# November 2026

DSL 3

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1<br>7:00 LUTHERAN CHURCH (ROTARY ROOM)<br>Daylight Saving Time Ends | 2<br>8:45 COFFEE CHATS<br>9:30 STRETCH N TONE<br>10:45 HANGMAN<br>1:30 REMEMBER WHEN<br>3:00 CRIB | 3<br>8:00 BANK IN (REC ROOM)<br>8:45 COFFEE & NEWS (1&2)<br>9:30 CHAIR YOGA (M)<br>10:45 CROKINOLE<br>1:30 1-1 VISITS (M)<br>3:00 BINGO<br>6:00 COLOURING | 4<br>8:45 MENS COFFEE (ROTARY ROOM)<br>9:30 STRETCH N TONE (M)<br>10:45 BONKERS DICE<br>1:00 OUTING TO THE SENIORS CENTER- WHIST<br>1:30 BEAN BAGS (M)<br>3:00 RUMMIKUBE | 5<br>8:45 COFFEE & NEWS (3&4)<br>9:30 RESISTANCE BANDS (M)<br>10:45 HELP YOUR NEIGHBOUR (M)<br>1:00 LIBRARY (REC ROOM)<br>1:30 JENGA<br>3:00 LAUGHTER THERAPY (M) | 6<br>8:45 COFFEE & MUSIC<br>9:30 STRETCH N TONE<br>10:00 RC COMMUNION (ROTARY ROOM)<br>1:30 JERSEY HAPPY HOUR & SPORTS TRIVIA<br>JERSEY DAY | 7<br>10:45 STRETCH N TONE<br>3:00 CHINESE CHECKERS |
| 8<br>7:00 ALLIANCE CHURCH (ROTARY ROOM)<br>Diwali (Hindi) | 9<br>8:45 COFFEE CHATS<br>9:30 STRETCH N TONE<br>10:45 YAHTZEE<br>1:30 SCRABBLE<br>3:00 CRIB<br>3:00 WOMENS COFFEE (ROTARY ROOM) | 10<br>8:45 COFFEE & NEWS<br>9:30 CHAIR YOGA<br>10:00 REMEMBRANCE DAY CEREMONY (REC ROOM)<br>10:45 PENNY GAME<br>1:30 NAME THAT TUNE (M)<br>3:00 BINGO<br>3:00 UKRAINIAN CATHOLIC SERVICE (ROTARY ROOM) | 11<br>REMEMBRANCE DAY<br>NO RECREATION PROGRAMS<br>Veterans Day<br>Remembrance Day (Canada) | 12<br>8:45 COFFEE CHATS<br>9:30 RESISTANCE BANDS<br>10:45 HORSERACES<br>10:30 BIBLE STUDY WITH PASTOR QUINN (ROTARY ROOM)<br>10:45 ROLLEYBALL<br>1:30 1-1 VSITS<br>3:00 CRIB (M) | 13<br>8:45 COFFEE & MUSIC<br>9:30 STRETCH N TONE<br>10:00 RC COMMUNION (ROTARY ROOM)<br>10:45 (M)<br>1:30 HAPPY HOUR & XMAS CARD MAKING WITH LAURA (REC ROOM)<br>3:00 WHIST | 14<br>10:45 STRETCH N TONE<br>3:00 SCRABBLE |
| 15<br>HAPPY BIRTHDAY DALE R!<br>7:00 PENTECOSTAL CHURCH (ROTARY ROOM) | 16<br>8:45 COFFEE CHATS<br>9:30 STRETCH N TONE<br>10:45 WACKY WORDIES<br>1:30 PET THERAPY (ROTARY ROOM)<br>3:00 CRIB<br>7:00 MENNONITE SINGERS (REC ROOM) | 17<br>8:45 COFFEE & NEWS<br>9:30 CHAIR YOGA<br>10:45 OUTING TO VEGREVILLE WALMART<br>1:30 1-1 VISITS<br>3:00 BINGO | 18<br>8:45 MENS COFFEE (ROTARY ROOM)<br>9:30 STRETCH N TONE<br>10:45 FINGERNAIL PAINTING<br>1:30 CURRENT EVENTS<br>3:00 HORSERACES | 19<br>8:45 COFFEE CHATS<br>9:30 RESISTANCE BANDS<br>10:45 RESIDENT COUNCIL MEETING<br>1:30 BALLOON SWAT<br>3:00 FINISH THE SENTENCE<br>6:00 SORRY | 20<br>8:45 COFFEE & MUSIC<br>9:30 STRETCH N TONE<br>10:00 RC COMMUNION (ROTARY ROOM)<br>10:45 (M)<br>1:30 HAPPY HOUR & JEOPARDY (REC ROOM)<br>3:00 7'S CARD GAME | 21<br>10:45 STRETCH N TONE (M)<br>3:00 DOMINOS (M) |
| 22<br>7:00 ALLIANCE CHURCH (ROTARY ROOM) | 23<br>8:45 COFFEE CHATS<br>9:30 STRETCH N TONE<br>1:30 PAINTING<br>3:00 LINE DANCING W/ DIANE (REC ROOM)<br>3:00 CRIB | 24<br>8:45 COFFEE & NEWS<br>9:30 CHAIR YOGA<br>10:45 BUTTER MAKING<br>3:00 BINGO<br>1:30 REMINISCING<br>6:00 YAHTZEE | 25<br>8:45 MENS COFFEE (ROTARY ROOM)<br>9:30 STRETCH N TONE<br>10:00 RC MASS (ROTARY ROOM)<br>10:45 PICTIONARY<br>1:30 BAKING-SCONES<br>3:00 COVER THE # | 26<br>8:45 COFFEE CHATS<br>9:30 RESISTANCE BANDS<br>10:30 BIBLE STUDY WITH PASTOR QUINN (ROTARY ROOM)<br>10:45 RING TOSS<br>1:30 CHRISTMAS MOVIE AFTERNOON<br>Thanksgiving Day (U.S) | 27<br>8:45 COFFEE & MUSIC<br>9:30 STRETCH N TONE<br>10:45 1-1 VISITS<br>1:30 CRIB<br>3:00 BIRTHDAY PARTY (REC ROOM) | 28<br>10:45 STRETCH N TONE<br>3:00 RUMMIKUBE (M) |
| 29<br>7:00 DEWBERRY CHURCH (ROTARY ROOM) | 30<br>8:45 COFFEE CHATS<br>9:30 STRETCH N TONE<br>10:45 CROKINOLE<br>1:30 CHECKERS<br>3:00 CRIB<br>6:30 CANTATA PERFORMANCE (REC ROOM) | | | | | |



Recreation Domains: SOCIAL PHYSICAL COGNITIVE EMOTIONAL SPIRITUAL PURPOSEFUL