

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>November 2025</h1> <h2>Salty Shores Resident- Directed Programs</h2>						<b>9:30-11:00</b> <b>1</b> -Music & Relaxation -Snap & Fold -Artful Moments <b>1:00-03:00</b> -Table Games
<b>9:30-11:00</b> <b>2</b> -Church Service -Snap & Fold <b>1:00-7:00</b> -Seasonal Craft -Church Service <small>Daylight Saving Time Ends</small>	<b>12:00-8:00</b> <b>3</b> -Chair Zumba -Snap & Fold -Seasonal Craft -Table Games -Manicure Spa	<b>9:30-11:00</b> <b>4</b> -The Breakfast Club -Snap & Fold -Active Games <b>1:00-3:00</b> -Seasonal Craft	<b>9:30-11:00</b> <b>5</b> -Chair Zumba -Snap & Fold -Word Game <b>1:00-8:00</b> -Seasonal Craft	<b>9:30-11:00</b> <b>6</b> -Physio Moves -Bible Study -Snap & Fold <b>1:00-3:00</b> -Seasonal Craft	<b>9:30-11:00</b> <b>7</b> -Chair Zumba -Seasonal Craft <b>1:00-3:00</b> 	<b>9:30-11:00</b> <b>8</b> -Chair Zumba -Snap & Fold -Dominoes <b>1:00-3:00</b> -Poppy Craft
<b>9:30-11:00</b> <b>9</b> -Church Service -Snap & Fold <b>1:00-7:00</b> -Poppy Craft -Church Service	<b>9:30-11:00</b> <b>10</b> -Active Games -Snap & Fold -Artful Moments <b>1:00-3:00</b> -Poppy Craft	<b>9:30-11:00</b> <b>11</b> -The Breakfast Club -Church Service -Snap & Fold <b>1:00-3:00</b> -Seasonal Craft <small>Veterans Day / Remembrance Day (Canada)</small>	<b>8:30-4:30</b> <b>12</b> 	<b>9:30-11:00</b> <b>13</b> -Physio Moves -Bible Study <b>12:00-8:00</b> -Seasonal Craft -Cinema Theatre	<b>9:30-11:00</b> <b>14</b> -Chair Zumba -Snap & Fold <b>1:00-3:00</b> -Seasonal Craft -Artful Moment	<b>9:30-11:00</b> <b>15</b> -Chair Zumba -Snap & Fold -Seasonal Craft <b>1:00-3:00</b> -Artful Moments
<b>9:30-11:00</b> <b>16</b> -Church Service -Snap & Fold <b>1:00-3:00</b> -Seasonal Craft -Church Service	<b>12:00-8:00</b> <b>17</b> -Chair Zumba -Snap & Fold -Seasonal Craft -Table Games -Musical Melodies	<b>9:30-11:00</b> <b>18</b> -The Breakfast Club -Snap & Fold -Active Games <b>1:00-3:00</b> -Seasonal Craft	<b>9:30-11:00</b> <b>19</b> -Chair Zumba -Snap & Fold -Word Games <b>1:00-8:00</b> -Seasonal Craft	<b>9:30-11:00</b> <b>20</b> -Music & Relaxation -Physio Moves -Bible Study <b>1:00-3:00</b> -Seasonal Craft	<b>9:30-11:00</b> <b>21</b> -The Cookie Jar Club -Seasonal Craft -Bazaar Preparation <b>1:00-3:00</b> -Artful Moment	<b>10:00-2:00</b> <b>22</b> 
<b>9:30-11:00</b> <b>23</b> -Church Service -Snap & Fold <b>1:00-7:00</b> -Chocolate Tea Social -Church Service	<b>9:30-11:00</b> <b>24</b> -Active Games -Snap & Fold <b>1:00-3:00</b> -Artful Moments -Music & Relaxation	<b>9:30-11:00</b> <b>25</b> -The Breakfast Club -Snap & Fold -Active Games <b>1:00-3:00</b> -Table Games	<b>9:30-11:00</b> <b>26</b> -Chair Zumba -Snap & Fold -Word Games <b>1:00-3:00</b> -Loops & Laugh Club	<b>9:30-11:00</b> <b>27</b> -Physio Moves -Bible Study <b>12:00-8:00</b> -Artful Moments -Manicure Spa <small>Thanksgiving Day (U.S.)</small>	<b>9:30-2:00</b> <b>28</b> -The Cookie Jar Club -Quarterly Birthday Party (Chocolate Cake & Eggnog)	<b>9:30-11:00</b> <b>29</b> -Chair Zumba -Snap & Fold -Dominoes <b>1:00-3:00</b> -Table Games
<b>9:30-11:00</b> <b>30</b> -Church Service -Communion -Snap & Fold <b>1:00-3:00</b> -Loops & Laugh Club	<div>  <div> <b>Daylight Saving Time Ends</b>            Sunday November 2, 2025         </div> </div> <div>   </div>					

# Lifestyle & Leisure Moments

Feathered Friends  
November 1<sup>st</sup> @ 10am

BPSO Visit  
November 7<sup>th</sup> @ 2pm

Remembrance Day  
November 11<sup>th</sup>

Zamar Music  
November 20<sup>th</sup> @ 10pm

Help Mobility VR  
November 27<sup>th</sup> @2pm

Quarterly Birthday Party  
November 28<sup>th</sup>

# Life Enrichment Glossary

**Snap & Fold** (with Shirley F., Starr & Jean)- Folding of Clothes Protector

**Loops & Laughs Club** (with Tina & Company)- Knitting, Crocheting or Embroidery

**Breakfast Club** (with Shirley W.)-Calendar Discussion, Resident Spotlight, News & Views

**The Reading Club** (with Jean & Magda)- Ties That Binds, Culture Change Chronical, Daily Bread, Daily Chronicle

**The Cookie Jar Club** (with Johnny or Florence)-Baking (Cupcakes, Cookie, Cake)

**Artful Moment** - Fall Coloring Pages, Water Painting, Canvas Painting, Arts & Craft

**Scrapbooking**- (Residents making their own Photo Books)

**Green Thumbs** (with Jolly)- Care of Neighborhood Plants

**Music Melody**- Sing Along, Karaoke, Drumming Circle, Piano Playing, Playing an Instrument

**Seasonal Craft**- (Residents making Craft for Christmas Bazaar)

**Music & Relaxation**- (Items on Snoezelen Cart or Activity Bins)

**Virtual Games**-Tovertafel or Obie, Virtual Headset, iPad

**Chair Zumba**-Exercise, ROM

**Active Games**-Balloon Tennis, Ball Toss, Badminton, Balloon Toss, Skee Ball, Parachute

**Table Games**-Ludo, Snake & Ladder, Card Games, Ring Toss, Dice Game, Dominoes, Bingo