November 2026

Rose

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **NO DAYLIGHT SAVINGS TIME IN BC** Daylight Saving Time Ends	**2** 10:00 Spiritual Reflections 2:00 Racketball 	**3** 10:00 Exercise 10:30 Mental Aerobics 1:45 Bingo  3:00 Rolls and Strolls 3:30 Friendly visits	**4** 10:00 Bowling  11:00 Sing Along 11:00 Catholic Mass	**5** 10:00 Chapel 10:00 Manicure 11:00 Racketball 2:00 Dance with Vero 2:30 Weekly Chronicles 3:00 Word games 	**6** 10:00 Active game 10:45 Sing Along 1:45 Bingo  3:00 Coloring 3:45 Rolls and Strolls	**7** 10 Chair Yoga  10:30 Balloon Toss 11:00 One to ones 
8 **Another name for Remembrance Day is Armistice Day** Diwali (Hindi)	**9** 10:00 Spiritual Reflections 2:00 Racketball 	**10** 10:00 Exercise 10:30 Mental Aerobics 1:45 3:00 Rolls and Strolls 3:30 Friendly visits 	**11**  Remembrance Day (Canada)	**12** 10:00 Chapel 10:00 Manicure 11:00 Racketball 2:00 Dance with Vero 2:30 Weekly Chronicles 3:00 Word games 	**13** 10:00 Balloon Toss 10:45 Trivia 1:45 Bingo  3:00 Coloring 3:45 Rolls and Strolls	**14** 10 Chair Yoga  10:30 Balloon Toss 11:00 One to ones
15 **Birthstone is Topaz**  Topaz	**16** 10:00 Spiritual Reflections 2:00 Racketball 	**17** 10:00 Exercise 10:30 Mental Aerobics 1:45 Bingo  3:00 Music with Alastair 	**18** 10:00 Bowling  11:00 Sing Along 11:00 Communion	**19** 10:00 Chapel 12:00 Fish and Chips Lunch- Multipurpose Room  2:00 Social Hour-Willow	**20** 10:00 Music with Pete  11:00 Trivia 1:45 Bingo  3:00 Coloring 3:45 Rolls and Strolls	**21** 110 Chair Yoga  10:30 Balloon Toss 11:00 One to ones 
22 **Birth month flower is Chrysanthemum** 	**23** 10:00 Spiritual Reflections 2:00 Racketball 	**24** 10:00 Exercise 10:30 Mental Aerobics 1:45 3:00 Rolls and Strolls 3:30 Friendly visits 	**25** 10:00 Bowling  11:00 Sing Along 	**26** 10:00 Chapel 10:00 Manicure 11:00 Racketball 2:00 Dance with Vero 2:30 Weekly Chronicles 3:00 Word games 	**27** 10:00 Active game 10:45 short stories 12-4pm Fall Fair Craft and Bake Sale 	**28** 12-4pm Fall Fair Craft and Bake Sale 
29 **The Monopoly Board Game was released on Nov 5, 1935** 	**30** 10:00 Spiritual Reflections 2:00 Racketball 					