November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00 Movers & Shakers (AR) 10:15 Private Music Therapy (P) 11:15 Your Music (AR) 2:00 Cranium Crunches (DR) 2:30 Sensory Stimulation with Music (WC) 3:15 Chat & Explore (DR)	3 10:00 Sensory Engagement (AR) 10:15 Private Music Therapy (P) 11:00 Care Fit (DR) 11:15 Group Connections 11:15 Gentle Music (AR) 2:00 Snoezelen Therapy (WC) 2:30 Name That Tune (AR) 3:30 Private Recreation Sessions	4 10:00 Sensory Engagement (AR) 11:15 Active Games (DR) 2:00 Snoezelen Therapy (WC) 2:00 Film Matinee (AR) 2:30 Musical Bingo (DR) 3:30 Drawing & Colouring (DR) 3:30 Private Recreation Visits (P)	5 10:15 Private Music Therapy (P) 11:00 Care Fit (DR) 11:15 Gentle Music (AR) 2:00 Movers & Shakers (AR) 2:30 Chime Circle (DR) 3:30 Beauty Club (DR)	6 10:15 Catholic Service (AR) 10:00 Sensory Engagement (AR) 11:15 Dance Fit (DR) 2:00 Literary Listeners (AL) 2:00 Armchair Travel (AR) 2:30 Sensory Stimulation with Music (WC) 3:15 Crafter's Corner (DR) 3:30 Private Recreation Visits (P)	7 10:00 Private Recreation Therapy (P) 11:00 Carpet Bowling (DR) 2:30 Bingo (DR) *Volunteer Led* 3:00 Snoezelen Therapy (WC) 3:00 Beauty Club (P) *Volunteer Led*
8 Diwali (Hindi)	9 10:00 Movers & Shakers (AR) 10:15 Private Music Therapy (P) 11:15 Your Music (AR) 2:00 Cranium Crunches (DR) 2:30 Sensory Stimulation with Music (WC) 3:15 Chat & Explore (DR)	10 10:00 Sensory Engagement (AR) 10:15 Private Music Therapy (P) 11:00 Care Fit (DR) 11:15 Group Connections 11:15 Gentle Music (AR) 2:00 Snoezelen Therapy (WC) 2:30 Name That Tune (AR) 3:30 Private Recreation Sessions	11 **Statutory Holiday** **No Scheduled Programs** Remembrance Day (Canada)	12 10:15 Private Music Therapy (P) 11:00 Care Fit (DR) 11:15 Gentle Music (AR) 2:00 Movers & Shakers (AR) 2:30 Chime Circle (DR) 3:30 Beauty Club (DR)	13 10:15 Communion & Prayers (WC) 10:00 Sensory Engagement (WC) 11:15 Dance Fit (DR) 2:00 Literary Listeners (AL) 2:00 Guess that BLANK (AR) 2:30 Sensory Stimulation with Music (WC) 3:15 Crafter's Corner (DR) 3:30 Private Recreation Visits (P)	14 10:00 Private Recreation Therapy (P) 11:00 Carpet Bowling (DR) 2:30 Bingo (DR) *Volunteer Led* 3:00 Snoezelen Therapy (WC) 3:00 Beauty Club (P) *Volunteer Led*
15	16 10:00 Movers & Shakers (AR) 10:15 Private Music Therapy (P) 11:15 Your Music (AR) 2:00 Cranium Crunches (DR) 2:30 Sensory Stimulation with Music (WC) 3:15 Chat & Explore (DR)	17 10:00 Sensory Engagement (AR) 10:15 Private Music Therapy (P) 11:00 Care Fit (DR) 11:15 Group Connections 11:15 Gentle Music (AR) 2:00 Snoezelen Therapy (WC) 2:30 Name That Tune (AR) 3:30 Private Recreation Sessions	18 10:00 Sensory Engagement (AR) 11:15 Active Games (DR) 11:15 Gentle Music (AR) 2:00 Snoezelen Therapy (WC) 2:30 Musical Bingo (DR) 3:30 Private Recreation Visits (P)	19 10:15 Private Music Therapy (P) 11:00 Care Fit (DR) 11:15 Gentle Music (AR) 2:00 Movers & Shakers (AR) 2:30 Chime Circle (DR) 3:30 Beauty Club (DR)	20 10:15 Communion & Prayers (WC) 10:30 Resident Advisory (AR) 11:15 Dance Fit (DR) 2:30 Sensory Stimulation with Music (WC) 2:00 Armchair Travel (AR) 3:15 Crafter's Corner (DR)	21 10:00 Private Recreation Therapy (P) 11:00 Tabletop Bowling (DR) 2:30 Bingo (DR) *Volunteer Led* 3:00 Snoezelen Therapy (WC) 3:00 Beauty Club (P) *Volunteer Led*
22	23 10:00 Movers & Shakers (AR) 10:15 Private Music Therapy (P) 11:15 Your Music (AR) 2:00 Cranium Crunches (DR) 2:30 Sensory Stimulation with Music (WC) 3:15 Chat & Explore (DR)	24 10:00 Sensory Engagement (AR) 10:15 Private Music Therapy (P) 11:00 Care Fit (DR) 11:15 Group Connections 11:15 Gentle Music (AR) 2:00 Snoezelen Therapy (WC) 2:30 Name That Tune (AR) 3:30 Private Recreation Sessions	25 10:00 Sensory Engagement (AR) 11:15 Active Games (DR) 11:15 Gentle Music (AR) 2:30 **Christmas Social** (DR)	26 10:15 Private Music Therapy (P) 11:00 Care Fit (DR) 11:15 Gentle Music (AR) 2:00 Guided Relaxation (WC) 2:00 Movers & Shakers (AR) 2:30 Chime Circle (DR) 3:00 Film Matinee (AR) 3:30 Beauty Club (DR)	27 10:15 Communion & Prayers (WC) 10:00 Sensory Engagement (AR) 11:15 Dance Fit (DR) 2:00 Guess that BLANK (AR) 2:00 Literary Listeners (AL) 2:30 Sensory Stimulation with Music (WC) 3:15 Crafter's Corner (DR)	28 10:00 Private Recreation Therapy (P) 11:00 Carpet Bowling (DR) 2:30 Bingo (DR) *Volunteer Led* 3:00 Snoezelen Therapy (WC) 3:00 Beauty Club (P) *Volunteer Led*
29	30 10:00 Movers & Shakers (AR) 10:15 Private Music Therapy (P) 11:15 Your Music (AR) 2:00 Cranium Crunches (DR) 2:30 Sensory Stimulation with Music (WC) 3:15 Chat & Explore (DR)					

For any inquiries, please contact the Lodge Department of Therapeutic Services at 604-468-5022
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*** Programs are subject to change ***

Legend: AR = Activity Room, WC = Wellness Centre, AL = Arbutus Lounge, DR = Dining Room, P = Private