Seniors' Hub Calendar

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00am Cognitive Connections 10:00am Chair Yoga/ Movement Matters with LifeMark 11:00am Coffee & Conversations/ Pump it Up with LifeMark 11:30am Balloon Toss **1:30pm National Author's Day- Reading Circle** 2:30pm Word Search & Coloring Pages	**3** **DIA DE LOS MUERTOS** 9:00am Cognitive Connections 10:00am Fun Fitness 11:00am Coffee & Conversations **1:30pm Mexican Colours and Music — Papel Picado Craft** 1:30pm Categories Word Game 2:30pm Watch & Relax Hour	**4** 9:00am Cognitive Connections 10:00am Gentle Exercise/ Seated Dance with LifeMark 11:00am Coffee & Conversations/ Pump it Up with LifeMark 11:30am Arts & Crafts- Pinecone Owl 1:30pm Hangman 2:30pm Afternoon Comfort Club	**5** 9:00am Cognitive Connections 10:00am Seated Gentle Exercise 11:00am Coffee & Conversations 11:30am Bingo 1:30pm Bean Bag Toss 2:30pm Family Feud Gametime **WORKSHOP 2PM -CMHA Importance of Connection**	**6** **DIWALI** 9:00am Cognitive Connections 10:00am Fitness Circle 11:00am Coffee & Conversations **11:30am Diwali- Diya Painting** 1:30pm Movie Matinee and Popcorn 2:30pm Jigsaw Puzzles
9 9:00am Cognitive Connections 10:00am Chair Yoga/ Movement Matters with LifeMark 11:00am Coffee & Conversations/ Pump it Up with LifeMark **11:30am Kitchen Corner-Apple Crumble Bars** 1:30pm Balloon Badminton 2:30pm Tunes & Togetherness	**10** 9:00am Cognitive Connections 10:00am Fun Fitness 11:00am Coffee & Conversations **11:30am Colors of India-Rangoli Inspired Art** 1:30pm Basketball 2:30pm Board Games	**11** **REMEMBERANCE DAY** 9:00am Cognitive Connections 10:00am Gentle Exercise/ Seated Dance with LifeMark 10:15am Rememberance Day Ceremony Live Stream **11:00am Momment Of Silence** 11:00am Coffee & Conversations/ Pump it Up with LifeMark 1:30pm Bingo 2:30pm Word Search	**12** 9:00am Cognitive Connections 10:00am Seated Gentle Exercise 11:00am Coffee & Conversations 11:30am Bowling 1:30pm Words In Word Game 2:30pm Singing Time- Karaoke	**13** 9:00am Cognitive Connections 10:00am Fitness Circle 11:00am Coffee & Conversations 11:30am Ladder Ball 1:30pm Movie Matinee and Popcorn 2:30pm Balloon Toss
16 9:00am Cognitive Connections 10:00am Chair Yoga/ Movement Matters with LifeMark 11:00am Coffee & Conversations/ Pump it Up with LifeMark **11:30am Art Therapy** **1:30pm International Day of Tolerance- Poetry Circle** 2:30pm Travelogue	**17** 9:00am Cognitive Connections 10:00am Fun Fitness 11:00am Coffee & Conversations **11:30am Food Science Time- Butter Shaking Relay** 1:30pm Balloon Badminton 2:30pm Tunes & Togetherness **WORKSHOP 2PM- Living Well With Diabetes**	**18** 9:00am Cognitive Connections 10:00am Gentle Exercise/ Seated Dance with LifeMark 11:00am Coffee & Conversations/ Pump it Up with LifeMark 11:30am Arts & Crafts- Mickey Mouse 1:30pm Categories Word Game 2:30pm Spiritual Music Hour	**19** 9:00am Cognitive Connections 10:00am Seated Gentle Exercise 11:00am Coffee & Conversations 11:30am Bingo 2:30pm Watch & Relax Hour **WORKSHOP 2PM- Alzheimer's Society: Late Stages and Considerations**	**20** 9:00am Cognitive Connections 10:00am Fitness Circle 11:00am Coffee & Conversations **11:30am Science Time: Grow Your Own Rainbow Crystals** 1:30pm Movie Matinee and Popcorn 2:30pm Jigsaw Puzzles
23 9:00am Cognitive Connections 10:00am Chair Yoga/ Movement Matters with LifeMark 11:00am Coffee & Conversations/ Pump it Up with LifeMark 11:30am Bowling 1:30pm Senior Trivia Game Exercise 2:30pm Canada's Got Talent **10-2PM-SERVICE CANADA**	**24** 9:00am Cognitive Connections 10:00am Fun Fitness 11:00am Coffee & Conversations **11:30am Art Therapy- Indigenous Landscape Appreciation** 1:30pm Game Time Social 2:30pm Spiritual Music Hour	**25** 9:00am Cognitive Connections 10:00am Gentle Exercise/ Seated Dance with LifeMark 11:00am Coffee & Conversations/ Pump it Up with LifeMark **11:30am Science Time- Model Volcano + Trivia** 1:30pm Ladder Ball 2:30pm Travelogue	**26** 9:00am Cognitive Connections 10:00am Seated Gentle Exercise 11:00am Coffee & Conversations **11:30am Kitchen Corner- International Cake Day** 1:30pm Ball Toss 2:30pm Sing Along	**27** 9:00am Cognitive Connections 10:00am Fitness Circle 11:00am Coffee & Conversations 11:30am Bingo 1:30pm Movie Matinee and Popcorn 2:30pm Afternoon Comfort Club
30 9:00am Cognitive Connections 10:00am Chair Yoga/ Movement Matters with LifeMark 11:00am Coffee & Conversations/ Pump it Up with LifeMark **11:30am Men's Social Club- Reminiscing** 1:30pm Beachball Toss 2:30pm Jigsaw Puzzles				

Lifemark Exercise Programs: Every Monday and Wednesday from 9:00AM to 12:00PM

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

YOU ARE NEVER TO OLD TO PLAY IN THE LEAVES!

Belonging@PCH Theme this Month: **EDUCATION**

For this theme, PCH celebrates our commitment to education and becoming a learning and leading health care community.

<u>ACITIVTY HIGHLIGHTS</u>

Grow Your Own Rainbow Crystals- This is a fun science experiment where clients will be using pipe cleaners, borax powder and water to create crystalized rainbows while learning about the science that causes this chemical reaction.

Diwali- Diya Painting- To celebrate the festival of lights that is Diwali, we will paint diya's (traditional, shallow oil lamp made from clay) and light them with tea lights to celebrate the triumph of light over darkness and goodness over evil.

Remembrance Day- This day memorializes all the armed forces soldiers that lost their lives in the line of duty, fighting for Canada. November 11th will have a reading of Flanders field, a viewing of the Remembrance Day ceremony and a poppy art project to honor the courage and sacrifice of millions of service members who lost their lives in World War I, World War II, and subsequent global conflicts.

SERVICE CANADA

NOVEMBER 23, 2026
10AM - 2PM

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

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.

Call:905-369-2442 and ask for the Seniors Hub (ext: *11124)
OR EMAIL:
SeniorsHub@partnerscommunityhealth.ca

PCH Partners Community Health