November 2026

Lower North

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Hymn Sing (Art Studio) 10:45 Studio Social (Art Studio) 1:30 Spa & Relaxation 3:00 Creative Corner 4:00 1:1 Visits (Social)	**2** 10:00 Morning Exercises 10:15 Mahjong (Main Street) 10:30 News & Views 1:30 Sing-a-long 3:00 Trivia 4:00 Helping Hands	**3** 10:00 Art Studio Open 10:00 Bingo (Town Hall) 1:30 Art Studio Open 1:30 Ice Cream Social 2:45 Creative Corner	**4** 9:30 Pledge a Flag 10:00 Music and Memories (MT) 10:00 Shuffle Board (Art Studio) 1:30 Autumn Baking (Art Studio) 1:30 Hand Chime Choir (MT) 3:00 Individual Music Therapy (MT) 3:15 Magic Table (Art Studio)	**5** 10:15 Mahjong (Main Street) 10:30 Catholic Mass (Town Hall) 11:00 Heart for Music 2:00 Diwali Celebration (Town Hall) 3:00 Table Games	**6** 10:00 Bingo (Town Hall) 2:00 Town Hall Pub with Mike Kinal 3:15 Cribbage (Town Hall)	**7** 10:00 Morning Crosswords 11:00 Humour 1:30 Community Centre (Art Studio) 3:00 Sorting Ball Game 4:00 1:1 Visits
8 10:00 Hymn Sing (Art Studio) 10:45 Studio Social (Art Studio) 2:00 Royal Westminster Band (Town Hall)	**9** 10:00 Morning Exercises 10:15 Mahjong (Main Street) 10:30 News & Views 1:30 5 Cards Bingo 3:00 Biographies 4:00 Heart for Music	**10** Library Collection 10:00 Art Studio Open 10:00 Bingo (Town Hall) 1:30 Art Studio Open 1:30 Ice Cream Social 2:45 Creative Corner 3:00 Sensory Cart	**11** 10:30 Remembrance Day Ceremony (Town Hall) 	**12** 10:00 Mysteries in Aviation 10:30 Catholic Mass (Town Hall) 11:00 Heart for Music 1:30 Art Studio Open 1:30 Main Street Music Jam! (MT) 3:00 Table Games 4:00 Library Delivery	**13** 10:00 Bingo (Town Hall) 10:15 Mahjong (Main Street) 2:00 Town Hall Pub with Gord Oliver 3:15 Cribbage (Town Hall)	**14** 10:00 Active Games 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:00 Trivia 4:00 Garden walks
15 10:00 Hymn Sing (Art Studio) 10:45 Studio Social (Art Studio) 1:30 Bocce Ball 3:00 Creative Corner 4:00 1:1 Visits (Social)	**16** 10:00 Morning Exercises 10:30 News & Views 1:30 Piano with Murray 1:30 Veterans Group with Michelle (Town Hall) 3:00 Spa & Relaxation 4:00 Sensory Cart	**17** 10:00 Art Studio Open 10:00 Bingo (Town Hall) 1:30 Art Studio Open 1:30 Ice Cream Social 2:45 Creative Corner 3:00 Table Games	**18** 10:00 Music and Memories (MT) 10:00 Shuffle Board (Art Studio) 1:30 Autumn Baking (Art Studio) 1:30 Hand Chime Choir (MT) 3:00 Individual Music Therapy (MT) 3:15 Magic Table (Art Studio)	**19** 10:30 Catholic Mass (Town Hall) 11:00 Heart for Music 1:30 Art Studio Open 1:30 Main Street Music Jam! (MT) 1:30 Resident Council Meeting (Town Hall) 3:00 Table Games	**20** 10:00 Bingo (Town Hall) 10:15 Mahjong (Main Street) 2:00 Town Hall Pub with Peter Williams 3:15 Cribbage (Town Hall)	**21** 10:00 Morning Crosswords 11:00 Humour 1:30 Community Centre (Art Studio) 3:00 Sorting Ball Game 4:00 1:1 Visits
22 10:00 Hymn Sing (Art Studio) 10:45 Studio Social (Art Studio) 1:30 Trivia 3:00 Creative Corner 4:00 Sensory Cart	**23** 10:00 Morning Exercises 10:15 Mahjong (Main Street) 10:30 News & Views 1:30 5 Card Bingo 3:00 Sensory Cart 4:00 1:1 Visits (Social)	**24** 9:30 Helping Hands : Christmas decoration 10:00 Music and Memories (MT) 1:00 Helping Hands : Christmas decoration	**25** 9:30 Helping Hands : Christmas decoration 10:00 Christmas Tree Decorating with BACI (Art Studio) 10:00 Music and Memories (MT) 1:00 Helping Hands : Christmas decoration 3:00 Individual Music Therapy (MT)	**26** 10:30 Catholic Mass (Town Hall) 1:30 Main Street Music Jam! (MT)	**27** 10:00 Bingo (Town Hall) 10:15 Mahjong (Main Street) 2:00 Town Hall Pub with Mike & Marie 3:15 Cribbage (Town Hall)	**28** 10:00 Active Games 11:00 Heart for Music 1:30 Community Centre (Art Studio) 3:00 Trivia 4:00 Garden walks
29 10:00 Hymn Sing (Art Studio) 10:45 Studio Social (Art Studio) 1:30 Balloon Ball 3:00 Creative Corner 4:00 Heart for Music	**30** 10:00 Morning Exercises 10:15 Mahjong (Main Street) 10:30 News & Views 1:30 Piano With Murray 2:30 John Knox School Music Performance (Town Hall) 3:00 Table Games 4:00 Board Decoration & Calendar Delivery					

*Please note that programs are subject to change without notice

Legend: BLUE = Art Studio, PURPLE = Main St./Sensory Room, PINK = Town Hall, RED = Outing/Library