

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER Claremont Neighbourhood						1 9:30 Neighbourhood Time 10:00 Decoration Tear-Down 2:30 Decoration Tear-Down (cont.)
2 9:45 Church Service - TH 10:30 Neighbourhood Time 11:00 You & I - T 2:30 Birthday Party w/ Bill Dickinson - MS	3 9:30 Neighbourhood Time 10:30 Group Exercise-FC 2:30 Stepping Out - T 3:30 Group Exercise-FC 6:15 Ice cream social-L 7:00 Bingo-RHTH(\$)	4 10:30 Group Exercise-FC 11:15 Music Therapy w/Erin-OA 2:30 Neighbourhood Time 6:30 Musical Moments-FC	5 10:00 Horse race-MS 11:00 Bible Study W/ Pastor Rob -L 2:30 Neighbourhood Time 6:30 Pub Night w/ Ryan Andrews-MS	6 9:30 Hymn Sing w/ Pastor Rob - OA 10:30 Neighbourhood Time 2:30 Soothing Sensations - P 6:15 Movie Night-FC	7 10:00 Stepping out 11:00 Neighbourhood time 2:30 You & I	8 9:30 Neighbourhood time 10:00 Brains & banter-OA 11:00 You & I-T 2:30 Song of Wartime-TH
9 9:45 Church Service - TH 10:30 In the Kitchen-CC 2:30 In the Kitchen-CC	10 9:30 Neighbourhood Time 10:00 Circle of Friends - CK 10:30 Group Exercise-FC 3:30 Group Exercise-FC 6:15 Ice Cream Social - L 7:00 Bingo - RHTH(\$)	11 Remembrance Day 10:30 Group Exercise-FC 11:15 Music Therapy w/Erin-OA 2:30 Remembrance Service-TH 3:30 Group Exercise-FC 6:30 Bingo-FC	12 10:00 In the Kitchen-CC 11:00 Bible Study W/ Pastor Rob -L 2:15 In the Kitchen-CC 6:30 Active Games-MS	13 9:30 Hymn Sing w/ Pastor Rob - OA 10:00 Stepping out-T 11:00 You & I-T 2:3 Boot of Hazard-MS 6:15 Trivia - FC	14 10:00 Muscial Moments-OA 11:00 Neighbourhood time 2:30 Brain & Banter-T	15 9:30 Neighbourhood Time 10:00 Brains & Banter - OA 11:00 You & I 2:30 Bingo - CC
16 9:45 Church Service - TH 10:30 Neighbourhood Time 11:00 You & I - T 2:30 Java-L	17 9:30 Neighbourhood Time 10:30 Group Exercise-FC 2:30 Musical Moments-OA 3:30 Group Exercise-FC 6:15 Ice cream social-L 7:00 Bingo-RHTH(\$)	18 10:30 Group Exercise-FC 11:15 Music Therapy w/Erin-OA 2:30 Neighbourhood Time 3:30 Group Exercise-FC 6:30 Musical Moments-FC	19 10:00 Decoration 11:00 Bible Study W/ Pastor Rob -L 2:30 Country Entertainment-MS 6:30 Active Games-MS	20 9:30 Hymn Sing w/ Pastor Rob - OA 10:30 Anglican Service - TH 11:00 Neighbourhood Time 2:30 Soothing Sensations - P 6:15 Movie Night-FC	21 10:00 Neighbourhood Time 2:30 Musical Moments-OA	22 10-2 Bazaar-RH 2:30 Musical Moments-OA
23 9:45 Church Service - TH 10:30 Neighbourhood Time 11:00 You & I - T 2:30 Sunday Social - L	24 9:30 Neighbourhood Time 10:30 Group Exercise-FC 2:30 Country Drive (sign-up) 3:30 Group Exercise-FC 6:15 Ice Cream Social - L 7:00 Bingo - RHTH(\$)	25 10:30 Group Exercise-FC 11:15 Music Therapy w/Erin-OA 2:30 Neighbourhood Time 3:30 Group Exercise-FC 6:30 Bingo-FC	26 10:00 Musical Moments-OA 11:00 Bible Study W/ Pastor Rob -L 2:30 Celebration of Life-TH 6:30 Active Games-MS	27 9:30 Hymn Sing w/ Pastor Rob - OA 12:00 You & I-T 1:30 Stepping out-T 2:30 Neighbourhood time 6:15 Trivia - FC	28 10:30 Catholic mass-TH 11:00 You & I 2:30 Resident Council-TH	29 9:30 Neighbourhood Time 10:00 Brains & Banter - OA 11:00 You & I 2:30 Bingo - CC
30 9:45 Church Service - TH 10:30 Neighbourhood Time 11:00 You & I - T 2:30 Sunday Social - L	Legend TH—Town Hall MS— Main Street OA—Open Area CK—Country Kitchen P— Parlour L—Library CC— Community Centre TS— Town Square RH—Retirement T— Traveling FC—Fitness Centre R—Ruby					

NOVEMBER

Living In My Today Program Descriptions

Our emphasis is on developing relationships, while the experience of those living with dementia forms the foundation of The Five Pillars of LIVING in My Today.

The Five Pillars

- Meaningful and Active Engagement;
- Enjoyable Mealtimes;
- Empowered Care Partners;
- Thoughtful Design;
- Supportive Approaches to Care.

New Program Descriptions

We are now using broad program names on our calendars to maintain flexibility and ensure engagement for all residents. This approach keeps programming dynamic, inclusive, and responsive to the community's evolving needs.

New Program Descriptions Neighbourhood Time

- Neighbourhood time sets up shared living spaces with resources to catch resident's attention and invite them to give them a try.

In The Kitchen

- Creates moments of opportunity for reminiscence, learning, and fellowship through its recognition that the kitchen is not only used to prepare and consume food. Replaces; Baking, cooking, etc.

Circle of Friends

- Creates intentional opportunities for residents to cultivate new connections in a supportive environment that promotes shared experiences and camaraderie. Replaces; Tea & Chats, News & Views, etc.

Brains & Banter

- A stimulating and social activity, combining engaging brain games with lively conversation. Replaces; Trivia, Word Games, & Puzzles.

Musical Moments

- Supports residents to engage with music in meaningful ways. Replaces; Music on Demand, Sing-Alongs, etc.

New Program Descriptions Stepping Out

- A guided walk that supports residents to enjoy the outdoors and village community. Replaces; Walk & Talks, Walks on Main Street, etc.

You & I

- Replaces One to One & Friendly Visits

For the Fun of Fit

- Fitness activities that focus on having fun and building relationships, while also challenging hand-eye coordination, balance, and range of motion. Replaces; Active Games, Mini Putt, Bean Bag Toss, etc.

Express Yourself

- Honours creativity and creates a supportive environment for residents to explore and express themselves. Replaces; Crafts or anything creative.

Soothing Sensations

- A program that focuses on sensory enrichment. Replaces; Sensory programming

For the Soul

- Spiritual programs that connect us to others. Replaces; Spiritual programs, Gratitude Circles, & Joke programs.