November 2026

SPRUCE UNIT

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:15 Hello, November! 9:45 Brain Booster 10:30 Fitvember 1:15 Bingo (A.R.) 3:30 Off Unit Program	**3** 9:15 Rise & Shine, Autumn Sunshine! 9:45 1-1 Visit 10:30 Rise and Grind 1:15 $ Bingo (A.R.) 3:30 Off Unit Program	**4** 9:15 Sweater Weahter Greetings! 1:15 Remembrance Day Trivia (A.R.) 2:00 Entertainment in A.R. with Bob F.	**5** 9:15 Chilly, but Cheerful! 9:45 1-1 Visits 10:30 Autumn Activity 1:15 Off Unit Program 2:00 Mind Games 3:30 Off Unit Program	**6** 9:15 Happy Friday! 9:45 Never Have I Ever 10:30 “Sweat”er Weather 1:15 Off Unit Program 2:00 Today in History 3:30 Off Unit Program
9 9:15 Hello, November! 10:00 Remembrance Day Service 1:15 Bingo (A.R.) 3:30 Off Unit Program	**10** 9:15 Rise & Shine, Autumn Sunshine! 9:45 1-1 Visit 10:30 Fall into Fitness 1:15 $ Bingo (A.R.) 3:30 Off Unit Program	**11** **No Recreation Remembrance Day** 	**12** 9:15 Chilly, but Cheerful! 9:45 1-1 Visits 10:30 Crisp Air Cardio 1:15 Off Unit Program 2:00 Board Games 3:30 Off Unit Program	**13** 9:15 Happy Friday! 9:45 Name 5 10:30 “Sweat”er Weather 1:15 Off Unit Program 2:00 Jenga 3:30 Off Unit Program
16 9:15 Hello, November! 9:45 Rock, Paper, Scissors 10:30 Fitvember 1:15 Bingo (A.R.) 3:30 Off Unit Program	**17** 9:15 Rise & Shine, Autumn Sunshine! 9:45 1-1 Visit 10:30 Sweatember 1:15 $ Bingo (A.R.) 3:30 Off Unit Program	**18** 9:15 Sweater Weahter Greetings! 9:45 Target the Maple Leaf 10:30 Pumpkin Power 1:15 Off Unit Program 3:30 Off Unit Program	**19** 9:15 Chilly, but Cheerful! 9:45 1-1 Visits 10:30 Fall into Motion 1:15 Off Unit Program 2:00 Card Games 3:30 Off Unit Program	**20** 9:15 Happy Friday! 9:45 Left, Right Game 10:30 “Sweat”er Weather 1:15 Off Unit Program 2:00 Skee Ball 3:30 Off Unit Program
23 9:15 Hello, November! 9:45 Ladder Ball 10:30 Shake Off the Chill 1:15 Bingo (A.R.) 3:30 Off Unit Program	**24** 9:15 Rise & Shine, Autumn Sunshine! 9:45 1-1 Visit 10:30 Movember 1:15 $ Bingo (A.R.) 3:30 Off Unit Program	**25** 9:15 Sweater Weahter Greetings! 9:45 Pumpkin Pictures 10:30 Seasonal Stretch 1:15 Off Unit Program 3:30 Off Unit Program	**26** 9:15 Chilly, but Cheerful! 9:45 1-1 Visits 10:30 Move & Mingle 1:15 Off Unit Program 2:00 Would You Rather? 3:30 Off Unit Program	**27** 9:15 Happy Friday! 9:45 Who Am I? 10:30 “Sweat”er Weather 1:15 Trivia and Treats 2:00 Sadie Hawkins Dance A.R.
30 9:15 Hello, November! 9:45 Coffee & Chat 10:30 Pumpkin Spice Exercise 1:15 Bingo (A.R.) 3:30 Off Unit Program				

SUBJECT TO CHANGES