NOVEMBER 2025

Suites, Garden Homes, and DLMA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 Bird Presentation with Eloise (FH) 10:00 Exercise Circle with Brandon (CR) 10:00 Fitness Support with Caleb (Gym) 1:30 Ring Toss (CR) 2:30 Word Games (CR)
2 10:30 Church Service with Chaplain Ellen (FH) Daylight Saving Time Ends	**3** 9:30 Upper Body Strength (CR) 10:30 Family Feud (CR) 2:30 Spirit Circle with Chaplain Ellen (CR) **2:30-4:00 WPL Tech Support *Sign-up required (EDR)**	**4** 9:30 Qi Gong (FH) 1:30 Bocce Ball (CR Hallway) **2:00 Suites Resident Drop-In (DR)** 2:30 Current Events (MPR)	**5** **10:00 Music with Brent M (FH)** 10:30 Hymn Sing (MPR) 2:30 BINGO (MPR)	**6** 9:30 Upper Body Strength (CR) 10:30 Paint by Numbers (MPR) 1:15 Hot Wax Treatment (Gym)	**7** 9:30 Flexibility Fitness (CR) 10:30 Manicures (MPR) **2:00 Piano Music with Richard Kennel (FH)** 6:30 Games Night: Board Games (MPR)	**8** 10:00 Exercise Circle with Brandon (CR) 10:00 Fitness Support with Caleb (Gym) **2:00 Music with Martin Wall (FH)**
9 10:30 Church Service with Lifted Voices (FH)	**10** 9:30 Upper Body Strength (CR) 10:30 Creative Painting (CR) 2:30 Spirit Circle with Chaplain Ellen (CR)	**Remembrance Day** **11** 9:30 Balloon Badminton (CR) **10:30 Remembrance Day Service (FH)** 1:30 UNO (MPR) 2:30 Poetry Reading (MPR) Veterans Day Remembrance Day (Canada)	**8:30 Outing: Jack's Restaurant *Sign-up required** **12** 9:30 Seated Dance with Lauren (FH) 10:20 RC Communion Visits 10:30 Hymn Sing (MPR) **10:30 Suites Town Hall (DR)** 11:30 Choir Practice (FH) **1:30 Red Maple Senior's Association: Cultural Dance Performance (FH)**	**13** 9:30 Upper Body Strength (CR) 10:30 November Birthday Celebration (MPR) 1:15 Hot Wax Treatment (Gym) 2:30 Dominoes (MPR)	**14** **8:00 Suites Fried Egg Friday (DR)** 10:00 Flexibility Fitness (CR) 1:30 Ladder Ball Toss (CR)	**15** 10:00 Exercise Circle with Brandon (CR) 10:00 Fitness Support with Caleb (Gym) 1:30 Bean Bag Toss (CR) 2:30 UNO (MPR)
16 10:30 Church Service with Chaplain Lisa (FH) 2:00 Piano Music with Doug & Wilf (FH)	**KmW Clothing 10am-2pm** **17** 9:30 Strength & Conditioning (Gym) 10:30 Crokinole (GR) 2:30 Spirit Circle with Chaplain Ellen (CR)	**18** **2:00 Music with Menno Valley Sound (FH)** 5:00 Suites 6th Floor Dinner (MPR)	**19** 9:30 Seated Dance with Lauren (FH) 10:30 Hymn Sing (MPR) **11:30 Outing: Harvest Moon *Sign-up required** 11:30 Choir Practice (FH) **2:00 Piano Music with Joan & Mary (FH)**	**20** 9:30 Strength & Conditioning (CR) 10:30 Worship with Janice (FH) 1:15 Hot Wax Treatment (Gym) 2:30 Men's Club (CR)	**21** 9:30 Flexibility Fitness (CR) 10:30 Craft: Christmas Card Making (MPR) 1:30 Bean Bag Toss (CR) **2:30 Music with Traci Kennedy (FH)**	**22** 10:00 Exercise Circle with Brandon (CR) 10:00 Fitness Support with Caleb (Gym) 1:30 Ring Toss (CR) 2:30 Word Games
23 10:30 Church Service with Chaplain Lisa (FH)	**24** 9:30 Strength & Conditioning (CR) 10:30 Creative Painting (CR) 2:30 Spirit Circle with Chaplain Ellen (CR)	Kindred Credit Union 10-11 **25** 9:30 Qi Gong (FH) 1:30 UNO (MPR) **2:00 Music with Brent Stainton (FH)**	**26** 9:30 Beach Ball Fun (CR) 10:30 Catholic Mass (FH) 10:30 Hymn Sing (MPR) 11:30 Choir Practice (FH)	**27** **Christmas Bazaar 10am-5pm** **Resident/Family Christmas Dinner 12pm & 5pm** Thanksgiving Day (U.S.)	**28** **10:00 Outing: Dollarama *Sign-up required** 1:30 Dominoes (MPR) 3:45 Piano Music with Angela (FH)	**29** 10:00 Exercise Circle with Brandon (CR) 10:00 Fitness Support with Caleb (Gym) 1:30 Crokinole (GR) 2:30 Board Games (GR)
30 10:30 Church Service with Chaplain Lisa Advent 1 – HOPE (FH)						

LEGEND
CR – Craft Room
MPR – Multipurpose Room
EDR – Education Room
FH – Fellowship Hall
L – Lobby
DR – Dining Room
GR – Games Room

Contact Recreation: (519) 885 – 0090 Ext. 275 or recreation@parkwoodmh.com

ACTIVITY CALENDAR
NOVEMBER 2025

November 2025

Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 Aquafit 10:30 Open Swim
2	3 2:30 Aquafit 3:00 Open Swim	4 4:00 Aquafit 6:30 Open Swim	5	6 2:30 Aquafit 3:00 Open Swim	7 2:30 Aquafit 3:00 Open Swim	8 10:00 Aquafit 10:30 Open Swim
9	10 2:30 Aquafit 3:00 Open Swim	11 6:00 Aquafit 6:30 Open Swim	12	13 2:30 Aquafit 3:00 Open Swim	14 2:30 Aquafit 3:00 Open Swim	15 10:00 Aquafit 10:30 Open Swim
16	17 2:30 Aquafit 3:00 Open Swim	18 4:00 Aquafit 6:30 Open Swim	19	20 2:30 Aquafit 3:00 Open Swim	21 2:30 Aquafit 3:00 Open Swim	22 10:00 Aquafit 10:30 Open Swim
23	24 2:30 Aquafit 3:00 Open Swim	25 4:00 Aquafit 6:30 Open Swim	26	27	28 2:30 Aquafit 3:00 Open Swim	29 10:00 Aquafit 10:30 Open Swim
30	***Pool programs will be 30 minutes each.** **Highlight = Program being held at a different time then usual.**					

If you have any questions regarding aquatic programs, please contact recreation (519) 885 – 0090 Ext. 275 or recreation@parkwoodmh.com