

November 2025

Lower North



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 Gentle Stretches and Movement 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:30 Room Visits
2 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:30 Crosswords 3:30 Book Club 4:00 Heart for Music	3 10:00 Chair Exercise & Stretch 11:00 Room Visits 1:30 Spa & Relaxation 3:00 Who am I? 4:00 Heart for Music	4 10:15 Pledge a Flag with Students! 1:30 Boccia Ball 1:30 Art Studio Open 3:00 Name that Tune 3:00 Cribbage (Art Studio) 3:00 Yahtzee 4:00 Heart for Music 4:00 Helping Hands	5 LN Studio Day 10:00 Art Studio Open 10:00 Music and Memories (MT) 10:00 Shuffle Board And Pool 1:30 Art Studio Open 1:30 Jeopardy Trivia (Art Studio) 2:00 Country of the Month: Finland (Town Hall) 2:00 Mahjong (Artworks Studio) 3:00 Individual Music Therapy (MT) 3:00 Magic Table (Art Studio) 3:45 Library Book Collection	6 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 1:30 Active Games 1:30 Art Studio Open 1:30 Main Street Music Jam! 3:00 Multisensory Room 3:15 Crosswords 4:00 Library Book Delivery	7 10:00 Bingo 10:30 Mahjong (Main Street) 2:00 Town Hall Pub with Michael Turner 3:45 Heart for Music	8 10:00 Gentle Stretches and Movement 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:30 Room Visits
9 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 2:00 Royal Westminster Regiment Band (Town Hall) 3:30 Name That Famous Face 4:00 Sensory Cart	10 1:30 Sing-a-long 3:00 What Am I? 4:00 Helping Hands	11 	12 LN Studio Day 10:00 Art Studio Open 10:00 Baking Cinnamon Raisin Bread Mini Muffins 10:00 Circle Time with BACI Daycare (Main Street) 10:00 Music and Memories (MT) 1:30 Hand Chime Choir (MT) 3:00 Individual Music Therapy (MT)	13 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 1:30 Active Games 1:30 Art Studio Open 1:30 Main Street Music Jam! 3:15 Trivia (Canadian)	14 10:00 Bingo 10:30 Mahjong (Main Street) 2:00 Town Hall Pub with Salve & Friends 3:45 Heart for Music	15 10:00 Gentle Stretches and Movement 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:30 Room Visits
16 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:30 Happy Hour 3:30 Book Club 4:00 Heart for Music	17 10:00 Pet Visits 11:00 Room Visits 1:30 Crosswords 3:00 Jeopardy Trivia 4:00 Heart for Music	18 10:00 Art Studio Open 10:00 Bingo (Town Hall) 1:30 Boccia Ball 1:30 Art Studio Open 1:30 Music Therapy Quiz Show (Town Hall) 1:30 Veterans Group with Michelle (Main St.) 3:00 Cribbage (Art Studio) 3:00 Yahtzee 4:00 Heart for Music	19 LN Studio Day 10:00 Art Studio Open 10:00 Circle Time with BACI Daycare (Main Street) 10:00 Music and Memories (MT) 10:00 Shuffle Board And Pool 1:30 Art Studio Open 1:30 Chinese Tea & Chat (Art Studio) 2:00 Birthday Party with The Timeliners (Town Hall) 2:00 Mahjong (Artworks Studio) 3:00 Individual Music Therapy (MT) 3:00 Magic Table (Art Studio)	20 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 1:30 Active Games 1:30 Art Studio Open 1:30 Main Street Music Jam! 1:30 Resident Council Meeting (Town Hall) 3:00 Multisensory Room 4:00 Helping Hands	21 10:00 Bingo 10:30 Mahjong (Main Street) 2:00 Town Hall Pub with The Fabulous Fera Brothers 3:45 Heart for Music	22 10:00 Gentle Stretches and Movement 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:30 Room Visits
23 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:30 Musical Bingo 3:30 Book Club 4:00 Sensory Cart	24 Christmas Decorating! 1:30 Piano with Murray 1:30 Piano with Murray 2:30 John Knox Music (Town Hall) 3:30 Name That Famous Face 4:00 Heart for Music	25 10:00 Active Games 10:00 Art Studio Open 10:00 Bingo (Town Hall) Christmas Decorating! 1:30 Art Studio Open 3:00 Cribbage (Art Studio)	26 Christmas Decorating! LN Studio Day 10:00 Music and Memories (MT) 1:30 Christmas arts and craft 1:30 Hand Chime Choir (MT) 2:00 Mahjong (Main St.) 3:00 Individual Music Therapy (MT) 3:00 Magic Table (Art Studio)	27 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 1:30 Art Studio Open 1:30 Main Street Music Jam! 1:30 Christmas Decorating & Hot Cocol	28 10:00 Bingo 10:30 Mahjong (Main Street) 2:00 Town Hall Pub with Mike & Marie Cronin 3:45 Heart for Music	29 10:00 Gentle Stretches and Movement 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:30 Room Visits
30 10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:30 Spa & Relaxation 3:30 Board Decor & Calendar Delivery						

*Please note that programs are subject to change without notice