November 2026

Retirement Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Bird Visits (M) 10:30 Hour of Worship (L) 11:00 Friendly Visits (1/2) 1:45 Bean Bag Toss (3) 3:30 Movement Matters with Recreation (L) **7:00 Cornerstone Church Service (M)**	**2** 10:45 Movement Matters Recreation (L) 2:00 Chocolate Bar Bingo (3) 3:30 Bazaar Prep! (M)	**3** **10:00 Spiritual Songs & Stories (M)** 2:00 Wentworth Heights Choir Performance (M) 3:30 Movement Matters with Recreation (L) 7:00 Bingo (L)	**4** 10:00 Brain Games (M) **11:00 Outing: Fortino's & Lunch** 1:45 Tunes with Tots Sing-a-long (M) 3:30 Seated Yoga (L)	**5** 1:45 3rd Floor Bean Bag Toss (3) **1:45 Shopping Shuttle: Shoppers Drug Mart** 3:30 Seated Yoga (L) 7:00 Hand Massages (3)	**6** 10:45 Movement Matters VON (L) 1:45 Bingo (L) **2:00 Fountains of Uke (M & 3)** 3:30 Glamour Circle (3) **7:00 Pub Night with the Good Time Guys (M)**	**7** 10:00 You Be The Judge (M) 11:00 Sing-a-Long (3) 1:45 Horse Races (L) **3:30 Diwali Tea Social & Virtual Travel (L)**
8 10:30 Hour of Worship (L) 11:00 Hymn Sing (3) **1:45 Diwali Celebration: Henna (M)** 3:30 Seated Yoga (L)	**9** 10:00 Falls Prevention Walk! (M) 10:45 Movement Matters VON (L) **11:00 - 4:00 All-Day Bazaar Baking! (Lower Level LTC)** 1:45 Glamour Circle (3)	**10** 2:00 Chocolate Bar Bingo (3) 3:30 Movement Matters with Recreation (L) **7:00 Booze & Clues Game Night (M)**	**11** **Red for Remembrance** **10:30 Remembrance Day Ceremony (M)** **11:00 Moment of Silence** 1:45 Sing-a-Long (3) 3:30 Seated Yoga (L) 7:00 Bingo (L)	**12** **10:00 Card Games with St Michael's School! (M)** 1:45 3rd Floor Balloon Badminton (3) **1:45 Shopping Shuttle: Walmart** 3:30 Seated Yoga (L)	**13** 10:45 Movement Matters VON (L) 11:00 Outing: Mall & Lunch 1:45 Bingo (L) **2:00 Fountains of Uke (M & 3)** 3:30 Glamour Circle (M) **7:00 Wine Tasting (M)**	**14** 10:00 Fun With Words (M) 11:00 Balloon Badminton (3) 1:45 Horse Races (L) 3:30 Teas of the World (M)
15 9:30 Bird Visits (M) 10:30 Hour of Worship (L) 11:00 Friendly Visits (1/2) **1:45 3rd Floor Tree Trimming (3)** 3:30 Movement Matters with Recreation (L) **7:00 Cornerstone Church Service (M)**	**16** **10:00 Main Lobby Christmas Decorating (M)** 10:45 Movement Matters VON (L) **2:00 Birthday Party with John Staley (M)** 3:30 Java Time (3)	**17** **10:00 Spiritual Songs & Stories (M)** **10:00 Music with Lindsey (3)** 2:00 Chocolate Bar Bingo (3) 3:30 Movement Matters with Recreation (L)	**18** **10:00 Lower Level Tree Trimming (L)** **1:30 Resident Council & Food Committee (L)** 1:45 Sing-a-Long (3) 3:30 Seated Yoga (L)	**19** **Blue & Tie Day** 1:45 Bingo (L) 3:30 Seated Yoga (L) 7:00 Short Stories (3)	**20** 10:45 Movement Matters VON (L) 1:00 Fountains of Uke (3) 2:30 Bazaar Prep 3:00 Movie Matinee: Grumpy Old Men (3) 7:00 Hand Massages (3)	**21** **Christmas Sweater Day** **10:00 - 3:00 PM The Wellington's Annual Christmas Bazaar at the Main Lobby!!** 2:00 Movie Matinee: Dolly Parton's Christmas on the Square (L)

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22 10:30 Hour of Worship (L) 11:00 Friendly Visits (1/2) 1:45 Hymn Sing (3) 3:30 Seated Yoga (L)	**23** 10:45 Movement Matters VON (L) 1:45 Dinner Party Planning (M) 3:30 Reading Circle (3)	**24** **Cozy Cardigan Day** **1:45 Shopping Shuttle: Talize** 2:00 Chocolate Bar Bingo (3) 3:30 Movement Matters with Recreation (L) **7:00 Falls Prevention Mystery Game (M)**	**25** **10:15 Art Class with Susan (L)** 1:45 Sing-a-Long (3) 3:30 Seated Yoga (L) 7:00 Bingo (L)	**26** 10:30 Java Music Club (3) 1:45 3rd Floor Balloon Badminton (3) 3:30 Seated Yoga (L) **5:00 Meal Club: Swiss Chalet (M)**	**27** 10:45 Movement Matters VON (L) **11:00 Outing: Brantford Casino & Lunch** 1:45 Bingo (L) 3:30 Glamour Circle (3) **7:00 Entertainment with Escapade (M)**	**28** 10:00 You Be The Judge (M) 11:00 Balloon Badminton (3) 1:45 Horse Races (L) 3:30 Teas of the World (M)
29 9:30 Bird Visits (M) 10:30 Hour of Worship (L) 11:00 Friendly Visits (1/2) 1:45 Bean Bag Toss (3) 3:30 Movement Matters with Recreation (L)	**30** 10:45 Movement Matters VON (L) 1:45 Floor Curling (L) 3:30 Sing-a-Long (3)					

November is Falls Prevention Awareness Month

Help us celebrate International Men's Health Month!

We invite those who can to grow a mustache for our Movember Fundraiser for the month of November! See our Facebook Page for more information on how to donate

All programs are subject to change and will be posted on the Program boards.
To sign up for outings, please contact Miranda Gamelin, Programs Manager at ext. 117

Location Legend

1 - 1st Floor
2 - 2nd Floor
L - Lower Level Activity Area

Help us give back this Christmas Season!

We will be accepting donations of non-perishable food items for St. Andrew's Church Food Bank from November 16th to December 11th
For more information of items needed, please see Reception.
Thank you!