

November 2025



4 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
2 Daylight Savings Time ends.... turn back your clocks 1 hour!	3 8:30am One to One Restorative Feeding and Activities - V 4E 8:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory Relaxation - V 4E 1:30pm Montessori Group - AR4E	4 10:00am Music Appreciation - V 4E 10:30am Bingo Club/Outdoor Patio - AR4E 10:30am Catholic Service - MPR 1:00pm Walking Club - V 4E	5 8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 2:30pm Community Artists Club - MPR 3:00pm Movie - V 4E	6 8:45am Walking Club - V 4E 2:30pm Live Entertainment - The West Enders - MPR 3:30pm Window on the World - V 4E	7 8:35am One to One Visits - V 4E 8:45am Walking Club - V 4E 9:45am Hymn Singing - V 4E 10:00am Bingo Club/Outdoor Patio - AR4E 2:30pm Jewish Service - MPR 3:15pm Praise & Worship Songs - V 4E	8 10:30am Church Service - MPR 2:30pm Spiritual Songs MPR 3:00pm Special Event - Bethel Church Group - MPR
9	10 8:30am One to One Restorative Feeding and Activities - V 4E 8:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory Relaxation - V 4E 1:30pm Montessori Group - AR4E	11 Remembrance Day 10:00am Music Appreciation - V 4E 10:30am Bingo Club/Outdoor Patio - AR4E 10:30am Remembrance Day Service - MPR 1:00pm Walking Club - V 4E	12 8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 2:30pm Community Bingo Club - MPR 3:00pm Movie - V 4E	13 8:45am Walking Club - V 4E 2:30pm Community Melodies - MPR 3:30pm Window on the World - V 4E	14 8:35am One to One Visits - V 4E 8:45am Walking Club - V 4E 9:45am Hymn Singing - V 4E 10:00am Bingo Club/Outdoor Patio - AR4E 2:30pm Jewish Service - MPR 3:15pm Praise & Worship Songs - V 4E	15 10:30am Church Service - MPR 2:30pm Spiritual Songs MPR 3:00pm Special Event - Japanese SDA Group - MPR
16 2:00pm Special Event - Canadian Elite Eagles Club Outreach - MPR	17 8:30am One to One Restorative Feeding and Activities - V 4E 8:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory Relaxation - V 4E 1:30pm Montessori Group - AR4E 2:30pm Residents' Council - MPR	18 10:00am Music Appreciation - V 4E 10:30am Bingo Club/Outdoor Patio - AR4E 10:30am Throwback Tuesdays - MPR 1:00pm Walking Club - V 4E 6:30pm Board Games Bonanza - MPR	19 8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Movie - V 4E	20 8:45am Walking Club - V 4E 10:00am Pet Therapy - Hands on Exotic - V 3:30pm Window on the World - V 4E	21 8:35am One to One Visits - V 4E 8:45am Walking Club - V 4E 9:45am Hymn Singing - V 4E 10:00am Bingo Club/Outdoor Patio - AR4E 2:30pm Jewish Service - MPR 3:15pm Praise & Worship Songs - V 4E	22 10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
23	24 8:30am One to One Restorative Feeding and Activities - V 4E 8:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory Relaxation - V 4E 1:30pm Montessori Group - AR4E	25 10:00am Music Appreciation - V 4E 10:30am Bingo Club/Outdoor Patio - AR4E 10:30am Throwback Tuesdays - MPR 1:00pm Walking Club - V 4E	26 8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 2:30pm Birthday Party - MPR 3:00pm Movie - V 4E	27 8:45am Walking Club - V 4E 2:00pm Special Event - Virtual Reality - MPR 3:30pm Window on the World - V 4E	28 8:35am One to One Visits - V 4E 8:45am Walking Club - V 4E 9:45am Hymn Singing - V 4E 10:00am Bingo Club/Outdoor Patio - AR4E 2:30pm Jewish Service - MPR 3:15pm Praise & Worship Songs - V 4E	29 10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
30						

AR4E - Activity Room 4E

MPR - Multi-Purpose Room

V - Varied

V 4E - Varied 4E

Programs may be subject to change.