Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 Fitness with Viv 1:30 Lift Your Spirits 3:00 Walks,Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	2 10:30 Jammin with John 1:30 Fun and Games 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	3 10:30 Movin' & Groovin' 1:30 Tunes with Avril & Friends 3:00 Walks,Talks/ Busy Hands (GL)	4 10:30 Chair Tai Chi 1:30 Trivia 1:45 Guitar with Donna 2:30 Busy Hands (GL) 3:00 Creative Time with Jocelyn	5 10:30 Fitness with Viv 1:30 Music and Music Makers 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	6 10:30 Nature Program 1:30- Adopt-A-Senior Program 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	7 1:30 Boredom Busters 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley
8 10:30 Fitness with Viv 1:30 Lift your Spirit 3:00 Walks,Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley Diwali (Hindi)	9 10:30 Jammin with John (GL) 11:00 Hymn Sing 1:30 Fun and Games 3:00 Walks & Talks/ Busy Hands (GL)	10 10:30 Movin & Groovin 1:30 BINGO! 3:00 Walks,Talks/ Busy Hands (GL)	11 10:30 In Remembrance 1:30 The Bagpipers Play 2:30 Busy Hands (GL) 3:00 Creative Time with Jocelyn 5:45 Twilight Time with Shirley Remembrance Day (Canada)	12 10:30 Fitness with Viv 1:30 Music with Suzanne & Grace 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	13 10:30 Nature Program 1:30- Fun and Games 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	14 1:30 Bordom Busters 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley
15 10:30 Fitness with Viv 1:30 Lift Your Spirits 3:00 Walks,Talks/ Busy Hands (GL)	16 10:30 Jammin with John 1:30 Fun & Games Horse shoes & Cow roping 3:00 Walks & Talks/ Busy Hands (GL) Western Week	17 10:30 Country Music BINGO! 1:30 Tunes with Avril & Friends 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley Western Week	18 10:30 Chair Tai Chi 1:30 Music Trivia "The Greats of Country Music" 2:30 Busy Hands 3:00 Creative Time with Jocelyn 5:45 Twilight Time with Shirley Western Week	19 10:30 Fitness with Viv 1:30 "Cottonwood" Perform 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley Western Week	20 10:30 Nature Program 1:30- Adopt-A-Senior Program 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley Western Week	21 10:30 Morning Discussion 1:30 Boredom Busters 3:00 Walks & Talks/ Busy Hands (GL)
22 10:30 Fitness with Viv 1:30 Lift Your Spirits 3:00 Walks,Talks/ Busy Hands (GL)	23 10:30 Jammin with John 1:30 Fun and Games 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	24 10:30 Movin' & Groovin 1:30 BINGO! 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	25 10:30 Scrooge Cast Performs 1:45 Guitar with Donna 2:30 Busy Hands (GL) 3:00 Creative Time with Jocelyn 5:45 Twilight Time with	26 10:30 Fitness with Viv 1:30 Gwen & Friends Perform 2:30 Monthly Birthday cake 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley Thanksgiving Day (U.S.)	27 10:30 Nature Program 1:30- Adopt-A-Senior Program 3:00 Walks & Talks/ Busy Hands (GL)	28 10:30 Morning Discussion 1:30 Boredom Busters 3:00 Walks & Talks/ Busy Hands (GL)
29 10:30 Fitness with Viv 1:30 Lift Your Spirits 3:00 Walks,Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	30 10:30 Jammin with John 1:30 Fun and Games 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	Special Event Monthly Program Bi-Monthly Program				

November 2026



GREENWOODS RECREATION CALENDAR *** ALL PROGRAMS SUBJECT TO CHANGE