



NOVEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. 9am Social Morning Brew 10am Gentle Seated Fitness 11am Hydrate & Chat 11:30am Connect Four / Bowling 1pm Knit & Crochet Circle / Busy Hands 2pm Painting / Soothing Strokes	4. 9am Social Morning Brew 10am Chair Yoga 11am Hydrate & Chat 11:30am Galaxy / Musical Bingo 1pm Beachball Challenge 2pm Arm Chair Travel	5. 9am Social Morning Brew 10am Fitness with Jody 11am Hydrate & Chat 11:30am Time Guesser / Photo Hunt 1pm Board Game Mahjong / SORRY 2pm Ends & Beginnings	6. 9am Social Morning Brew 10am Gentle Seated Stretching 11am Hydrate & Chat 11:30am Mad-Libs / Jeopardy 1pm Rhythm & Dance / Golden Oldies Karaoke 2pm Craft & Create Studio / Brain Challenge Healthy Heart/Diabetic Workshop	7. 9am Social Morning Brew 10am Fun-Fitness 11am Hydrate & Chat 11:30am Card Game (UNO / Euchre) 1pm Jigsaw Puzzles / 3D-Mind Builders 2pm Movie & Popcorn Club
10. 9am Social Morning Brew 10am Gentle Seated Fitness 11am Hydrate & Chat 11:30am Connect Four / Bowling 1pm Knit & Crochet Circle / Busy Hands 2pm Painting / Soothing Strokes Service Canada 10am-1pm	11. 9am Social Morning Brew 10am Chair Yoga 11am Moment of Silence & Poppy Parade 11:30am Galaxy / Musical Bingo 1pm Beachball Challenge 2pm Arm Chair Travel REMEMBRANCE DAY	12. 9am Social Morning Brew 10am Fitness with Jody 11am Hydrate & Chat 11:30am Time Guesser / Photo Hunt 1pm Board Game Mahjong / SORRY 2pm Ends & Beginnings	13. 9am Social Morning Brew 10am Gentle Seated Stretching 11am Hydrate & Chat 11:30am Mad-Libs / Jeopardy 1pm Rhythm & Dance / Golden Oldies Karaoke 2pm Craft & Create Studio / Brain Challenge Healthy Heart/Diabetic Workshop	14. 9am Social Morning Brew 10am Fun-Fitness 11am Hydrate & Chat 11:30am Card Game (UNO / Euchre) 1pm Jigsaw Puzzles / 3D-Mind Builders 2pm Movie & Popcorn Club
17. 9am Social Morning Brew 10am Gentle Seated Fitness 11am Hydrate & Chat 11:30am Connect Four / Bowling 1pm Knit & Crochet Circle / Busy Hands 2pm Painting / Soothing Strokes	18. 9am Social Morning Brew 10am Chair Yoga 11am Hydrate & Chat 11:30am Galaxy / Musical Bingo 1pm Beachball Challenge 2pm Arm Chair Travel	19. 9am Social Morning Brew 10am Fitness with Jody 11am Hydrate & Chat 11:30am Time Guesser / Photo Hunt 1pm Board Game Mahjong / SORRY 2pm Ends & Beginnings	20. 9am Social Morning Brew 10am Gentle Seated Stretching 11am Hydrate & Chat 11:30am Mad-Libs / Jeopardy 1pm Rhythm & Dance / Golden Oldies Karaoke 2pm Craft & Create Studio / Brain Challenge	21. 9am Social Morning Brew 10am Fun-Fitness 11am Hydrate & Chat 11:30am Card Game (UNO / Euchre) 1pm Jigsaw Puzzles / 3D-Mind Builders 2pm Movie & Popcorn Club
24. 9am Social Morning Brew 10am Gentle Seated Fitness 11am Hydrate & Chat 11:30am Connect Four / Bowling 1pm Knit & Crochet Circle / Busy Hands 2pm Painting / Soothing Strokes	25. 9am Social Morning Brew 10am Chair Yoga 11am Hydrate & Chat 11:30am Galaxy / Musical Bingo 1pm Beachball Challenge 2pm Arm Chair Travel	26. 9am Social Morning Brew 10am Fitness with Jody 11am Hydrate & Chat 11:30am Time Guesser / Photo Hunt 1pm Board Game Mahjong / SORRY 2pm Ends & Beginnings LONG TERM CARE WORKSHOP	27. 9am Social Morning Brew 10am Gentle Seated Stretching 11am Hydrate & Chat 11:30am Mad-Libs / Jeopardy 1pm Rhythm & Dance / Golden Oldies Karaoke 2pm Craft & Create Studio / Brain Challenge	28. 9am Social Morning Brew 10am Fun-Fitness 11am Hydrate & Chat 11:30am Card Game (UNO / Euchre) 1pm Jigsaw Puzzles / 3D-Mind Builders 2pm Movie & Popcorn Club

Did you know your loved one in Mississauga can be supported for their care needs through Partners Community Health? mississaugaseniorsnavigation.ca for more information email: navigation@partnerscommunityhealth.ca



**OVER
20**

**NEW
activities
this month**

Spend the Day With Us

**WHERE: 2180 Speakman Dr
Mississauga
(Erin Mills/QEW)**

**WHEN: Monday to Friday
9AM to 4PM**

**Our program space is fully
accessible.**

Our staff are certified PSWs.

Attendance is flexible.

Belonging@PCH Theme this Month: EDUCATION

PCH embrace the uniqueness that each resident, client, and team member brings to our community as individuality is what makes our collective stronger and more compassionate..

ACTIVITY HIGHLIGHTS

**Healthy Heart/Diabetic Workshop
Thursday November 6th & 13th**

Join us for an interactive session focused on supporting your heart health and diabetes management! We'll be offering free blood pressure and blood sugar checks, along with the opportunity for one-on-one conversations.

**LONG TERM CARE WORKSHOP
Wednesday November 26th 11am**

Learn what steps to take, who to contact, and how to get started. This session will help you better understand the pathway to Long-term care and the supports available.

Movie Club - Fridays at 2pm

Relax and enjoy classic films together, sharing laughter, memories and good company.

SERVICE CANADA

**MONDAY, NOVEMBER 10th 10am
to 1pm**

A more convenient and comfortable way to get Service Canada help for your loved one!
Do you qualify for caregiver benefits?

Do you need help with your CPP or OAP?

Service Canada is here to help!
We offer free parking and almost no waiting

**Call: 904-369-2442 and ask for
the Seniors Hub (ext: 11124)**

OR EMAIL:

SeniorsHub@partnerscommunityhealth.ca

PCH Partners
Community
Health

