November 2026

2 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00am Armchair Travel - TV2W 2:30pm Bingo - AR2W	**2** 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:00pm Memory Match Games - AR2W 3:00pm Resident Sing-a-Long - TV2W	**3** 9:15am The Good Old Days/ Reminiscing - TV2W 10:30am Bingo - AR2W 2:30pm Residents Choice (TV) - TV2W 2:30pm Throwback Tuesdays - MPR 6:30pm Evening Unit Activities - V	**4** 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:00pm Happy Hour - MPR	**5** 9:30am Armchair Travel and Discussion Group - TV2W 10:00am Ball Toss and Cordination - 10:30am Catholic Service - MPR 2:30pm Community Artists Club - Remembrance Day Theme - MPR 2:30pm Residents Choice (TV) - TV2W 6:30pm Evening Unit Activities - V	**6** 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	**7** 10:30am Church Service - MPR 2:30pm Spiritual Songs - TV2W
8 9:30am 1:1 - V 2W 2:30pm Resident's Choice Movie - TV2W	**9** 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:15pm Hearts in Action - Crawford Academy Students - CHAP 3:00pm Resident Sing-a-Long - TV2W	**10** 9:15am The Good Old Days/ Reminiscing - TV2W 10:30am Bingo - AR2W 2:30pm Residents Choice (TV) - TV2W 2:30pm Throwback Tuesdays - MPR 6:30pm Evening Unit Activities - V	**11** Remembrance Day 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Remembrance Day Service - MPR 2:30pm Board Games - AR2W	**12** 9:30am Armchair Travel and Discussion Group - TV2W 10:00am Ball Toss and Cordination - 2:30pm Community Bingo Club - MPR 2:30pm Residents Choice (TV) - TV2W 6:30pm Evening Unit Activities - V	**13** 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 10:30am Fellowship with Pastor George - MPR 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	**14** 10:30am Church Service - MPR 2:30pm Spiritual Songs - TV2W 3:00pm Bethel SDA Group - MPR
15 9:30am 1:1 - V 2W 10:30am Ball Toss and Cordination - TV2W 2:30pm Resident's Choice Movie - TV2W	**16** 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:00pm Tim Horton's Coffee Cart - MPR 3:00pm Resident Sing-a-Long - TV2W	**17** 9:15am The Good Old Days/ Reminiscing - TV2W 10:00am Special Event - Glamour Photo Booth - MPR 2:30pm Residents Choice (TV) - TV2W 2:30pm Throwback Tuesdays - MPR 6:30pm Evening Unit Activities - V	**18** 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Men's Club with Special Guest - Fisherman Jeremy - MPR	**19** 9:30am Armchair Travel and Discussion Group - TV2W 10:00am Ball Toss and Cordination - 10:30am Catholic Service - MPR 2:30pm Entertainment - The Sparklettes - MPR 2:30pm Residents Choice (TV) - TV2W 6:30pm Evening Unit Activities - V	**20** 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	**21** 10:30am Church Service - MPR 2:30pm Spiritual Songs - TV2W 3:00pm Japanese SDA Group - MPR
22 10:15am Sing Along - TV2W 2:30pm Armchair Travel and Discussion Group - TV2W	**23** 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:00pm Memory Match Games - AR2W 2:30pm Residents' Council Meeting - MPR 3:00pm Resident Sing-a-Long - TV2W	**24** 9:15am The Good Old Days/ Reminiscing - TV2W 10:30am Bingo - AR2W 2:30pm Residents Choice (TV) - TV2W 2:30pm Throwback Tuesdays - MPR 6:30pm Latin Ballroom Dancing - Evenings - MPR	**25** 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Birthday Party with James Regan - MPR	**26** 9:30am Armchair Travel and Discussion Group - TV2W 10:00am Ball Toss and Cordination - 2:30pm Residents Choice (TV) - TV2W 6:30pm Pub Night with Country Kenny - MPR	**27** 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	**28** 10:30am Church Service - MPR 2:30pm Spiritual Songs - TV2W
29 9:30am 1:1 - V 2W 2:30pm Resident's Choice Movie - TV2W	**30** 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:15pm Hearts in Action - Crawford Academy Students - CHAP 3:00pm Resident Sing-a-Long - TV2W					

- 2nd West
V - Varied

AR2W - Activity Room 2W
V 2W - Varied 2W

CHAP - Chapel

MPR - Multi-Purpose Room

TV2W - TV Room 2W

Programs may be subject to change.