEVER LAST BUT TOUGH PEOPLE DO !!  16	9:30- FITNESS CLASS 10:30- CHURCH SERVICE 10:45- SNOOZELYN ROOM 11:15- AMBULATION/ R.O.M 1:15- BEAUTY TIME 1-1 2:00- AFTERNOON MATINEE 2:30- OLD MEMORIES w ROSITA 3:45- AMBULATION/ PHYSIO 17	9:30- CREATE A WORD GAME 10:15- MONTESSORI 1-1 10:45- TWIST & TURN 11:15- AMBULATION/R.O.M 1:15- MAKING MILKSHAKES 2:00- YOGA w BETTY 2:45- TASTE TEST MILKSHAKES 3:30- AMBULATION/ PHYSIO 18	9:30- FITNESS CLASS 10:15- PUZZLES 1-1 10:45- STORIES & MEMORIES 11:15- AMBULATION/ R.O.M 1:15- CONVENIENCE STORE 1-1 2:00- GIANT VOLLEYBALL AUD 2:00- AFTERNOON MATINEE 3:30- AMBULATION/ PHYSIO 19	9:30- JUMBLE COUNTRIES 10:15- HYMN & STORIES 1-1 10:45- R.O.M EXERCISES 11:15- AMBULATION/R.O.M 1:30- NAME THAT CHIP TASTING 2:00- CHIP SOCIAL & TRIVIA 2:30- TASTE TEST POTATO CHIP 3:30- AMBULATION/ PHYSIO 20	9:30- FUN & FITNESS 10:00- TRIVIA 11:00- LET'S WALK & TALK 1:30- BOWLING 2:30- MUSIC MELODIES 3:30- BALL TOSS w VISITS 21	9:30- FITNESS CLASS 10:15- PAINTERS COVE 10:45- SNOOZELYN ROOM 11:15- AMBULATION/ R.O.M 1:30- BAKING CORN BREAD 2:00- NOV TRIVIA & POEM 2:30- TASTE TEST CORN BREAD 3:30- AMBULATION/ PHYSIO 22
9:30- HOUR OF POWER 9:30- CHRISTMAS-OPLOY 10:45- HYMN & STORIES 1-1 12:00- SWISS CHALET LUNCH 2:00- WORD GAME CAMPFIRE 2:45- BEAUTY TIME 3:15- FITNESS 1-1 3:45- AMBULATION/ PHYSIO 23	9:30- FITNESS CLASS 10:15- COMEDY SHOW 11:00- UPPER CANADA MALL BUS TRIP 3:00- FUN & GAMES 3:30- TRAVEL CART 1-1 3:45 AMBULATION/ PHYSIO 24	9:30- FUN & FITNESS 10:00- CARD GAMES 11:00- LET'S WALK & TALK 1:30- RED LIGHT GREEN LIGHT 2:30- FANCY NAILS 3:30- MOVIE MATINEE 5:45- HORSE DERBY 25	9:30- FITNESS CLASS 10:15- COMEDY SHOW 10:45- SNOOZELYN ROOM 11:15- AMBULATION/ R.O.M 1:15- TRAVEL CART 1-1 2:00- CHRISTMAS WORKSHOP 2:00- AFTERNOON MATINEE 3:30- AMBULATION/ PHYSIO 26	9:30- PRICE IS RIGHT GAME 10:15- BIBLE STUDY 1-1 10:45- FUN & FITNESS 11:15- AMBULATION/R.O.M 1:30- HORSE DERBY 2:30- CONVENIENCE STORE 3:00- JOKE & RIDDLES 1-1 3:30- AMBULATION/ PHYSIO 27	8:30 SPECIAL BREAKFAST 10:15- NOODLE SOCCER 11:00- WOODSY STORIES 1 11:15- AMBULATION/R.O.M 1:30- MINI BINGO w 3E 1:30- MUSICAL MELODIES 2:30- AROMA & MASSAGE 1-1 3:00- AMBULATION/ PHYSIO 28	2:30- SOUTHLAKE PRAISE SERVICE  29
BELIEVE YOU CAN AND YOU'RE HALFWAY THERE  30	 3 WEST  SPIRIT ANIMAL: THE RAVEN ANIMAL: THE ROOSTER COLOUR: GOLDEN YELLOW STONE: CITRINE & TOPAZ FLOWER: CHRYSANTHEMUM ZODIAC: SCORPIO- NOV 1- 22 ZODIAC: SAGITTARIUS- NOV 23-30 					