

Harmony November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Afternoon movie
2 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Entertainment with Don Owen (TV Room)	3 9:45 Fun & Fitness with Natalie (TV Room) 10:30 Boomer Visits (TV Room) 2:00 The Price is Right! 40's Edition (TV Room)	4 10:00 Chair Yoga (TV Room) 10:30 Meditation Morning & Hand Massages (TV Room) 2:00 Entertainment with Kathy Wiles (TV Room)	5 9:45 Fun & Fitness with Natalie (TV Room) 10:30 The "Never Have I Ever" Game (TV Room) 2:00 Matching Cities Game (TV Room)	6 10:00 Who am I? (TV Room) 2:00 Modelling with Clay: Christmas Shapes (Kitchen)	7 10:00 Zumba! (TV Room)  10:30 Mad Libs (TV Room) 2:00 Music Therapist Visit (TV Room)	8 10:00 Coffee, Colouring, and Activity Booklets (Kitchen)
9 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Entertainment with Don Owen (TV Room)	10 9:45 Fun & Fitness with Natalie (TV Room) 10:30 Boomer Visits (TV Room) 2:00 Art Therapy with Christy! (Kitchen) 	11 10:00 Chair Yoga (TV Room) 10:30 Remembrance Day: War Time Song Sing-A-Long (TV Room)  2:00 Reading Comprehension Group (TV Room)	12 9:45 Fun & Fitness with Natalie (TV Room) 10:30 The Balloon Game (TV Room) 2:00 Let's Travel: Prague! (TV Room) 	13 10:00 Christmas Trivia (Kitchen) 2:00 Salt Dough Ornament Making (Kitchen)	14 10:00 Zumba! (TV Room) 10:30 Reminiscing Group: Christmas Holidays & Traditions (TV Room) 2:00 Entertainment with Ian B (TV Room)	15 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Afternoon
16 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Entertainment with Don Owen (TV Room)	17 9:45 Fun & Fitness with Natalie (TV Room) 10:30 Boomer Visits (TV Room) 2:00 Entertainment with Darlene Brooks (TV Room)	18 10:00 Coffee, Coloring, and Activity Booklets (Kitchen) 2:00 Entertainment with Sean R (TV Room) <i>Facility Christmas Decorating</i>	19 10:00 Coffee, Coloring, and Activity Booklets (Kitchen)  2:00 Christmas Tree Decorating Group (TV Room) <i>Facility Christmas Decorating</i>	20 10:00 Coffee, Coloring, and Activity Booklets (Kitchen) 2:00 Afternoon Movie <i>Facility Christmas Decorating</i>	21 10:00 Zumba! (TV Room) 10:30 What's in the Bag? Sensory Exploration Game (TV Room) 2:00 Music Therapist Visit (TV Room) <i>Rebecca Off</i>	22 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Afternoon movie
23 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Entertainment with Don Owen (TV Room)	24 9:45 Fun & Fitness with Natalie (TV Room) 10:30 Boomer Visits (TV Room) 2:00 Entertainment with Emilio (L) 	25 10:00 Chair Yoga (TV Room) 10:30 Alphabet Artist (Kitchen) 2:00 Christmas Popcorn Stringing and Ornament Creation (Kitchen) <i>Rebecca Off</i> 	26 9:45 Fun & Fitness with Natalie (TV Room) 10:30 Bubble Badminton! (TV Room) 2:00 Christmas Cookie Decorating! (Kitchen) 	27 10:00 Hymn Sing (TV Room) 10:30 Catholic Church Service (TV Room) 2:00 Nail Parlor (Kitchen)	28 10:00 Zumba! (TV Room) 10:30 Guess the Scent (TV Room) 2:00 Music Therapist Visit (TV Room) <i>Natalie Off</i>	29 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Afternoon movie
30 10:00 Coffee, Colouring, and Activity Booklets (Kitchen) 2:00 Entertainment with Don Owen (TV Room)						