

NOVEMBER

Emma’s Neighbourhood



Please see last page of calendar for program descriptions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:15 Neighbourhood Time 11:00 Manicures 2:15 Neighbourhood Time 3:15 In the Kitchen
2 10:45 Church Service- TH 1:00 Neighbourhood Time 2:15 For the Soul 3:00 Stepping Out 6:00 Neighbourhood Time	3 10:00 Neighbourhood Time 11:00 Manicure Monday 2:00 Neighbourhood Time 3:15 Walking Club	4 10:00 Neighbourhood Time 11:00 Soothing Sensations 2:00 Neighbourhood Time 3:00 Express Yourself 3:00 Emma’s Fitness	5 1:00 Neighbourhood Time 2:30 Musical Entertainment with Janette DeSousa 3:30 You & I 6:05 Movie Night 6:30 Neighbourhood Time	6 10:00 Neighbourhood Time 11:00 BINGO! 2:15 Neighbourhood Time 3:15 Stepping Out	7 10:15 Neighbourhood Time 11:00 For the Fun of Fit 2:00 Hymn Sing with Pastor Rob 3:00 Emma’s Fitness 3:15 Brains & Banter	8 10:00 Neighbourhood Time 11:00 Circle of Friends 2:00 Neighbourhood Time 3:00 Musical Moments
9 10:00 Neighbourhood Time 10:45 Church Service- TH 2:00 Neighbourhood Time 3:00 In the Kitchen	10 10:00 Neighbourhood Time 11:00 Manicure Monday 2:00 Neighbourhood Time 3:15 Walking Club	11 Remembrance Day 10:00 Virtual Remembrance Day Service 10:00 Remembrance Day Service- TH 1:15 Neighbourhood Time 2:15 Brains & Banter 3:00 Emma’s Fitness	12 1:00 Neighbourhood Time 2:00 Country Drive (Sign-up with Recreation) 3:30 You & I 6:05 Movie Night 6:30 Neighbourhood Time	13 10:00 Neighbourhood Time 11:00 BINGO! 2:15 Neighbourhood Time 3:15 Stepping Out	14 10:00 Neighbourhood Time 11:00 For the Soul 2:15 Neighbourhood Time 3:00 Emma’s Fitness 3:15 Express Yourself	15 10:15 Manicures 11:00 Circle of Friends 2:15 Neighbourhood Time 3:15 In the Kitchen

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16 10:45 Church Service- TH 1:00 Neighbourhood Time 2:15 For the Soul 3:00 Stepping Out 6:00 Neighbourhood Time	17 Happy Birthday Hildegard P!  10:00 Neighbourhood Time 11:00 Decorating for Christmas 2:00 Neighbourhood Time 3:15 Walking Club	18 10:00 Neighbourhood Time 11:00 Decorating for Christmas 2:00 Neighbourhood Time 3:00 Express Yourself 3:00 Emma’s Fitness	19 1:00 Neighbourhood Time 2:30 Neighbourhood Social 3:30 You & I 6:05 Movie Night 6:30 Neighbourhood Time	20 10:00 Neighbourhood Time 11:00 BINGO! 2:15 Neighbourhood Time 3:15 Stepping Out	21 10:15 Neighbourhood Time 11:00 For the Fun of Fit 2:15 Neighbourhood Time 3:00 Emma’s Fitness 3:15 Brains & Banter	22 10-2 Christmas Bazaar- MS  10:00 Neighbourhood Time 2:30 Neighbourhood Time
23 10:00 Neighbourhood Time 10:45 Church Service- TH 2:00 Hymn Sing with Pastor Rob 3:00 In the Kitchen	24 10:00 Neighbourhood Time 11:00 Manicure Monday 2:00 Neighbourhood Time 3:15 Walking Club	25 10:15 Neighbourhood Time 11:15 Musical Moments 1:15 Neighbourhood Time 2:15 Brains & Banter 3:00 Emma’s Fitness	26 1:00 Neighbourhood Time 2:30 Neighbourhood Socail 3:30 You & I 6:05 Movie Night	27 10:00 Neighbourhood Time 11:00 BINGO! 2:15 Neighbourhood Time 3:15 Stepping Out	28 10:00 Neighbourhood Time 11:00 For the Soul 2:15 Neighbourhood Time 3:00 Emma’s Fitness 3:15 Express Yourself	29 10:15 Neighbourhood Time 11:00 Circle of Friends 2:15 Neighbourhood Time 3:15 For the Fun of Fit
30 December Calendar Delivery Day 10:45 Church Service- TH 1:00 Neighbourhood Time 2:00 December Calendar Delivery 3:00 Stepping Out 6:00 Neighbourhood Time	Outings this Month: November 12th @ 2:00pm Country Drive Enjoy a country drive up to Port Perry and see the sights! Please see your neighbourhood recreation team members or Neighbourhood Coordinator to sign-up for outings! 					

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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.

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.

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.

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.

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Emma’s Team Calendar



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