

OCTOBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
To join by phone, call: 1-855-703-8985 And enter meeting ID: 225-573-6467#				1		2		3	
				😊 9:30am: Short Stories 🗨️ 11am: Program Preview 🧠 1pm: Global Events 🍏 3pm: Exercise		🍏 9:30am: Gratitude 🧠 11am: Canadian Women in Aviation 🗨️ 1pm: Let’s Talk About 😊 3pm: Name That Tune		😊 9:30am: Classical Music Hour 🍏 11am: Exercise 😊 1pm: Writing For Fun 🗨️ 3pm: Coffee Chat	
6		7		8		9		10	
🍏 11am: Exercise 🗨️ 1pm: Some Good News 😊 3pm: The Wizard of Oz 😊 4:30pm: Jeopardy		🗨️ 9:30am: Ponder This 🍏 11am: Imagination Circle 🗨️ 1pm: Inner Beauty Day ☎️ 1pm: Good Grief 🧠 3pm: History of Cowrie Shells		🗨️ 9:30am: Coffee Chat 🧠 11am: Science Savvy 😊 1pm: Brain Games ☎️ 1pm: Finding Your Joy 🍏 3pm: Exercise		No Programs		😊 9:30am: Your Favourite Songs 🍏 11am: Exercise: Chair Yoga 🗨️ 1pm: In The Headlines 🍏 3pm: Gratitude	
13		14		15		16		17	
Happy Thanksgiving!		🗨️ 9:30am: Nostalgia Moments 🍏 11am: Mindfulness with Carol 😊 1pm: All Request Music ☎️ 1pm: Good Grief 🗨️ 3pm: Readers’ Corner		😊 9:30am: Trivia 🗨️ 11am: Coffee Chat 🧠 1pm: How It’s Made ☎️ 1pm: Finding Your Joy 🍏 3pm: Exercise Q&A		No Morning Programs 😊 1pm: Literary Reflections 🧠 3pm: Centre For Sexuality		😊 9:30am: Songs of Your Childhood 🍏 11am: Exercise 😊 1pm: Writing For Fun 🧠 3pm: Who Why When	
20		21		22		23		24	
🍏 11am: Exercise 🗨️ 1pm: The Big Picture 😊 3pm: The Wizard of Oz 😊 4:30pm: Name That Tune		🗨️ 9:30am: Let’s Talk About 🍏 11am: Imagination Circle 🗨️ 1pm: Worldviews ☎️ 1pm: Chronic Pain 🍏 3pm: Nutrition for Health		😊 9:30am: Vinyl Café 🗨️ 11am: Fandom 🗨️ 1pm: In The Headlines ☎️ 1pm: Finding Your Joy 🍏 3pm: Exercise		🍏 9:30am: Gratitude 😊 11am: Story Lines 🧠 1pm: Judy Garland 🍏 3pm: Working Through Grief		😊 9:30am: All Female Artists 🍏 11am: Exercise 🧠 1pm: History of Easter Island 🗨️ 3pm: Coffee Chat	
27		28		29		30		31	
🍏 11am: Exercise 🧠 1pm: Next Stop 😊 3pm: The Wizard of Oz 😊 4:30pm: Dinner Theatre		🗨️ 9:30am: Every Voice Matters 🍏 11am: Music Meditation 😊 1pm: Finish the Phrase ☎️ 1pm: Chronic Pain 🧠 3pm: Canadian Resources		😊 9:30am: Mystery Chronicles 🧠 11am: Year Without a Summer 🗨️ 1pm: What If? ☎️ 1pm: Finding Your Joy 🍏 3pm: Exercise		🍏 9:30am: Gratitude 🧠 11am: Animal Spotlight 🗨️ 1pm: Coffee Chat 😊 3pm: Word Games		😊 9:30am: Halloween Music Hour 🍏 11am: Exercise 😊 1pm: Writing For Fun 😊 3pm: BINGO	



Pre-registration required



Special Events



Conversations



Health & Wellness



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NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  11am: Exercise  1pm: Greta Thunberg  3pm: The Wizard of Oz  4:30pm: Broadway Musicals	4  9:30am: Ponder This  11am: Imagination Circle  1pm: Global Events  1pm: Chronic Pain  3pm: Hummzinger	5  9:30am: NPR Tiny Desk Concerts  11am: Coffee Chat  1pm: Mindfulness  1pm: Finding Your Joy  3pm: Exercise	6  9:30am: Gratitude  11am: In The Headlines  1pm: Who Sang It Best  3pm: History of Time Zones	7  9:30am: Ragtime Music Hour  11am: Exercise  1pm: Animal Spotlight  3pm: Let’s Talk About
10  11am: Exercise  1pm: 27 Club  3pm: Lest We Forget  4:30pm: The Wizard of Oz	11 Remembrance Day	12  9:30am: Name That Tune  11am: Next Stop  1pm: Worldviews  1pm: Finding Your Joy  3pm: Exercise	13 No Morning Programs  1pm: Laughter Yoga  3pm: Coffee Chat	14  9:30am: All Request Music  11am: Exercise: Chair Yoga  12pm: Canadian Connections  1pm: Writing For Fun  3pm: How It’s Made
17  11am: Exercise  1pm: The Big Picture  3pm: Importance of Being Earnest  4:30pm: Dinner Theatre	18  9:30am: Nostalgia Moments  11am: Imagination Circle  1pm: Science Savvy  1pm: Chronic Pain  3pm: Nutrition for Health	19  9:30am: Mystery Chronicles  11am: SCWW Advisory Group  1pm: International Men’s Day  1pm: Finding Your Joy  3pm: Exercise	20  9:30am: Gratitude  11am: Empowerment  1pm: For Your Body  3pm: Story Lines	21  9:30am: Songs That Empower  11am: Exercise  1pm: Ozzy Osbourne  3pm: Coffee Chat
24  11am: Exercise  1pm: Some Good News  3pm: Importance of Being Earnest  4:30pm: Wheel of Fortune	25  9:30am: Let’s Talk About  11am: Mindfulness with Carol  1pm: Crime & Justice  1pm: Chronic Pain  3pm: Readers’ Corner	26  9:30am: Next Stop  11am: Richard’s Maritime History  1pm: Coffee Chat  1pm: Finding Your Joy  3pm: Exercise	27  9:30am: Gratitude  11am: In The Headlines  1pm: Canadian Resources  3pm: Working Through Grief	28  9:30am: Classical Music Hour  11am: Exercise  1pm: Writing For Fun  3pm: BINGO
	To join by phone, call: 1-855-703-8985 And enter meeting ID: 225-573-6467#			



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DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  11am: Exercise  1pm: Who Why When  3pm: Importance of Being Earnest  4:30pm: Broadway Musicals	2  9:30am: Ponder This  11am: Imagination Circle  1pm: How It’s Made  1pm: Chronic Pain  3pm: Worldviews	3  9:30am: Mystery Chronicles  11am: Edwin A. Baker  1pm: Crafting Circle  1pm: Finding Your Joy  3pm: Exercise	4  9:30am: Gratitude  11am: Palliative Institute  1pm: Cogitators  3pm: Crime & Justice	5  9:30am: All Request Music  11am: Exercise  1pm: Global Events  3pm: Coffee Chat
8  11am: Exercise  1pm: Animal Spotlight  3pm: Nutcracker & Mouse King  4:30pm: Wheel of Fortune	9  9:30am: Nostalgia Moments  11am: Mindfulness with Carol  1pm: Science Savvy  3pm: Readers’ Corner	10  9:30am: Chicken Soup for the Soul  11am: Coffee Chat  1pm: Next Stop  3pm: Exercise	11 No Programs	12  9:30am: Songs of Faith  11am: Exercise: Chair Yoga  1pm: Writing For Fun  3pm: Would You Rather?
15  11am: Exercise  1pm: The Big Picture  3pm: Nutcracker & Mouse King  4:30pm: Dinner Theatre	16  9:30am: Let’s Talk About  11am: Imagination Circle  1pm: History of Fruitcake  3pm: Nutrition for Health	17  9:30am: Vinyl Café  11am: EPL Presents!  1pm: Coffee Chat  3pm: Exercise	18  9:30am: Gratitude  11am: Siegfried & Roy  1pm: For Your Body  3pm: Working Through Grief	19  9:30am: Holiday Favourites  11am: Exercise  1pm: Canadian Resources  3pm: BINGO
22  11am: Exercise  1pm: In The Headlines  3pm: Nutcracker & Mouse King  4:30pm: Person Place or Thing	23  9:30am: Story Lines  11am: Music Meditation  1pm: Myth of the Phoenix  3pm: Coffee Chat	24  11am: The Shepherd	25 Happy Holidays	26
29  11am: Exercise	30  11am: Kwanzaa	31  11am: Year In Review	To join by phone, call: 1-855-703-8985 And enter meeting ID: 225-573-6467#	



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