November 2026

3 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00am Residents Choice (TV) - TV3E	**2** 10:30am **Adapted Dance with Riki - MPR** 10:30am animal show - TV3E 2:30pm Cognitive game - AR3E 2:30pm Nature appreciation. - TV3E	**3** 10:00am Ball Toss - TV3E 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - 2:30pm **Throwback Tuesdays - MPR** 6:30pm Evening Unit Activities - V	**4** 10:15am Window on the World - V 3E 10:30am **Church Service - MPR** 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:00pm **Happy Hour - MPR** 2:30pm animal show - TV3E	**5** 10:00am 1:1 - V 3E 10:30am Ball Toss - TV3E 10:30am **Catholic Service - MPR** 11:00am Trivia - TV3E 2:30pm **Community Artists Club - Remembrance Day Theme - MPR** 6:30pm Evening Unit Activities - V	**6** 10:00am 1:1 - V 3E 10:30am Reminiscing - TV3E 1:30pm Group Exercise - TV3E 2:30pm **Jewish Service - MPR**	**7** 10:30am **Church Service - MPR** 3:00pm Hymn Sing - AR3E
8 10:15am Music Appreciation - V 3E 2:15pm Classic Movie - TV3E	**9** 10:30am **Adapted Dance with Riki - MPR** 10:30am Nature appreciation. - TV3E 2:15pm **Hearts in Action - Crawford Academy Students - CHAP**	**10** 10:00am Ball Toss - TV3E 10:30am Cognitive game - AR3E 10:30am Residents Choice (TV) - TV3E 2:30pm **Throwback Tuesdays - MPR** 6:30pm Evening Unit Activities - V	**11** **Remembrance Day** 10:15am Window on the World - V 3E 10:30am **Remembrance Day Service - MPR** 1:30pm Group Exercise - TV3E 2:30pm Cognitive game - AR3E 2:30pm animal show - TV3E	**12** 10:00am 1:1 - V 3E 10:30am Ball Toss - TV3E 11:00am Trivia - TV3E 2:30pm **Community Bingo Club - MPR** 6:30pm Evening Unit Activities - V	**13** 10:00am 1:1 - V 3E 10:30am Hymn Sing - AR3E 10:30am **Fellowship with Pastor George - MPR** 1:30pm Group Exercise - TV3E 2:30pm **Jewish Service - MPR**	**14** 10:30am **Church Service - MPR** 3:00pm **Bethel SDA Group - MPR**
15 10:30am Fun and Fitness - TV3E 2:00pm Comedy Hour - V 3E	**16** 10:30am **Adapted Dance with Riki - MPR** 10:30am Residents Choice (TV) - TV3E 2:00pm **Tim Horton's Coffee Cart - MPR**	**17** 10:00am Ball Toss - TV3E 10:00am **Special Event - Glamour Photo Booth - MPR** 10:30am Residents Choice (TV) - TV3E 2:30pm **Throwback Tuesdays - MPR** 6:30pm Evening Unit Activities - V	**18** 10:15am Window on the World - V 3E 10:30am **Church Service - MPR** 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm **Men's Club with Special Guest - Fisherman Jeremy - MPR** 2:30pm animal show - TV3E	**19** 10:00am 1:1 - V 3E 10:30am Ball Toss - TV3E 10:30am **Catholic Service - MPR** 11:00am Trivia - TV3E 2:30pm **Entertainment - The Sparklettes - MPR** 6:30pm Evening Unit Activities - V	**20** 10:00am 1:1 - V 3E 10:30am Hymn Sing - AR3E 1:30pm Group Exercise - TV3E 2:30pm **Jewish Service - MPR**	**21** 10:30am **Church Service - MPR** 3:00pm **Japanese SDA Group - MPR**
22 2:30pm Bingo with 3 West	**23** 10:30am **Adapted Dance with Riki - MPR** 10:30am Nature appreciation. - TV3E 2:30pm Cognitive game - AR3E 2:30pm **Residents' Council Meeting - MPR** 2:30pm music appreciation - V 3E	**24** 10:00am Ball Toss - TV3E 10:30am Cognitive game - AR3E 10:30am Residents Choice (TV) - TV3E 2:30pm **Throwback Tuesdays - MPR** 6:30pm **Latin Ballroom Dancing - Evenings - MPR**	**25** 10:15am Window on the World - V 3E 10:30am **Church Service - MPR** 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm **Birthday Party with James Regan - MPR** 2:30pm animal show - TV3E	**26** 10:00am 1:1 - V 3E 10:30am Ball Toss - TV3E 11:00am Trivia - TV3E 2:30pm cook show - V 3E 6:30pm **Pub Night with Country Kenny - MPR**	**27** 10:00am 1:1 - V 3E 10:30am Hymn Sing - AR3E 1:30pm Group Exercise - TV3E 2:30pm **Jewish Service - MPR**	**28** 10:30am **Church Service - MPR** 3:00pm Hymn Sing - AR3E
29 10:15am Music Appreciation - V 3E 2:15pm Classic Movie - TV3E	**30** 10:30am **Adapted Dance with Riki - MPR** 10:30am cook show - V 3E 2:15pm **Hearts in Action - Crawford Academy Students - CHAP**					

- 3rd East

V - Varied

AR3E - Activity Room 3E

V 3E - Varied 3E

CHAP - Chapel

MPR - Multi-Purpose Room

TV3E - TV Room 3E

Programs may be subject to change.