HARMONY NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2pm Entertainment with Don Owens Daylight Savings	**2** 10am Boomer Visits 10:30am Chair Yoga 1pm VR Travel Experience Demo	**3** 10am Fun & Fitness 10:30 Morning Meditation 2pm Jeopardy	**4** 10am Scenic Drive 2pm Entertainment with Sean Roberts	**5** 10am Fun & Fitness 10:30am Hand Massage 2pm Poppy Craft	**6** 10am Zumba! 10:30am Reading Group 2pm Music Therapy Kaitlyn Away	**7** Colouring & Activity Booklets
8 2pm Entertainment with Don Owens	**9** 10am Boomer Visits 10:30am Chair Yoga 2pm Entertainment Darlene B	**10** 10am Fun & Fitness 10:30 Noodle Balloon 2pm Beauty Hour	**11** 10am Remembrance Day Ceremony 2pm Board Games	**12** 10am Fun & Fitness 10:30am Morning Meditation 2pm Sing-along	**13** 10am Zumba! 10:30am Word Webs 2pm Music Therapy	**14** Colouring & Activity Booklets
15 2pm Entertainment with Don Owens	**16** 10am Boomer Visits 10:30am Chair Yoga 2pm Entertainment with Jean Marc L Natalie Away	**17** 10am Fun & Fitness 10:30am Finish the Phrase 2pm Decorate Christmas Tree Natalie Away	**18** 10:30am Music & Movement 2pm Entertainment with Ian B Natalie Away	**19** 10am Chair Yoga 10- 11:30 Hearing Aid Clinic 2pm Movie Afternoon Natalie Away	**20** 10am Zumba! 10:30am 1:1 Chats 2pm Music Therapy Natalie Away	**21** Colouring & Activity Booklets
22 2pm Entertainment with Don Owens	**23** 10am Boomer Visits 10:30am Chair Yoga 2pm Entertainment with Emilio (Lobby)	**24** 10am Fun & Fitness 10:30am What's that Sound? 2pm Bingo	**25** 9:30am Fun & Fitness with Natalie 10:30am Guess the Smell 2pm Entertainment with Darlene M	**26** 10am Hymn Sing 10:30am Catholic Mass 2pm Christmas Craft	**27** 10am Zumba! 10:30am Reminicing Group 2pm Sing-along Kaitlyn Away	**28** Colouring & Activity Booklets
29 2pm Entertainment with Don Owens	**30** 10am Boomer Visits 10:30am Chair Yoga 2pm The Price is Right					