

TO REGISTER, PLEASE CALL 705-435-7218

Monday:

Weekly
Nov. 3, 10, 17
Nov. 10, 17, 24
Nov. 17
Nov. 24
Nov. 24

Afternoon Tea Kitchen 2:00 - 3:00PM
Alzheimer's Society - Next Steps Workshop Somerville 1:00 - 3:00PM
Touching the Heart of Healing Workshop 2nd Floor Library 10:00AM-11:30AM
Spousal Loss Support Group 2nd Floor Library 2:00 - 3:30PM
Continuing The Journey: Spousal Loss Support Group 2nd Floor Library 2:00 - 3:00PM
Compassionate Care Book Club Virtual Program on Zoom 1:00 - 2:30PM

Tuesday:

Weekly
Nov. 4, 11, 18
Nov. 4, 18
Nov. 4, 18
Nov. 11
Nov. 11, 25
Nov. 18
Nov. 25
Nov. 25

Therapy Dogs Residence 1:45 - 2:45PM
Meditation Reflection Room (Nov 4), 2nd Floor Library (Nov 11, 18) 1:00 - 3:00PM
Men's Group 2nd Floor Library (Nov 4), Media Room (Nov 18) 12:00 - 1:30PM
WAY 2nd Floor Library 6:00 - 7:30PM
Cancer Support Group 2nd Floor Library 10:30AM - 12:00PM
Drumming 2nd Floor Great Room 4:00 - 5:00PM
National Grief & Bereavement Day Lunch Merkley 12:00 - 1:30PM
Parkinson's Disease Support Group Merkley 1:30 - 3:00PM
Connecting Caregivers 2nd Floor Library 12:30 - 2:00PM

Wednesday:

Weekly
Weekly
Nov. 5, 12, 19, 26
Nov. 12
Nov. 19
Nov. 19
Nov. 26

Walking Group 2nd Floor Library (Nov. 5 only), Glass Room 10:30 - 12:00PM
Therapeutic Touch Residence/Wellness Room 2:00 - 4:00PM
Mindfulness Ambassador Program 2nd Floor Library 3:30 - 4:30PM
Hope for the Best, Plan for the Rest Book Social 2nd Floor Library 10:30AM - 12:00PM
Day Program Caregiver Support Group 2nd Floor Library 9:30 - 11:00AM
Community Dinner 2nd Floor Great Room 5:00 - 7:00PM
Coping with the Holidays Merkley Room 1:00 - 2:30PM

Thursday:

Weekly
Weekly
Nov. 13
Nov. 6, 13, 20, 27

Reiki Residence/Wellness Room 9:00AM - 12:00PM
Meditation 2nd Floor Library 6:30 - 8:00PM
Caregiver Support Group 2nd Floor Library 1:00 - 3:00PM
Caregiver 101 Workshop Somerville Room 10:00AM - 12:00PM

Friday:

Weekly
Weekly
Nov. 14
Nov. 28

Friday Social Group 2nd Floor Library 10:00AM - 12:00PM
Gentle Aroma Touch Therapy Room/Residence 2:00 - 4:00PM
Multiple Sclerosis & Neuromotor Group Somerville Room 1:00 - 2:30PM
Cancer Support Group 2nd Floor Library 1:30 - 3:00PM

November 2025