If you have any questions please reach out to your Annandale Heights Rec Team
Leah or Nisha

Please note programs may change at times. See Recreation board for any cancellations.

November 2026
Annandale Heights

peopleCare communities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45 Poppy Wreaths 10:45 Chair Yoga -Chapel 2:00 Church Service with Tillsonburg Community Care Group-Chapel 3:15 Helping Hands	**2** 9:15 Pump it UP- AHDR 1:00 Crossword 2:00 Bingo -Chapel 3:45 Guided Imagery 6:00 Monday Night Movies	**3** 1:00 1:1 Visits 2:00 Manicures/Hand Massages 3:15 Tai Chi and Aromatherapy 6:00 1960's greatest hits	**4** 9:15 Pump it UP- AHDR 9:30 Fact or Fiction? 10:00 Hymn Sing- Chapel 1:15 Neighborhood Time 2:00 Country Music by Monique	**5** Happy Birthday Betty 9:30 Zumba- AHDR 10:00 Pet Visits with Blu 10:30 Short Stories-AHL 2:00 EZ Bingo - LSDR 3:15 Puzzles	**6** 9:15 Pump it UP- AHDR 9:30 Manicures/Hand Massages 10:45 Crosswords 2:00 Bowling 3:30 1:1 Visits	**7** 1:00 1:1 Visits 2:00 Fishing 3:00 Remembrance day colouring 6:10 Bingo
8 9:00 Chair Exercise 10:00 Card Bingo 2:00 Church Service with Eden Baptist- Chapel 3:00 Balloon Badminton	**9** Happy Birthday Mary 9:15 Pump it UP- AHDR 9:45 Beachball Volleyball-AHDR 10:45 Jokes & Riddles 2:00 Bingo-Chapel 3:45 Relax & Unwind	**10** 9:30 Connect 4 10:30 Resident Council- Meeting Place 2:00 Balloon Badminton 3:15 Tai Chi and Aromatherapy	**11** 9:15 Pump it UP- AHDR 9:45 Tic Tac Toe with Poppies 10:45 Remembrance Day Service 1:00 Anagrams with the word Commemorative 2:00 Parachute Games 3:15 Hangman 6:00 Youtube- Remembrance Day	**12** 9:30 1:1 Visits 10:00 Pet Visits with Blu 10:30 Chicken Soup Stories 2:00 EZ Bingo-LSDR 3:30 Dance Party	**13** 9:15 Pump it UP- AHDR 1:00 Balloon Toss 1:30 1:1 Visits 3:00 Bingo 6:15 Name that Sound/Tune	**14** 9:30 Fishing-AHDR 10:30 Connect 4 2:00 Make Your Own Masterpiece 3:30 Pictionary- AHL
15 9:15 Manicures/ Hand Massages 10:45 Chair Yoga -Chapel 2:00 Church Service with Oxford Reform Church- Chapel 3:30 Colouring Group	**16** 9:15 Pump it UP- AHDR 1:00 Pictionary 2:00 Bingo -Chapel 3:30 1:1 Visits 6:00 Monday Night Movies	**17** Happy Birthday David 1:00 Mexican Train 2:00 Birthday Party with the Garage Guys 3:30 Move & Groove to Music 6:15 Tai Chi and Aromatherapy	**18** 9:15 Pump it UP- AHDR 10:00 Fact or Fiction? 11:00 Balloon badminton 1:15 Card Bingo	**19** 9:30 Hymn Sing- AHDR 10:00 Pet Visits with Blu 10:30 Euchre- TADR 10:45 Finish the Phrase 2:00 EZ Bingo 3:30 Aromatherapy	**20** 9:15 Pump it UP- AHDR 9:45 Clay Creations 10:45 Balloon Badminton 2:00 Gingerbread Mug Cake 3:30 Chicken Soup Stories	**21** 1:00 1:1 Visits 2:00 Shuffle Board 3:00 Manicure/ Hand massage / Sensory 5:30 Santa Claus Parade 6:15 Spin the wheel- (Trivia)- Chapel
22 9:00 1 to 1 visits 1:00 Card Bingo 2:00 Church Service with New Hope - Chapel 3:15 Name that tune/Name that sound	**23** 9:15 Pump it UP- AHDR 9:45 Beachball Volleyball 10:45 Crosswords 2:00 Bingo -Chapel 3:30 Spelling Bee	**24** 9:45 Manicures/Hand Massage 10:45 Sun & Stretch 2:00 Spelling Bee 3:15 Tai Chi and Aromatherapy	**25** 9:15 Pump it UP- AHDR 9:30 Mexican Train 10:00 Celebrity Review 2:00 Karaoke -Chapel 3:30 Trivia in the Chapel 6:15 You tube Concert - Dean Martin	**26** 9:45 Origami 10:00 Pet Visits with Blu 10:45 Fishing 2:00 Music by Peter Maranji 3:30 Make Your Own Creation	**27** 9:15 Pump it UP- AHDR 1:00 1:1 Visits 2:00 Balloon Toss 3:30 Card Bingo 6:15 Singalong	**28** 9:45 Hangman 10:45 Fishing 2:00 Whoopie Pies 3:30 Music
29 9:30 Crosswords 10:45 Chair Yoga -Chapel 2:00 Church Service with North Broadway- Chapel 3:15 Helping Hands	**30** 9:15 Pump it UP- AHDR 1:00 1:1 Visits 2:00 Bingo -Chapel 3:30 Tai Chi & Aromatherapy 6:00 Monday Night Movies					

<u>Location Legend</u>
AHDR- Annandale Heights Dining Room
AHL- Annandale Heights Lounge
LSDR- Lisgar Shores Dining Room

