November 2026



AVENS Health & Wellness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	***Happy Birthday!*** Irene, Angeline, Flossie, Patty, Carl, Jane, & Precy 			**Winter Wonderland** 		
1	**2**	**3**	**4**	**5**	**6**	**7**
9:45 SJA Dog Therapy – Quni 11:00 Catholic Church (MPR)	*1:30 Les Cameron's Gift of Song (MPR)*  7:00 Shuffleboard	10:30 Tai Chi (MPR) 1:30 Co-op Outing 6:00 *SJA Dog Therapy - Kirby* 7:00 True North Rotary Bingo	1:00 **Rec Planning** 6:00 *SJA Dog Therapy - Chicha* 7:00 Game Night & Cribbage	1:30 Let's Dance (MPR) 7:00 Entertainment Night: Chris and Fresh Bread	10:00 Poppy Craft (J)  1:30 **Diwali Tea party (P)** 	Bunny Visits 
8	**9**	**10**	**CLOSED 11**	**World Ballet Day 12**	**2 X Birthday 13**	**14**
11:00 Catholic Church (MPR)	*1:30 Les Cameron's Gift of Song (MPR)* 3:45 SJA Dog Therapy - Rosie 6:00 SJA Dog Therapy – Cora 7:00 Shuffleboard	10:00 Tai Chi (MPR) 11:00 Moment of Silence  1:30 Dollarama Outing 6:00 SJA Dog Therapy - Harlow 7:00 True North Rotary Bingo	Remembrance Day 	1:30 Let's Dance (Manor) 6:00 *SJA Dog Therapy - Juno* 7:00 Entertainment Night: Dawn & Steve	10:30 Yoga  *Christmas Decoration for Tree of Giving*	**"Tree of Giving"** 9am to 3:00pm Craft Sale & Santa Photos  
15	**Birthday 16**	Birthday 17	**18**	**International Men's Day 19**	**20**	**21**
9:45 SJA Dog Therapy – Quni 11:00 Catholic Church (MPR) 	10:00 Baking Cinnamon Buns (J) *1:30 Les Cameron's Gift of Song (MPR)*  3:45 SJA Dog Therapy – Rosie 7:00 Obie/ Shuffleboard *7:00 Family & Resident Council Meeting*	10:30 Tai Chi (MPR)  1:30 Walmart Outing 6:00 *SJA Dog Therapy - Kirby* 7:00 True North Rotary Bingo	10:30 Family Connections 1:00 **Rec Planning** 1:15 SJA Dog Therapy – Belle 6:00 *SJA Dog Therapy – Chicha* 7:00 Game Night & Cribbage	11:00 Rosary Prayers 1:30 Let's Dance 3:00 *The Gentlemen Beer tasting cart (P)*  7:00 Entertainment Night: DJ Bruce – Jazz and Blues	10:00 Hot Chocolate Cart (J) *11:15 Resident Council Meeting*  1:30 Wintertime Trivia (H)	Bunny Visits City of Yellowknife 5:00 Santa Clause Parade 
Birthday 22/29	**Birthday 23/30**	**24**	**NVCI Training 25**	**NVCI Training 25**	**27**	**28**
11:00 Catholic Church (MPR) 	10:00 Baking Cinnamon Buns (J) 1:30 Les Cameron's Gift of Song (MPR) 3:45 SJA Dog Therapy – Rosie 6:00 SJA Dog Therapy – Cora 7:00 Scottish Country Dancers 	10:30 Tai Chi (MPR) 1:30 Chickadee Nest-Cooking Competition 6:00 *SJA Dog Therapy - Harlow* 7:00 True North Rotary Bingo	1:15 SJA Dog Therapy – Belle 1:00 **Rec Planning** 7:00 Game Night & Cribbage	1:30 Let's Dance (Manor) 3:45 SJA Dog Therapy – Penny 6:00 *SJA Dog Therapy - Juno* 7:00 Entertainment Night: Minnie & Moses	10:30 Yoga  1:30 Bingo 	*Bunny Visits* 

- Calendar activities are subject to change without notice – We apologize in advance for the inconvenience.