November 2026

Suites and Garden Homes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 Sunday Service with Lisa (FH) 1:30 Knit and Crochet Circle (Suites Lobby) Daylight Saving Time Ends	**2** 9:30 Exercise Class (CR) 10:30 Crokinole (Games Room) 2:30 Heart of the Matter (CR) 2:30 Aqua Fitness 3:00 Open Swim	**3** 9:30 One to One Visits 10:00 Craft a Poppy (CR) 1:30 Balloon Badminton (CR) 3:00 Jeopardy (CR)	**4** 9:30 Morning Meditation (CR) 10:30 Hymn Sing (FH) 1:30 Word Games (CR) 2:00 Seated Dance with Lauren (FH) 2:30 Beauty Shop (MPR)	**5** 9:30 Exercise Class (CR) 10:30 Bean Bag Toss (CR) 1:15 Hot Wax Treatment (CR) 2:30 Aqua Fitness 3:00 Open Swim	**6** 10:30 Diwali Celebration (FH) **2:30 Music with Bob Maclean (FH)**	**7** 9:30 Friendly Visits 10:00 Exercise Class (CR) 10:00 One to One Fitness (Gym) 10:30 Aqua Fitness 11:00 Open Swim 1:30 Yahtzee (MPR) 2:30 Pool (Games Room)
8 10:30 Sunday Service with Lisa (FH) 1:30 Knit and Crochet Circle (Suites Lobby) **2:00 Piano Music with Doug and Wilf (FH)** Diwali (Hindi)	**9** **9:00** Exercise Class (CR) 10:00 Music with Brent M (FH) 2:30 Heart of the Matter 2:30 Aqua Fitness 3:00 Open Swim	**10** 9:30 Choir Practice (FH) 10:00 Kindred Banking (Suites Sunroom) 10:30 Paint a Poppy Bookmark (CR) 1:30 Riddles (CR) 2:30 Bowling (CR Hallway)	**11** 10:20 RC Communion Visits **10:30 Remembrance Day Service (FH)** **11:30 Outing to Ennio's Pasta House *Sign Up Required*** 2:30 Remembrance Day Chat (CR) Veterans Day Remembrance Day (Canada)	**12** 9:30 Exercise Class (CR) 10:30 Trivia (CR) 1:15 Hot Wax Treatment (CR) 2:30 Aqua Fitness 3:00 Open Swim	**13** 9:30 Coffee and Current Events (Suites Lobby) 10:30 Dominos (MPR) 1:30 Movie Matinee (CR)	**14** 9:30 Friendly Visits 10:00 Exercise Class (CR) 10:00 One to One Fitness (Gym) 10:30 Aqua Fitness 11:00 Open Swim 1:30 Word Games (CR) 2:30 Ladder Ball Toss (CR)
15 10:30 Sunday Service with Laura Carr-Pries (FH) 1:30 Knit and Crochet Circle (Suites Lobby)	**16** 9:30 Exercise Class (CR) 10:30 Name That Tune (CR) 2:30 Heart of the Matter (CR) 2:30 Aqua Fitness 3:00 Open Swim	**17** 10:30 Men's Club (CR) 1:30 Bocce Ball (CR Hallway) 2:30 Wellness Group (MPR) **4:30 Outing to Concordia Club *Sign Up Required***	**18** 9:30 Seated Dance with Lauren (FH) 10:30 Hymn Sing (FH) 1:30 Seated Pool Noodle Hockey (CR) 2:30 Friendly Visits	**19** 9:30 Exercise Class (CR) **10:30 Music with Fireside Voices (FH)** 1:15 Hot Wax Treatment (CR) 2:30 Aqua Fitness 3:00 Open Swim	**20** **Christmas Decorating** 10:30 Choir Practice (FH)	**21** **10:00 Music with Martin Wall (FH)** 10:00 Exercise Class (CR) 10:00 One to One Fitness (Gym) 2:30 Aqua Fitness 3:00 Open Swim
22 10:30 Sunday Service with Lisa (FH) 1:30 Knit and Crochet Circle (Suites Lobby)	**23** 9:30 Exercise Class (CR) 2:30 Heart of the Matter (CR) 2:30 Aqua Fitness 3:00 Open Swim	**KMW Clothing Sale 10am-2pm** **24** 9:30 Choir Practice (FH) 10:00 Kindred Banking (Suites Sunroom) 1:30 Paint & Sip (CR) **5:00 6th Floor Dinner (MPR)**	**25** **9:00 Outing to Stacked Pancake House *Sign Up Required*** 10:30 Hymn Sing (MPR) 10:30 Catholic Mass (FH) 2:00 November Birthday Party (MPR)	**26** 10:30 Worship with Janice (FH) 1:30 UNO (MPR) Thanksgiving Day (U.S)	**Fried Egg Friday** **27** 9:30 Coffee and Current Events (Suites Lobby) 10:30 Poetry and Storytelling (Suites Lobby) **2:00 Music with Sharp Attack Quartet (FH)**	**28** 9:30 Friendly Visits 10:00 Exercise Class (CR) 10:00 One to One Fitness (Gym) 10:30 Aqua Fitness 11:00 Open Swim 1:30 Arm Chair Travel
29 10:30 Sunday Service with Lifted Voices (FH) 1:30 Knit and Crochet Circle (Suites Lobby)	**30** 9:30 Exercise Class (CR) 2:30 Aqua Fitness 3:00 Open Swim					



FH=Fellowship Hall CR=Craft Room MPR=Multipurpose Room ER=Education Room | Pool Classes are in Blue