

NOVEMBER

Perry Neighbourhood

2 Daylight Savings AM Church Service PM Neighbourhood time 2:30pm Monthly Birthday Party - MS PM Express Yourself - CC	3 10:30 am Range of Motion Group Exercise PM Neighbourhood time PM Brains and Banter - OA PM Ice Cream Social - L	4 10:30 am Range of Motion Group Exercise PM Neighbourhood time PM Java Music - CK PM You and I - T	5 PM Neighbourhood time PM Musical Moments - OA 6:30pm Pub Night - MS	6 PM Neighbourhood time PM Manicures - OA 6:15pm Movie Night - OA	7 PM Neighbourhood time PM Stepping Out - T PM Circle of Friends - OA	1 PM Neighbourhood time PM Bingo - FC PM Circle of Friends - OA
9 AM Church Service AM In the Kitchen PM Sunday Social - OA PM Musical Moments	10 10:30 am Range of Motion Group Exercise PM Neighbourhood time PM Bains and Banter -OA PM Ice Cream Social - L	11 Remembrance Day 10:30 am Range of Motion Group Exercise PM Neighborhood time 2:30 pm Service in Town Hall PM Express Yourself - CC	12 PM Neighbourhood time PM In the Kitchen - CC PM For the Fun of Fit - OA	13 World Kindness Day PM Ruby Outing 2:30 pm Entertainment with Boots of Hazard - MS 6:15pm Trivia Night - FC	14 PM Neighborhood time PM In the Kitchen - CC PM Virtual Travel - OA	15 PM Neighbourhood time PM Bingo - FC PM Soothing Sensations - P
16 AM Church Service PM Neighbourhood time PM Java-L PM For the fun of fit - OA	17 10:30 am Range of Motion Group Exercise PM Neighbourhood time PM Decorating the Neighbourhood - OA PM Ice Cream Social -L	18 10:30 am Range of Motion Group Exercise PM Neighbourhood time PM Brains and Banter - OA PM Circle of Friends - OA	19 PM Neighbourhood time 2:30pm Country Entertainment - MS PM For the Fun of Fit - OA	20 PM Neighbourhood Time PM Manicures - OA PM Hymn Sing - OA 6:15 pm Movie Night - FC	21 PM Neighbourhood Time PM For the Soul - OA PM You and I -T	22 10 am - 2 pm Christmas Bazaar PM Neighbourhood Time
23 AM Church Service PM Neighbourhood time PM Sunday Social - L PM Movie Night -OA	24 10:30 am Range of Motion Group Exercise PM Neighbourhood time PM Country Drive PM Ice Cream Social -L	25 10:30 am Range of Motion Group Exercise PM Neighbourhood time PM Express Yourself -CK PM Brains and Banter - OA	26 PM Neighbourhood time 2:30 pm Celebration of Life - TH PM For the Fun of Fit -OA	27 PM Neighbourhood time PM Hymn Sing - OA PM Manicures - OA 6:15 pm Trivia Night - FC	28 PM Neighbourhood time PM Residents Council -FC PM Virtual Zoo Tour - OA	29 PM Neighbourhood time PM Bingo - FC PM You and I - T

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.