November 2026

Day Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time Ends	**2** 9:00 What's New? 10:00 Take a Guess 10:30 Drumming Circle 1:00 Fitness Time 2:00 Mindful Moments 2:30 Penny Snatch	**3** 9:00 Current Events 10:00 Puzzle Time 10:30 Bells 1:00 Moving & Grooving 2:00 Hymn Sing 2:30 Outburst	**4** 9:00 Coffee Club 10:00 Tell Me… 10:30 Music Bingo 1:00 Afternoon Stretches 2:00 Toss & Laugh	**5** Roy Rogers Day 9:00 What's New 10:00 Cowboy trivia 10:30 Country Music Bingo 1:00 Rodeo Exercises 2:00 Cowboy Match	**6** 9:00 Current Events 10:00 Cranium Crunches 10:30 Colour By Number 1:00 Moving to the Beat 2:00 Karaoke	**7**
8 Diwali (Hindi)	**9** 9:00 Current Events 10:00 Trivia Time 10:30 A Picture is Worth a Thousand Words 1:00 Chair Exercises 2:00 Name that Tune	**10** Aviation Day 9:00 In the News 10:00 Sky Trivia 10:30 Secret Quote 1:00 Flying High Exercises 2:00 WWII Music	**11** Remembrance Day 9:00 What's New 10:00 We Remember 10:30 Poppy Craft 1:00 Move and Stretch 2:00 Veteran's Stories Veterans Day Remembrance Day (Canada)	**12** 9:00 Current Events 10:00 Random Trivia 10:30 Circle of Strength 11:00 Bells 1:00 Ole Exercises 2:00 Name That Tune	**13** World Kindness Day 9:00 In the News 10:00 What is It?? 10:30 Making Kindness Bags 1:00 Fun and Fitness 2:00 Handing Out Kindness	**14**
15	**16** Christmas Decorating 9:00 What's New 10:00 Random Trivia 10:30 Santa's Elves 1:00 Moving to the Beat 2:00 Alphabet Brainstorm	**17** Homemade Bread Day 9:00 What's New 10:00 Name the Bread 10;30 Baking Bread 1:00 Let's Move It!! 2:00 Can You Picture This?	**18** 9:00 Coffee Club 10:00 Trivia Time 10:30 Ukulele Lessons 1:00Music and Motion 2:00 Gratitude Journaling 2:30 Outburst	**19** 9:00 In the News 10:00 Take a Guess 10:30 Book Club 1:00 Moving to the Beat 2:00 Family Feud	**20** Christmas Market 9:00 Current Events 10:00 Tell Me… 10:30 Visiting the Market 1:00 Sing & Stretch 2:00 Music Afternoon	**21**
22	**23** All About Cranberries 9:00 Current Events 10:00 Cranberry Cranium Crunches 10:30 Making Cranberry Snack Cake 1:00 Ole Exercises 2:00 Finish the Line…	**24** 9:00 In the News 10:00 Cranium Crunches 10:30 Art Morning 1:00 Ole Exercises 2:00 Name that Tune	**25** Word Puzzle Wednesday 9:00 Current Events 10:00 Take a Guess 10:30 Group Puzzle 1:00 Chair Exercises 2:00 Puzzling Around	**26** 9:00 Coffee club 10:00 Trivia Time 10:30 A Picture is Worth a Thousand Words 1:00 fun & Fitness 2:00 Sing-A-Long Thanksgiving Day (U.S)	**27** 9:00 What's New 10:00 Cranium Crunches 10:30 Day and Stay Choir 1:00 Exercise Time 2:00 Meditation 2:30 Card Games	**28**
29	**30** 9:00 In the News 10:00 Trivia Time 10:30 Art Morning 1:00 Sing and Stretch 2:00 Outburst					

For more information about the Day and Stay Program, please contact Lisa Clarkson (519) 754-4065