

November 2025 ~ Irene Baron Eden Centre ~ Life Enrichment Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HIGHLIGHTED NUMBERS INDICATES PROVINCIAL HOLIDAY					1 10:00 Manicures 1:30 Fitness and November News
2  Fall back-Daylight Savings 10:15 Worship Service 1:30 Bean Bag Toss	3 10:00 Strengthening Exercises 1:30 Bible Study	4 10:00 Stretches & Chair Dances 1:15 Remembrance Day Service #9 Legion???	5 10:00 Fun & Fitness 1:30 MUSICAL CHAIRS	6 11:15 1 st Floor (Ivy & Ramblin) Outing to Original Pancake House 6PM HAPPY HOUR W/PLAY-IT-AGAIN	7 10:00 Chair Yoga 2:00 PIANO BY SUE	8 10:00 Manicures 1:30 PIANO STUDIO W/MEL KOOP
9 10:15 Worship Service 2:30 Providence Church	10 10:00 Strengthening Exercises 1:30 HOW MANY WORDS FROM "REMEMBRANCE DAY"	11  Let We Forget Office Closed	12 10:00 STRETCHES and Finish the song Lyrics 1:30 Walking & Visiting Ida M.-B-day	13 10:00 Chair Yoga 1:30 Bingo	14 10:00 Mum's the Word 1:30 MONTHLY BIRTHDAY PARTY WITH GUITARIST CAL WOOKEY	15 10:00 Graceful Ballet Exercises 1:30 PLINKO Verne R.-B-day
16 10:15 Worship Service 1:30 Bean Bag Toss	17 10:00 Strengthening Exercises 1:30 Bible Study	18 10:00 Group Crossword Puzzle 1:30 Share about a Family Heirloom (Show/Tell)	19 10:00 Chair Dancing 1:30 Hockey Shots on Net	20 11:15 2 nd Floor (B.Bay& Marigold) Outing to Original Pancake House 6PM BINGO	21 10:00 Sit n' Dance 2:00 PIANO BY SUE	22 10:00 Ribbon Dancing 1:30 Bean Bag Toss
23/30 10:15 Worship Service 23 rd -2:30 Providence Church (Young People)	24 10:00 Strengthening Exercises 1:30 Skee Ball	25 10:00 Fun & Fitness 1:30 Guess the Song Title Marilyn L.-B-day	26 10:00 Stretches 1:30 Table Pong	27 1:30 Bingo 6PM BOUNCE A BUCKET OF BALLS	28 10:00 Chair Yoga 1:30 Christmas Carols	29 10:00 Chair Dancing 1:30 SHAKE LOOSE A CHRISTMAS MEMORY

PLEASE SEE THE LIFE ENRICHMENT BOARD ~ ACTIVITIES ARE SUBJECT TO CHANGE DUE TO UNFORSEEN CIRCUMSTANCES