Main building 2nd Floor Group Programs November 2026

"☆"= program on main floor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (rec extra-navida) 10:00 coffee talk with - Navida 10:00☆Drum Group -Dave (MT) 11:00 Sensory lounge- Navida 11:15☆Exercises w/ Iris 1:15☆ games with Iris 3:15 Music appreciation with Dave (MT) 4:00-4:45 Sensory lounge- Iris	**2** 10:00 Good News- Serena 11:00 sensory lounge – Serena 1:15 ☆Bingo (Iris /Sophia) 1:15 1:1 visits – Serena 3:15 word games with Serena 4:00 sensory lounge – Serena 6:00 ☆Game night - Iris	**3** *9:45 Virtual Worship Service* Serena* *10:00☆Chinese group-Sabrina* 11:00 Sensory lounge – Serena 11:15☆Exercises with Nico **1:30 ☆Resident Council Meeting** *3:00 Music Appr. w/ Johann (MT)* 3:00 take 10's -Sabrina 4:00 Sensory lounge- Serena 6:00 ☆Karaoke w/ Johann (MT)	**4** 10:00 music with Dave (MT) 11:00 Sensory lounge- Iris 1:15 crafts/décor - Sophia 3:15 word games- Sophia 4:00 Sensory Lounge – Sophia *4:00 Piano with Jenny* 4:00 ☆Happy Hour 6:00 ☆Bingo (Sabrina)	**5 Fast Food lunch $** 10:00 Good news with Sophia 11:00 sensory lounge/1:1's – Sophia 11:15☆Exercises with Eddie 1:15 manicures- ~~Serena~~ 3:00-4:30 "Take 10's" - Sabrina 3:15 sensory, 1:1- ~~Serena~~ 3:30 ☆Hymns with Herb 4:00 sensory lounge – ~~Serena~~ 6:00 Art & music - ??	**6** 10:00 Exercises with ~~Serena~~ 11:00 Sensory Lounge- ~~Serena~~ *11:00 ☆Chinese Songs w/ Vicky (MT* **1:15 ☆Pub with Bobby Bacchus $** *2:30 Chinese songs with Vicky* 3:00 float/1:1 visits- ~~Serena~~ 4:00 Sensory lounge- ~~Serena~~	**7** (rec extra- Navida) 10:00 good news- Navida 11:15☆exercises w/ Sabrina 11:15 sensory lounge- Navida 1:15 sensory lounge – Sabrina *2:45 Music with Johann (MT)* ***4:00 ☆WORD Christian fellowship***
8 (rec extra-navida) 10:00 coffee talk with - Navida 10:00☆Drum Group -Dave (MT) 11:00 Sensory lounge- Navida 11:15☆Exercises w/ Iris 1:15☆ games with Iris 3:15 Music appreciation with Dave (MT) 4:00-4:45 Sensory lounge- Iris	**9** 10:00 Good News- Serena 11:00 sensory lounge – Serena **1:15 ☆Remembrance Day Service Music/ poetry/ special guests** 3:15 word games with Serena 4:00 sensory lounge – Serena 6:00 ☆Game night - Iris	**10** *9:45 Virtual Worship Service* Serena* *10:00☆Chinese group-Sabrina* 11:00 Sensory lounge – Serena 11:15☆Exercises with Nico **1:00 ☆Mike's Critters $** *3:00 Music Appr. w/ Johann (MT)* 3:00 take 10's -Sabrina 4:00 Sensory lounge- Serena 6:00 ☆Karaoke w/ Johann (MT)	**11 Remembrance Day** 10:00 music with Dave (MT)	**12 *10:00 ☆Christian fellowship*** 10:00 Good news with Sophia 11:00 sensory lounge/1:1's – Sophia 11:15☆Exercises with Eddie 1:15 manicures- Serena 3:00-4:30 "Take 10's" - Sabrina 3:15 sensory, 1:1- Nancy 3:30 ☆Hymns with Herb 4:00 sensory lounge – Nancy 6:00 Art & music - Nancy	**13** 10:00 Exercises with Nancy 11:00 Sensory Lounge- Nancy *11:00 ☆Chinese Songs w/ Vicky (MT* **1:15 ☆Pub Social** *2:30 Chinese songs with Vicky* 3:00 float/1:1 visits- Nancy 4:00 Sensory lounge- Nancy	**14** (rec extra- Navida) 10:00 good news- Navida **10:00 ☆Caanan Church Choir** 11:15☆exercises w/ Sabrina 11:15 sensory lounge- Navida 1:15 sensory lounge – Sabrina *2:45 Music with Johann (MT)*
15 (rec extra-navida) 10:00 coffee talk with - Navida 10:00☆Drum Group -Dave (MT) 11:00 Sensory lounge- Navida 11:15☆Exercises w/ Iris 1:15☆ games with Iris 3:15 Music appreciation with Dave (MT) 4:00-4:45 Sensory lounge- Iris	**16** 10:00 Good News- Serena 11:00 sensory lounge – Serena 1:15 ☆Bingo (Iris /Sophia) 1:15 1:1 visits – Serena 3:15 word games with Serena 4:00 sensory lounge – Serena 6:00 ☆Art to Music w/ Nelson & Iris	**17** *9:45 Virtual Worship Service* Serena* *10:00☆Chinese group-Sabrina* 11:00 Sensory lounge – Serena 11:15☆Exercises with Nico **1:15 ☆Birthday Party with Cindy** *3:00 Music Appr. w/ Johann (MT)* 3:00 take 10's -Sabrina 4:00 Sensory lounge- Serena 6:00 ☆Karaoke w/ Johann (MT)	**18** 10:00 music with Dave (MT) 11:00 Sensory lounge- Nancy 1:15 crafts/décor - Nancy 3:15 word games- Nancy 4:00 Sensory Lounge – Nancy *4:00 Piano with Jenny* 4:00 ☆Happy Hour 6:00 ☆Bingo (Sabrina)	**19** *rec staff meeting* 10:00 Good news with Sabrina 11:00 sensory lounge/1:1's – Sabrina 11:15☆Exercises with Eddie 3:00-4:30 "Take 10's" - Iris 3:15 sensory, 1:1- Sabrina 3:30 ☆Hymns with Herb 4:00 sensory lounge – Sabrina 6:00 Art & music - Serena	**20** 10:00 Exercises with Sabrina 11:00 Sensory Lounge- Sabrina *11:00 ☆Chinese Songs w/ Vicky (MT* **1:15 ☆ Pub with Angie $** *2:30 Chinese songs with Vicky* 3:00 float/1:1 visits- Sabrina 4:00 Sensory lounge- Sabrina	**21** (rec extra- Navida) 10:00 good news- Navida **10:00 ☆Richmond Bible Baptist fellowship** 11:15☆exercises w/ Sabrina 11:15 sensory lounge- Navida 1:15 sensory lounge – Sabrina *2:45 Music with Johann (MT)*
22 (rec extra-Navida) 10:00 coffee talk with - Navida 10:00☆Drum Group -Dave (MT) 11:00 Sensory lounge- Navida 11:15☆Exercises w/ Iris 1:15☆ games with Iris 3:15 Music appreciation with Dave (MT) 4:00-4:45 Sensory lounge- Iris	**23** 10:00 Good News- Serena 11:00 sensory lounge – Serena 1:15 ☆Bingo (Iris /Sophia) 1:15 1:1 visits – Serena 3:15 word games with Serena 4:00 sensory lounge – Serena 6:00 ☆Game night - Iris	**24** *9:45 Virtual Worship Service* Serena* *10:00☆Chinese group-Sabrina* 11:00 Sensory lounge – Serena 11:15☆Exercises with Nico *1:15 Crafts/Décor - Serena* *3:00 Music Appr. w/ Johann (MT)* 3:00 take 10's -Iris 4:00 Sensory lounge- Sabrina 6:00 ☆Karaoke w/ Johann (MT)	**25** 10:00 music with Dave (MT) 11:00 Sensory lounge- Nancy 1:15 crafts/décor - Nancy 3:15 word games- Nancy 4:00 Sensory Lounge – Nancy *4:00 Piano with Jenny* 4:00 ☆Happy Hour 6:00 ☆Bingo (Sabrina)	**26 *10:00 ☆Christian fellowship*** 10:00 Good news with Sonia 11:00 sensory lounge/1:1's – Sonia 11:15☆Exercises with Eddie 1:15 manicures- Nancy 3:00-4:30 "Take 10's" - Sabrina 3:15 sensory, 1:1- Nancy 3:30 ☆Hymns with Herb 4:00 sensory lounge – Nancy 6:00 Art & music - Nancy	**27 10:00 Catholic Communion** 10:00 Exercises with Nancy 11:00 Sensory Lounge- Nancy *11:00 ☆Chinese Songs w/ Vicky (MT* **1:15 ☆ Pub with Lorraine $** *2:30 Chinese songs with Vicky* 3:00 float/1:1 visits- Nancy 4:00 Sensory lounge- Nancy	**28** (rec extra- Navida) 10:00 good news- Navida 11:15☆exercises w/ Sabrina 11:15 sensory lounge- Navida **1:15 ☆Piano Recital** – Sabrina *2:45 Music with Johann (MT)*
29 rec extra- Navida 10:00 coffee talk with - Navida 10:00☆Drum Group -Dave (MT) 11:00 Sensory lounge- Navida 11:15☆Exercises w/ Iris **1:15☆Richmond Chinese alliance church service** 3:15 Music appreciation with Dave (MT) 4:00-4:45 Sensory lounge- Iris	**30** 10:00 Good News- Serena 11:00 sensory lounge – Serena 1:15 ☆Bingo (Iris /Sophia) 1:15 1:1 visits – Serena 3:15 word games with Serena 4:00 sensory lounge – Serena 6:00 ☆Game night - Iris	*Xmas décor*	Recreation Staff: 1st floor- Iris (su-th) 2nd floor- Serena (m,tu, th, f) 1st fl float- Sabrina(tues-sat) Float- Sophia (m-f) Program calendar is subject to change ☆=program is on the 1st floor	**Float/Sensory:** staff assist with group programs or engage residents in 1:1 & small group activity. **Sensory Lounge**: staff prepare the lounge (e.g., music, TV) then engage residents in their preferred 1:1 and group activities such as games, colouring, reading, sorting, matching, puzzles, Ipad, food. **"Take 10's"** – staff spend 10 min "check-ins" with residents who prefer to stay in their rooms. **Library Delivery**- sign up to have books delivered **Music Therapy (MT)** therapists Dave, Johann & Vicky lead 1:1, small & larger groups using voice, instruments & mediums. Lon/Stev lounges: Small groups tues 9:30-10:30, 1:15-2:15 **"$"**=Optional program at a cost. Pub drinks $1-$4, Paid entertainers $4, DR= dining room **Mahjong**: the table is in the garden lounge. Volunteers are available to assist. Check the posted schedule.	