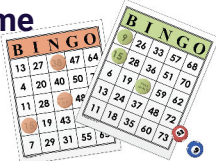


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 November 2025						1 9:30- 1:1 Nov. Calendar 10:00- Hour of Power 11:00- Noodle Soccer 1:45- Bingo with 4east 2:30- Treat and fun 3:15- Weekend Movie
2 9:45- Noodle Soccer 10:15- Hour of Power 11:00- Nov. Horoscope 1:45- Piccolo Pranzo 2:30- Trivia on Nov. 3:15- Taste Test Daylight Saving Time Ends	3 9:30 Fun & Fitness 10:30 SDA CHURCH SERVICE 2:00 JUDY AND ROBIN PLAYING ON 4 EAST 3:00 Fancy Nails	4 9:30- Table Volleyball 10:00- Axe Throwing 11:00- Horse Derby 2:00 YOGA WITH BETTY 3:00 Comedy Club Hour	5 12:00 PIZZA LUNCH IN THE CAFE 4E AND 4W 2:30 MUSIC WITH BILL	6 11:00- BUS TRIP NEWMARKET WALMART 1:45- Hymn Sing Along 2:30- Table Tennis	7 9:30 Let`s Sing Again 10:30 Finish The Line 1:45 Bingo 3:00 Beauty Time 	8 9:30- Noodle Soccer 10:00- Let's Travel to Europe 10:45- Beauty Time 2:00 YOUNG AT HEART 2w 3w 4w 3:15- Ball Toss
9 9:30- Chair Yoga 10:15- November Trivia 11:00- Craft Station 1:45- W/C Travel 2:15- Axe Throwing 3:00- Bingo	10 9:30 Fun & Fitness 10:30 SDA CHURCH SERVICE 2:30 MONTHY BIRTHDAY PARTY WITH JAY THE ONE MAN BAND	11 10:30 Remembrance Day Social In The Auditorium ★★★★★★ Thank You Veterans	12 2:00 RESIDENTS COUNCIL MEETING ON 5TH	13 9:45- Gentle Stretch 10:15- Coloring to Music 11:00- Fishing Game 1:45- Baking Cupcakes 2:30- Wheelchair Travel 3:15- Taste Testing	14 8:30 SPECIAL BREAKFAST 9:30 Noodle Soccer 11:00 Guess The Image 1:45 Painters Cove 3:00 Word Games	15 9:45- Exercise Group 10:15- One To One Stories 11:00- Name That Lyric 2:00 YOUNG AT HEART
16 9:45-Bowling To Music 10:00- Hour of Power 11:00- Nail And Hand Spa 1:45-Trivia and Questions 2:30- One To One Exercises 3:15-Comedy Hour	17 9:30 Fun & Fitness 10:30 SDA CHURCH SERVICE 2:30 OLD TIME MEMORIES WITH ROSITA	18 12:00 SWISS CHALET LUNCH 2:00 YOGA WITH BETTY	19 2:00 GIANT VOLLEYBALL GAME	20 9:30- Fun & Fitness 10:00- Painters Cove 11:00- Let's Walk & Talk 1:30- Comedy Show 2:00- Board Games 3:00- Ball Toss	21 9:30 Morning Stretches 10:30 Axe Throwing 11:00 Wheelchair Travel 1:45 Trivia and Reminiscing 2:30 One To One Visits	22 9:30- Table Tennis 10:00- Music Sing Along 10:45- Holiday Card Making 1:45- Board Games 2:30- Weekend Movie 
23 9:30- Morning Stretch 10:00- Riddles & Jokes 10:45- Coloring with Music 1:45- Table Tennis 2:30- Hymns & Prayers 3:15- 1:1 Visits	24 10:00 BUS TRIP UPPER CANADA MALL 3:00 Fun And Fitness	25 9:30- Noodle Soccer 10:00- Axe Throwing 10:45- 1:1 Storytime 1:45- Fishing Game 2:30- Holiday Painting with Music	26 9:30- Chair Yoga 10:15- Would You Rather 11:00- Beauty Time 2:00 CHRISTMAS WORKSHOP 3:15- Christmas Sing Along	27 9:30- Fun & Fitness 10:00- Bingo 11:00- Let's Walk & Talk 1:30- Noodle Soccer 2:30- Art & Crafts 3:30- Friendly Visits	28 8:30 SPECIAL BREAKFAST 9:30 Noodle Soccer 11:00 Guess The Image 1:45 Painters Cove 3:00 Word Games	29 2:30 SOUTHLAKE PRAISE OF WORSHIP
30 9:45-Bowling To Music 10:00- Hour of Power 11:00- Nail And Hand Spa 1:45-Trivia and Questions 2:30- One To One Exercises 3:15-Comedy Hour	 FOUR WEST					