If you have any questions please reach out to your
Tillson Ave Rec Team
Lovedeep

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

November 2026
Tillson Avenue

peopleCare communities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:45 Chair Yoga -Chapel 2:00 Church Service with Tillsonburg Community Care Group-Chapel	**2** 9:15 Pump it UP- TADR 1:00 Aromatherapy 2:00 Bingo -Chapel 3:30 1:1 Visits 6:15 Balloon Badminton	**3** 1:00 Songfest 2:00 Trivia / Discussion Group 3:30 Casual Talks 6:00 Movie Night	**4** 9:15 Pump it UP- TADR 10:00 Hymn Sing- Chapel 2:00 Country Music by Monique 3:30 Window Visits	**5** 9:30 Zumba- AHDR 10:00 Pet Visits with Blu 10:30 Short Stories-AHL 2:00 EZ Bingo - LSDR	**6** 9:15 Pump it UP- TADR 1:00 Hand Massages 2:00 Balloon Badminton 3:30 Musical Moments 6:15 Fun Facts	**7** 9:30 Colour the Flowers 10:30 Hymn Sing 2:00 Short Stories 3:30 Helping Hands
8 9:30 Meditation Music 10:30 Empathy Doll Therapy 2:00 Church Service with Eden Baptist- Chapel 3:30 Chatting Cornor	**9** 9:15 Pump it UP- TADR 9:45 Beachball Volleyball-AHDR 1:00 ipad Games 2:00 Bingo-Chapel 3:45 Who Am I? Remembrance Day Edition	**10** 10:30 Resident Council- Meeting Place 1:00 Songfest 2:00 EZ Trivia 3:30 Casual Talks 6:00 Movie Night	**11** 9:15 Pump it UP- TADR 10:45 Remembrance Day Service 2:00 Parachute Games 3:30 Window Visits 6:15 Hymn Sing	**12** 10:00 Pet Visits with Blu 10:00 Baking with Nisha 1:00 1:1 Visits 2:00 EZ Bingo-LSDR 3:30 Manicures 6:00 Roaming Stories	**13** 9:15 Pump it UP- TADR 10:30 Mind games 2:00 Horse Race 3:30 Hand Massages	**14** 9:30 Fishing-AHDR 3:30 Pictionary- AHL
15 10:45 Chair Yoga -Chapel 2:00 Church Service with Oxford Reform Church-Chapel	**16** 9:15 Pump it UP- TADR 1:00 Aromatherapy 2:00 Bingo -Chapel 3:30 1:1 Visits 6:15 Word Games	**17** 1:00 Songfest 2:00 Birthday Party with the Garage Guys 3:30 Casual Talks 6:00 Movie Night	**18** 9:15 Pump it UP- TADR 10:30 Hymn Sing 2:00 Cognitive / Word Games 3:30 Window Visits	**19** 9:30 Hymn Sing- AHDR 10:00 Pet Visits with Blu 10:30 Euchre- TADR 2:00 EZ Bingo	**20** 9:15 Pump it UP- TADR 1:00 Hand Massages 2:00 Balloon Badminton 3:30 Group Singing 6:15 Fun Facts	**21** 9:30 Colour the Flowers 10:30 Hymn Sing 2:00 Short Stories 3:30 Helping Hands 5:30 Santa Claus Parade
22 9:30 Meditation Music 10:30 Doll Therapy 2:00 Church Service with New Hope - Chapel 3:30 Chatting Corner	**23** 9:15 Pump it UP- TADR 2:00 Bingo -Chapel 3:30 Busy Hands 6:15 Mexican Train	**24** 1:00 Songfest 2:00 Trivia / Discussion Group 3:30 Casual Talks 6:00 Movie Night	**25** 9:15 Pump it UP- TADR 2:00 Cognitive / Word Games 2:00 Karaoke -Chapel 3:30 Window Visits 6:15 Hymn Sing	**26** 10:00 Pet Visits with Blu 1:00 1:1 Visits 2:00 Music by Peter Maranji 3:30 Manicures 6:00 Journey Notes	**27** 9:15 Pump it UP- TADR 10:30 Mind Games 2:00 Ball Toss 3:30 Hand Massages	**28** 1:30 History of Aviation 3:30 Trivia 6:15 Reading Group
29 10:45 Chair Yoga -Chapel 2:00 Church Service with North Broadway- Chapel 6:15 Who, What, Where	**30** 9:15 Pump it UP- TADR 1:00 Aromatherapy 2:00 Bingo -Chapel 3:30 1:1 Visits 6:15 Solving Puzzle					

Location Legend

TADR- Tillson Ave Dining Room
TAL- Tillson Ave Lounge
AHDR- Annandale Heights Dining Room
AHL- Annandale Heights Lounge
LSDR- Lisgar Shores Dining Room

