November 2026

RHA 1 RECREATION CALENDAR

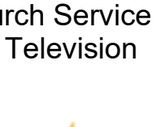
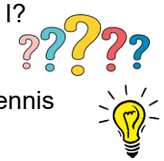
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings **9:00 Church Service on Television**	**2** **Morning:** 9:30 Exercise 10:00 Word Games **Afternoon:** 2:30 Active Games	**3** Happy Birthday Alex! **Morning:** 9:15 Chapel with Don 9:45 Exercise **Afternoon:** 2:30 Fit Minds 5:30 Card Games	**4** **Morning:** **9:00 Baking Perishky on RHA 3** **Afternoon:** 2:00 Friendly Visits 3:00 Word Games	**5** Happy Birthday Tillie! **Morning:** 9:30 Exercise 10:00 Fall Family Feud **Afternoon:** 2:30 Fit Minds	**6** **Morning:** **9:45 BINGO** **Afternoon:** 2:30 Game of Luck	**7** **Morning:** 10:00 Wheel of Fortune **Afternoon:** 3:00 Poems & Readings
8 **9:00 Church Service on Television**	**9** **Morning:** 9:30 Exercise 10:00 Giant Crossword **Afternoon:** 2:30 Java Music Club	**10** **Morning:** 9:15 Chapel with Don 10:00 Rummikub Tournament in the Great Room **Afternoon:** 2:30 You Be the Judge 5:30 Elfer Raus!	**11** Remembrance Day **Morning:** 9:30 Exercise 10:00 Poppy Craft **11:00 Remembrance Day Service on TV** **Afternoon:** 2:30 Coffee and Chat	**12** Happy Birthday Jake! **Morning:** **9:45 BINGO** **Afternoon:** 2:30 Fit Minds	**13** **Morning:** 9:30 Exercise **10:00 Roman Catholic Communion** **Afternoon:** 2:30 Card Games	**14** **Morning:** 10:00 Exercise **Afternoon:** 2:30 Card Games
15 **9:00 Church Service on Television**	**16** **Morning:** 9:30 Exercise **10:15 Book Club on RHA 1** **Afternoon:** 2:30 Bocce Ball	**17** **Morning:** 9:15 Chapel with Don 9:45 Exercise 10:15 Fit Minds **Afternoon:** 2:30 Reading Group	**18** Happy Birthday David! **Morning:** **Christmas Decorating!** **Afternoon:** 2:30 Hot Chocolate Social	**19** **Morning:** 9:30 Exercise **Afternoon:** 1:00 Balloon Tennis 2:00 Fit Minds **Evening:** **4:30 Dinner and Movie** ***sign-up required**	**20** **Morning:** **9:45 BINGO** **Afternoon:** 2:30 Manicures	**21** **Christmas Photos**
22 **9:00 Church Service on Television**	**23** **Morning:** 9:30 Exercise **Afternoon:** 1:30 One to one visits 2:30 Fit Minds **6:00 Bus Outing Festival of Lights *sign up Required***	**24** **Morning:** 9:15 Chapel with Don 9:30 Exercise **Afternoon:** 2:30 Birthday Party in Lounge 5:30 Crafters Corner	**25** **Morning:** 9:15 Exercise **Afternoon:** 2:30 Painting Group	**26** **Morning:** 9:30 Exercise 10:00 Giant Crossword **10:30 Food Committee in Great Room** **Afternoon:** 2:30 Fit Minds Thanksgiving Day (U.S)	**27** **Morning:** **9:45 BINGO** 11:45 Marg Lunchtime Serenades **Afternoon:** 2:30 Game of Luck	**28**
29 **9:00 Church Service on Television**	**30** **Morning:** 9:30 Exercise 10:00 Baking Group **10:30 Resident's Council in Great Room** **Afternoon:** 3:00 Horse Races					

ALL PROGRAMS ARE SUBJECT TO CHANGE

November 2026

RHA 2 RECREATION CALENDAR

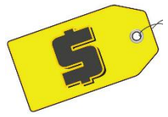
Lest we forget

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Church Service on Television Daylight Savings Ends  Daylight Saving Time Ends	**2** **Morning** 9:15 Our Daily Bread 9:30 Exercise 10:00 Monthly Gazette and Tabor Times **Afternoon** 2:00 Hymn Sing Along 3:00 Balloon Tennis	**3** **Morning** 9:15 Exercise **9:45 Chapel with Don** 11:00 One to One visit **Afternoon** 2:30 Fit Minds 	**4** **Happy Birthday Anna Q.** **Morning** **9:00 Baking Perishky on RHA 3** **Afternoon** 2:30 Bowling 	**5** **Morning** 9:15 Our Daily Bread 9:30 Exercise 10:00 Craft Corner: Poppy Wreath **Afternoon** 2:30 Fit Minds 	**6** **Morning** 9:15 Our Daily Bread 9:30 Exercise 10:00 Word Puzzles **Afternoon** **2:30 Bingo** 	**7** **Morning** 9:15 Our Daily Bread 9:30 Exercise **Afternoon** 2:00 One to one visits
8 **Happy Birthday Margaret** Church Service on Television  Diwali (Hindi)	**9** **Morning** 9:15 Our Daily Bread 9:30 Exercise 10:00 Good News Corner **Afternoon** 2:30 Painting Group 	**10** **Morning** 9:15 Exercise **9:45 Chapel with Don** 10:15 Rummikub Tournament **Afternoon** 2:30 Rummikub Final – 4RHA 	**11** **Remembrance Day** **Morning** 9:15 Our Daily Bread 9:30 Exercise **11:00 Remembrance Day Service on TV** **Afternoon** **2:45 Teatime Social** Veterans D Remembrance Da 	**12** **Morning** 9:15 Our Daily Bread 9:30 Exercise 10:00 Winter Decorating **Afternoon** 2:30 Fit Minds 	**13** **Morning** 9:15 Our Daily Bread 9:30 Exercise **10:00 Roman Catholic Mass** **Afternoon** **2:30 Bingo** 	**14** **Morning** 9:15 Our Daily Bread 9:30 Exercise **Afternoon** 2:30 Movie Matinee 
15 Church Service on Television 	**16** **Morning** 9:15 Our Daily Bread 9:30 Exercise 10:00 Finish the Line **10:15 Book Club on RHA 1** **Afternoon** 3:00 November Jeopardy 	**17** **Morning** 9:15 Our Daily Bread 9:30 Exercise **9:45 Chapel with Don** 10:15 Who Am I? **Afternoon** 2:30 Fit Minds 5:30 Balloon Tennis 	**18** **Morning** **Christmas Decorating!** **Afternoon** **3:00 Hot Chocolate Social** 	**19** **Morning** 9:15 Our Daily Bread 9:30 Exercise 10:00 Seasonal Window Painting **Afternoon** 2:30 Fit Minds **4:30 Dinner and Movie** ***sign-up required** 	**20** **Happy Birthday Marjorie** **Morning** 9:15 Our Daily Bread 9:30 Exercise 11:45 Marg Serenades **Afternoon** **2:30** 	**21** **Morning** 9:15 Our Daily Bread 9:30 Exercise 
22 Church Service on Television 	**23** **Morning** 9:15 Our Daily Bread 9:30 Exercise **Afternoon** 2:30 Creative Crafts **6:00 Bus Outing Festival of Lights *sign up Required*** 	**24** **Morning** 9:15 Our Daily Bread 9:30 Exercise **9:45 Chapel with Don** 10:15 Wheel of Fortune **Afternoon** **2:30 Birthday Celebration in the Lounge**	**25** **Morning** 9:15 Our Daily Bread 9:30 Exercise 10:00 Seasonal Craft **Afternoon** 2:00 Manicures 2:30 Fit Minds 	**26** **Morning** **10:30 Food Committee Meeting (GR)** **Christmas Photos All Day**  Thanksgiving Day (U.S)	**27** **Morning** 9:15 Our Daily Bread 9:30 Exercise 11:45 Marg Lunchtime Serenades **Afternoon** **2:30 Bingo** 	**28** 
29 Church Service on Television 	**30** **Morning** 9:15 Our Daily Bread 9:30 Exercise 10:00 Montessori Activities **10:30 Resident's Council (GR)** **Afternoon** 3:00 Rummikub					

All Programs are Subject to Change

November 2026

RHA 3 RECREATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Daylight Saving Time Ends**  **FALL BACK** **SET YOUR CLOCK BACK AN HOUR!**	**2** **Morning:** 9:45 Exercise 10:15 Monthly Gazette **Afternoon:** 2:30 Horse Races 	**3** **Morning:** 9:45 Balloon Tennis **Afternoon:** 2:15 Hymn Singalong 3:00 Fit Minds 	**4** **Morning:** **9:30 Baking Perishky on RHA 3** **Afternoon:** 2:30 Arts & Crafts 	**5** **Morning:** **9:15 Chapel with Don** 9:45 Exercise 10:30 Fit Minds **Afternoon:** 2:30 Card Games 	**6** **Morning:** 9:45 Bingo  **Afternoon:** 2:30 Game of Luck	**7** **Morning:** 10:15 Scrabble **Afternoon:** 2:00 Reading Group 
8 **Church Service on the Television**  Diwali (Hindi)	**9** **Morning:** 9:45 Exercise 10:15 Poems & Readings **Afternoon:** 3:00 Balloon Tennis 	**10** **Morning:** 10:00 Rummikub Tournament in the Great Room  **Afternoon:** 2:30 Fit Minds	**11** Remembrance Day **Morning:** **10:00 Remembrance Day Service on the Television** **Afternoon:** 2:00 Music with Mendelt 2:30 Arts & Crafts 	**12** **Morning:** **9:15 Chapel with Don** 9:45 Bingo  **Afternoon/Evening:** 2:30 Board Games	**13** **Morning:** 9:30 Ball Toss **10:00 Roman Catholic Church** 11:45 Marg Serenades **Afternoon:** 2:30 Trivia 	**14** **Morning:** 10:15 Exercise **Afternoon:** 2:00 One to one visits 
15 **Church Service on the Television** 	**16** **Morning:** 9:45 Exercise 10:15 Book Club on RHA 1 10:30 Price is Right **Afternoon:** 2:30 Elfer Raus! 	**17** **Morning:** 10:00 Baking group  **Afternoon:** 2:15 Hymn Singalong 3:00 Fit Minds	**18** **Morning:** 9:30 Christmas Decorating **Afternoon:** 2:45 Hot Chocolate Social 	**19** Happy Birthday Fay! **Morning:** **9:15 Chapel with Don** 9:45 Exercise **Evening:** **4**:30 Dinner and Movie* 	**20** **Morning:** 9:45 Bingo  **Afternoon:** 2:30 Name that Tune	**21** **Morning:** 10:30 Exercise **Afternoon:** 2:30 Manicures 
22 Happy Birthday Elisabeth! **Church Service on the Television** 	**23** **Morning:** 10:00 Travelogue **Afternoon:** 2:30 Fit Minds **6:00 Bus Outing Festival of Lights*** 	**24** **Morning:** **9:45 Christmas Photos** **Afternoon:** **2:30 Birthday Party in the Lounge** 	**25** **Morning:** 9:45 What Am I? Name the Game! **Afternoon:** 2:30 Arts & Crafts 	**26** **Morning:** **9:15 Chapel with Don** 9:45 Exercise 10:30 Fit Minds **10:30 Food Committee Meeting** **Afternoon:** 2:30 Dominoes  Thanksgiving Day (U.S)	**27** **Morning:** 9:45 Bingo  **Afternoon:** 3:00 Colouring Group	**28** 
29 **Church Service on the Television** 	**30** **Morning:** 9:45 Exercise 10:00 Manicures **10:30 Resident Council Meeting in the Great Room** **Afternoon:** 2:30 Hymn Sing 					

All programs are subject to change. *sign-up required

November 2026

RHA 4 RECREATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Church Service on Television**  **Turn Your Clocks Backwards** Daylight Saving Time Ends	**2** **Morning:** 9:30 Exercise 10:00 Monthly Gazette & November Trivia **Afternoon:** 2:30 Fit Minds 	**3** **Morning:** 9:30 Exercise 10:00 Word Games **Afternoon:** 2:30 Rummikub 5:30 Card games 	**4** Happy Birthday Red **Morning:** 9:30 Exercise **9:30 Baking Perishky on RHA 3** **Afternoon:** 2:30 You be the Judge	**5** **Morning:** 9:30 Exercise **9:45 Chapel with Don** 9:45 One to one visits 10:00 Family Feud  **Afternoon:** 2:30 Fit Minds 2:45 Balloon Tennis	**6** **Morning:** 9:30 Exercise 10:00 Ladder ball 11:45 Marg Serenades **Afternoon:** 2:30 	**7** **Morning:** 9:30 Exercise **Afternoon:** 3:00 Arts & Crafts 
8 **Church Service on Television**  Diwali (Hindi)	**9** **Morning:** 9:30 Exercise 10:00 Jeopardy **Afternoon:** 2:30 Fit Minds JEOPARDY!	**10** **Morning:** 9:30 Exercise 10:00 Rummikub Tournament **Afternoon:** 2:00 Rummikub Final 	**11** Remembrance Day **Morning:** 9:30 Exercise 10:00 Word Game  **11:00 Remembrance Day Service on TV** **Afternoon:** **3:00 Music with Mendelt** Veterans Day Remembrance Day (Canada)	**12** **Morning:** 9:30 Exercise **9:45 Chapel with Don** 10:00 Bocce Ball  **Afternoon:** 2:30 Fit Minds	**13** **Morning:** 9:30 Exercise **10:00 Roman Catholic Communion** 10:15 Finish the Line **Afternoon:** 2:30 	**14** **Morning:** 9:30 Exercise **Afternoon:** 3:00 Card Game 
15 **Church Service on Television** 	**16** **Morning:** 9:30 Exercise **10:15 Book Club on RHA 1** 10:00 Giant Crossword **Afternoon:** 2:30 Fit Minds 	**17** **Morning:** 9:30 Exercise 10:00 Ladder Ball **Afternoon:** 2:30 Rummikub 	**18** **Morning:** **Christmas Decorating!**  **Afternoon:** 2:30 Manicures 2:45 Hot Chocolate Social	**19** **Christmas Photos All Day**  **Morning:** **9:45 Chapel with Don** **Evening:** **4:30 Dinner and a Movie**	**20** **Morning:** 9:30 Exercise 10:00 Scattegories **Afternoon:** 2:30 	**21** **Morning:** 9:30 Exercise **Afternoon:** 3:00 Movie Matinee 
22 **Church Service on Television** 	**23** Happy Birthday Frank **Morning:** 9:30 Exercise 10:00 Game of Luck  **Afternoon:** 2:30 Fit Minds **6:00 Bus Outing Festival of Lights* Sign up Required**	**24** **Morning:** 9:30 Exercise 10:00 Balloon Tennis  **Afternoon:** **2:30 Birthday Party in the Lounge**	**25** Happy Birthday Joan **Morning:** 9:30 Exercise 10:00 Trivia  **Afternoon:** 2:30 Snowman Craft	**26** **Morning:** 9:30 Exercise **9:45 Chapel with Don** 10:00 Dance Quiz **10:30 Food Committee Meeting**  **Afternoon:** 2:00 Horse Racing 2:30 Fit Minds Thanksgiving Day (U.S)	**27** **Morning:** 9:30 Exercise 10:00 Crafters Corner **Afternoon:** 2:30 	**28** 
29 **Church Service on Television** 	**30** **Morning:** 9:30 Exercise 10:00 Baking Group **10:30 Resident's Council in Great Room** **Afternoon:** 2:30 Fit Minds 					

All Programs are Subject to Change

November 2026

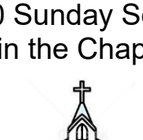
Mapleview & Evergreen Apartments Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Turn your clocks backwards 1 hour. **1** 9:30 Sunday Service in the Chapel   Daylight Saving Time Ends	**2** 11:00 Seated Exercise in the Café 	9:30 Brain Games in the Café **3** 11:00 Seated Exercise in the Café with Kira 1:30 Seating Strengthening in the Atrium 2:30 Fit Minds in the Café	9:30 Perishky Baking in LTC, 3rd RHA **4** 11:00 Seated Exercise in the Café with Kira **1:00 Remembrance Day Documentary Part 1, in the Café** 2:30 BINGO in the Café	**Flu Shot Clinic in the Olive Branch Café** **5** 11:00 Chapel Service in the Chapel 1:30 Balance Training in the Atrium 2:30 Tabletop Games Group in the Fireside Lounge	**6** 11:00 BINGO in the Olive Branch Café 	**7** 
8 9:30 Sunday Service in the Chapel  Diwali (Hindi)	9:30 Travelogue in the Fireside Lounge **9** *An Aviation Where in the World?* 11:00 Seated Exercise in the Café with Kira **1:00 Remembrance Day Documentary Part 2, in the Café** 2:30 Fit Minds in the Café	9:30 Yahtzee in the Café **10** 11:00 Seated Exercise in the Café with Kira 1:30 Seating Strengthening in the Atrium 2:30 Jeopardy in the Chapel	**9:30 Remembrance Day Broadcast in the Café** **11** 11:15 Seated Exercise in the Cafe *(later start)* **1:00 Remembrance Day Documentary Part 3, in the Café** 2:30 BINGO in the Café 	11:00 Chapel Service in the Chapel **12** 1:30 Balance Training in the Atrium **2:30 Coffee Hour in the Café** Be kind to your environment. Bring your own mug.	**10:00 Roman Catholic Communion in the Great Room** **13** 11:00 BINGO in the Olive Branch Café 	**14** *"Be glad in the Lord, and rejoice, O righteous, and shout for joy, all you upright in heart!"* **~ Psalm 32:11**
15 9:30 Sunday Service in the Chapel 	**16** 9:30 Who/What/ Where am I? In the Fireside Lounge 11:00 Seated Exercise in the Café with Kira 2:30 Fit Minds in the Café	9:30 Bible Trivia in the Café **17** 11:00 Seated Exercise in the Café with Kira 1:30 Seating Strengthening in the Atrium 2:30 Painting Group in the Fireside Lounge **6:00 Brock Students Social in the Cafe**	**18** 11:00 Seated Exercise in the Café 	**11:30 – 2:00pm Christmas Decorating** **19** 11:00 Chapel Service in the Chapel 1:30 Balance Training in the Atrium 2:30 Tabletop Games Group in the Café **Christmas Photos** *Sign Up Required*	**20** 11:00 BINGO in the Olive Branch Café 	**21** 11:00 Zumba in the Chapel with Kira 
22 9:30 Sunday Service in the Chapel 	**23** 11:00 Seated Exercise in the Café 	**9:30 Christmas Decoration Making in the Café** **24** 11:00 Seated Exercise in the Café with Kira 1:30 Seating Strengthening in the Atrium 2:30 Fit Minds in the Café	**25** 9:30 Craft Corner in the Fireside Lounge 11:00 Seated Exercise in the Cafe with Kira 2:30 BINGO in the Café	**10:00 Music with Heritage Christian School in the Chapel** **26** 1:30 Balance Training in the Atrium **2:30 Coffee Hour in the Café** Be kind to your environment. Bring your own mug. **6:00 Movie Night in the Café**	**27** 11:00 BINGO in the Olive Branch Café 	**28** **4:00 Chorus Niagara in the Chapel**
29 9:30 Sunday Service in the Chapel 	**30** 11:00 Seated Exercise in the Café 2:30 Fit Minds in the Café **Festival of Lights Bus Outing** *Sign Up Required*					

All Programs are Subject to Change.

November 2026

SPRUCE LANE RECREATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 *Turn your clocks backwards 1 hour.* 9:30 Sunday Service in the Chapel  Daylight Saving Time Ends	**2** 11:00 Seated Exercise in the Café 	**3** 9:30 Brain Games in the Cafe 11:00 Seated Exercise in the Café with Kira 1:30 Seating Strengthening in the Atrium 2:30 Fit Minds in the Café	**4** ***Happy Birthday Inez!*** 9:30 Perishky Baking in LTC, 3rd RHA 11:00 Seated Exercise in the Café with Kira **1:00 Remembrance Day Documentary Part 1, in the Café** 2:30 BINGO in the Café	**5** **Flu Shot Clinic in the Olive Branch Café** 11:00 Chapel Service in the Chapel 1:30 Balance Training in the Atrium 2:30 Tabletop Games Group in the Fireside Lounge	**6** 11:00 BINGO in the Olive Branch Café BINGO	**7** 
8 9:30 Sunday Service in the Chapel  Diwali (Hindi)	**9** 9:30 Travelogue in the Fireside Lounge *An Aviation Where in the World?* 11:00 Seated Exercise in the Café with Kira **1:00 Remembrance Day Documentary Part 2, in the Café** 2:30 Fit Minds in the Café	**10** 9:30 Yahtzee in the Café 11:00 Seated Exercise in the Café with Kira 1:30 Seating Strengthening in the Atrium 2:30 Jeopardy in the Chapel	**11** **9:30 Remembrance Day Broadcast in the Café** 11:15 Seated Exercise in the Cafe *(later start)* **1:00 Remembrance Day Documentary Part 3, in the Café** 2:30 BINGO in the Café Remembrance Day	**12** 11:00 Chapel Service in the Chapel 1:30 Balance Training in the Atrium **2:30 Coffee Hour in the Café** Be kind to your environment. Bring your own mug.	**13** **10:00 Roman Catholic Communion in the Great Room** 11:00 BINGO in the Olive Branch Café BINGO	**14** *"Be glad in the Lord, and rejoice, O righteous, and shout for joy, all you upright in heart!"* **~ Psalm 32:11**
15 9:30 Sunday Service in the Chapel 	**16** 9:30 Who/What/ Where am I? In the Fireside Lounge 11:00 Seated Exercise in the Café with Kira 2:30 Fit Minds in the Café	**17** 9:30 Bible Trivia in the Café 11:00 Seated Exercise in the Café with Kira 1:30 Seating Strengthening in the Atrium 2:30 Painting Group in the Fireside Lounge **6:00 Brock Students Social in the Cafe**	**18** 11:00 Seated Exercise in the Café 	**19** **11:30 – 2:00pm Christmas Decorating** 11:00 Chapel Service in the Chapel 1:30 Balance Training in the Atrium 2:30 Tabletop Games Group in the Café **Christmas Photos** *Sign Up Required*	**20** 11:00 BINGO in the Olive Branch Café BINGO	**21** 11:00 Zumba in the Chapel with Kira 
22 9:30 Sunday Service in the Chapel 	**23** 11:00 Seated Exercise in the Café 	**24** **9:30 Christmas Decoration Making in the Café** 11:00 Seated Exercise in the Café with Kira 1:30 Seating Strengthening in the Atrium 2:30 Fit Minds in the Café	**25** 9:30 Craft Corner in the Fireside Lounge 11:00 Seated Exercise in the Cafe with Kira 2:30 BINGO in the Café	**26** **10:00 Music with Heritage Christian School in the Chapel** 1:30 Balance Training in the Atrium **2:30 Coffee Hour in the Café** Be kind to your environment. Bring your own mug. **6:00 Movie Night in the Café**	**27** 11:00 BINGO in the Olive Branch Café BINGO	**28** **4:00 Chorus Niagara in the Chapel**
29 9:30 Sunday Service in the Chapel 	**30** 11:00 Seated Exercise in the Café 2:30 Fit Minds in the Café **Festival of Lights Bus Outing** *Sign Up Required*					

All Programs are Subject to Change.