November 2026

3 West Sunshine Lane

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **All Saints Day** **Daylight Saving Time Ends** **Royal Agriculture Winter Fair Week** 2:30 Refreshments	**2** **All Souls Day** 1:30 Doll Therapy 2:30 Amazing Animals: Cow 4:00 Short Stories	**3** 9:30 Morning Stretch 10:00 Strolls about Belmont 10:30 **Morning Prayers** 11:00 Nice News of the Day! 2:00 **Fair Fare Social** 3:30 Friendly Visits 5:00 **Japanese Dinner**	**4** 9:30 Balloon Badminton 10:15 Aromatherapy 10:45 Let's Play Bingo 1:30 Spiritual Corner 2:30 Origami 3:15 Bean Bag Toss	**5** 9:30 Morning Stretch 10:30 Hymn Sing Along 1:30 Coloring/ Art 2:30 Agriculture Trivia 3:30 Friendly Visits	**6** 9:30 Sunshine Yoga 11:00 Historical Fridays: Monarchy in Canada 1:30 1:1 Short Stories 2:00 Timbit Social 2:30 Sing Along	**7** 10:15 Balloon Badminton 2:30 Refreshments
8 **Week of Remembrance** 2:30 Refreshments	**9** 1:30 Doll Therapy 2:30 Lets Talk Remembrance Day 4:00 Short Stories	**10** 9:30 Morning Stretch 10:00 Strolls about Belmont 10:30 **Morning Prayers** 11:00 Nice News of the Day! 2:00 **Time to Remember Social** 3:30 Friendly Visits	**11** **Remembrance Day** 9:30 Balloon Badminton 1:30 Spiritual Corner 2:00 Bingo 3:15 Bean Bag Toss	**12** 9:30 Morning Stretch 10:00 Pet Visits with Ann and Pierre 10:30 Hymn Sing Along 1:30 Coloring/ Art 2:30 Past History Trivia 3:30 Friendly Visits	**13** 9:30 Sunshine Yoga 11:10 Poetry: War Poems 1:30 Short Stories 2:00 Timbit Social 2:30 Sing Along	**14** 10:15 Balloon Badminton 2:30 Refreshments
15 **Men's Week** 2:30 Refreshments	**16** 2:30 Amazing Animals: Lion	**17** 9:30 Morning Stretch 10:00 Strolls about Belmont 10:30 **Morning Prayers** 11:00 Nice News of the Day! 2:00 **Macho Social** 3:30 Friendly Visits	**18** 9:30 Balloon Badminton 10:15 Aromatherapy 10:45 Let's Play Bingo 1:30 Spiritual Corner 2:30 Spa: Nails and Hand Massages 3:00 Bean Bag Toss	**19** **International Men's Day** 9:30 Morning Stretch 10:30 Hymn Sing Along 1:30 Coloring/ Art 2:30 From Cavemen to Kings Trivia 3:30 Friendly Visits	**20** 9:30 Sunshine Yoga 11:10 Historical Fridays: Famous Men in History 1:30 1:1 Short Stories 2:00 Timbit Social 2:30 Sing Along	**21** 10:15 Balloon Badminton 2:30 Refreshments
22 **Wool & Warm Textures Week** 2:30 Refreshments	**23** 1:30 Doll Therapy 2:30 Amazing Animals: Alpaca 4:00 Short Stories	**24** 9:30 Morning Stretch 10:00 Strolls about Belmont 10:30 **Morning Prayers** 11:00 Nice News of the Day! 2:00 **Wooly Warm-up Social** 3:30 Friendly Visits	**25** **Christmas Blitz** 2:30 Let's Play Bingo 3:15 Friendly Visits	**26** 9:30 Morning Stretch 10:30 Christmas Carol Sing Along 1:30 Art: Christmas Decor 2:30 Textile Trivia 3:30 Friendly Visits	**27** 9:30 Sunshine Yoga 11:10 Historical Fridays: This Month in History 1:30 1:1 Short Stories 2:00 Timbit Social 2:30 Sing Along	**28** 10:15 Balloon Badminton 2:30 Refreshments
29 **First Sunday of Advent** **Night Sky Week** 2:30 Refreshments	**30** 1:30 Doll Therapy 2:30 Biography: Key figures of Space Exploration 4:00 Short Stories	**Recreation Coordinator:** Avery Tessler **Phone Number:** 416-964-9321 ext 250		**November Highlights** **November 1 - Daylight Savings Time Ends** **November 3 - Fair Fare Social** **November 10 - Time To Remember Social** **November 11 - Remembrance Day** **November 17 - Macho Social** **November 24 - Woolly Warm-Up Social** **November 25 - Christmas Blitz**		