# November 2026 Harmony Hill Activity Calendar

HARMONYHILL RETIREMENT COMMUNITY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>**9:30 Tai Chi** DF<br>10:00 Kingsview United Church Virtual TH<br>10:00 Coffee & Conversation B<br>**11:00 Nature Walks** LB<br>2:00 Group Crossword BL<br>2:00/2:30 Rummoli $ GH<br>3:30 Adult Colouring BL<br>**7:00 Harmony Hill Choir Rehearsal** TH | **2**<br>9:30 Active Fitness AR<br>10:30 Moderate Fitness AR<br>**1:30 Book Club** PDR<br>2:00 Bingo $ HSq<br>**3:30 You Be The Judge** AR<br>*Hear the Case, make the Call!*<br>7:00/7:30 Bridge BL<br>7:30 Mexican Train GH<br>Dominos | **3**<br>10:00 Seated Strength Exercises AR<br>**10-2 Sewing with Susan** GH<br>***Books Pillows (Pillow-assembly)***<br>10:30 Ball Drumming TH<br>11:00 Pet Visits with Piper LB<br>**2:00 Free Denture Clinic*** TH<br>2:00 Card Bingo $ AR<br>**2:30 Bible Study** PDR<br>**3:00 Social Time $** BL<br>**7:30 7 Game Bingo $** HSq | **4**<br>9:30 Active Fitness AR<br>**10:00 Arthritis Friendly*** P<br>**Water Program**<br>10:30 Moderate Fitness AR<br>**11-2 Vendor: Fifth Avenue** LB<br>**2:00 Trading Post***<br>2:00 Bingo $ HSq<br>**2-4 Library Visit** LB<br>**3:30 Computer Help*** AR<br>7:00/7:30 Rummoli $ GH | **5**<br>10:05 Seated Strength Exercise AR<br>11:00 Pet Visits with Franky LB<br>**11:30-3 Vendor: Avon** LB<br>**2:00 & 2:30 Wamart***<br>2:00 Card Bingo $ AR<br>**3:00 Social Time $** BL<br>**7:00 5 Cent L-R-C** BL<br>**7:00 Java Music & Treats** TH | **6**<br>9:30 Active Fitness AR<br>10:30 Moderate Fitness AR<br>**10:30 Hand Exercises & Hand Wax*** GH<br>2:00 Bingo $ HSq<br>**3:00 Hot Rocks***<br>**7:30 Pub Night with $ Emilio** HSq | **7**<br>10:00 Ball Drumming TH<br>**11:00 Friendly Checkers** BL<br>**Tea & Treats***<br>2:00 Bingo $ BL<br>3:30 Scattergories BL<br>7:30 Movie: Babe the pig Prime TH |
| **8**<br>**9:30 Tai Chi** DF<br>10:00 Kingsview United Church Virtual TH<br>**11:00 Trivia, Tea & Treats** BL<br>**2:00 Learn to Play Mexican Train Dominos** BL<br>2:00/2:30 Rummoli $ GH<br>**3:30 Manicures*** GH<br>**7:00 Harmony Hill Choir Rehearsal** TH | **9**<br>9:30 Active Fitness AR<br>10:30 Moderate Fitness AR<br>2:00 Bingo $ HSq<br>**3:30 You Be The Judge** AR<br>*Hear the Case, make the Call!*<br>7:00/7:30 Bridge BL<br>7:30 Mexican Train GH<br>Dominos | **10**<br>10:00 Seated Strength Exercises AR<br>10:30 Ball Drumming TH<br>11:00 Pet Visits with Piper LB<br>***1:40 The Rosary Prayer*** TH<br>**2:00 Catholic Mass** TH<br>2:00 Card Bingo AR<br>**3:00 Social Time $** BL<br>**7:30 Progressive Euchre $** HSq | **11**<br>Remembrance Day<br>**10:00 Arthritis Friendly*** P<br>**Water Program**<br>**10:30 Remembrance Day Ceremony** Hsq<br>**11:30 Light Refreshments** Hsq<br>**Tea&Coffee**<br>**2:00 Dollarama/Banks & Freshco***<br>2:00 Bingo $ HSq<br>**3:30 Diamond Art Social** AR<br>**3:30 Computer Help*** AR<br>7:00/7:30 Rummoli $ GH | **12**<br>10:05 Seated Strength Exercises AR<br>**10:00 Famous People Players***<br>11:00 Pet Visits with Franky LB<br>2:00 Card Bingo $ AR<br>**2:30 Food Committee** TH<br>3:00 Social Time $ BL<br>**7:00 5 Cent L-R-C** BL<br>**7:00 Gentle Evening Yoga** AR | **13**<br>9:30 Active Fitness AR<br>10:30 Moderate Fitness AR<br>**10:00 Markville Mall***<br>2:00 Bingo HSq<br>**3:30 Beanbag Baseball** DF<br>**Men Vs Women**<br>**7:30 Pub Night with $ Janette D.** HSq | **14**<br>*10:00 Harmony Hill Fall Puzzle* LB<br>10:00 Ball Drumming TH<br>**11:00 Friendly Euchre** BL<br>**Tea & Treats***<br>2:00 Bingo $ BL<br>3:30 Fall Trivia AR<br>7:30 Movie: The Upside Down. - Prime TH |
| **15**<br>**9:30 Tai Chi** DF<br>10:00 Kingsview United Church *Virtual* TH<br>**11:00 Nature Walks** LB<br>**2:00 Hampton Bell Choir** DF<br>2:00/2:30 Rummoli $ GH<br>**3:30 Jeopardy** TH<br>**7:00 Harmony Hill Choir Rehearsal** TH | **16**<br>9:30 Active Fitness AR<br>**10:30 Christmas Decorating Begins!** LB<br>10:30 Moderate Fitness AR<br>2:00 Bingo $ Hsq<br>**3:15 Music with Bill** BL<br>**3:30 Computer Help*** AR<br>7:00/7:30 Bridge BL<br>7:30 Mexican Train GH<br>Dominos | **17**<br>10:00 Seated Strength Exercises AR<br>**10:30 Christmas Decorating** Hsq<br>11:00 Pet Visits with Piper LB<br>**2:00 Line Dancing** DF<br>**2:30 Bible Study** PDR<br>**3:00 Cooking Demo * With Chef Nelson** AR<br>**3:00 Social Time $** BL<br>**7:30 7 Game Bingo $** HSq | **18**<br>9:30 Active Fitness AR<br>**10:00 Arthritis Friendly*** P<br>**Water Program**<br>10:30 Moderate Fitness AR<br>**10:00 Tree Decorating** LB<br>**12:30 The Bistro***<br>2:00 Bingo $ HSq<br>**3:30 Sing Along with Joan & Marion** TH<br>**3:30 Computer Help*** AR<br>7:00/7:30 Rummoli $ GH | **19**<br>10:05 Seated Strength Exercise AR<br>**10:00 Tree Decorating** LB<br>**10:00 & 10:30 Walmart***<br>11:00 Pet Visits with Franky LB<br>**12:30 Men's Club Lunch: Azian Cuisine***<br>2:00 Card Bingo $ AR<br>**3:30 Social Time $** BL<br>**7:00 5 Cent L-R-C** BL<br>**7:00 Java Music & Treats** TH | **20**<br>9:30 Active Fitness AR<br>10:30 Moderate Fitness AR<br>**10:30 Vendor: Cavery Women** LB<br>2:00 Bingo $ HSq<br>**3:30 Computer Help*** AR<br>**7:30 Pub Night with $ Sean R.** HSq | **21**<br>**10-3 Christmas Vendors Market** LB/Hsq<br>12:00 Harmony Hill Puzzle Package LB<br>7:30 Movie: Bucket List Prime TH |

# November 2026

# Harmony Hill Activity Calendar

HARMONYHILL RETIREMENT COMMUNITY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 22<br>9:30 Tai Chi DF<br>10:00 Kingsview United Church *Virtual* TH<br>10:00 Triominos BL<br>11:00 Scattergories BL<br>2:00 Adult Colouring & Mocktails BL<br>2:00/2:30 Rummoli $ GH<br>3:30 Kings in the Corner (Card Game) BL<br>7:00 Harmony Hill Choir Rehearsal TH | 23<br>**Movember Raffle**<br>9:30 Active Fitness AR<br>10:30 Moderate Fitness AR<br>2:00 Bingo $ HSq<br>3:00 Art with Mary* GH<br>3:30 You Be The Judge AR<br>*Hear the Case, make the Call!*<br>7:00/7:30 Bridge BL<br>7:30 Mexican Train GH<br>Dominos | 24<br>**December Calendar available at Concierge**<br>10:00 Seated Strength Exercises AR<br>10-2 Sewing with Susan GH<br>10:30 Ball Drumming TH<br>11:00 Pet Visits with Piper LB<br>2:00 String a longs TH<br>3:30 Social Time $ BL<br>7:30 Progressive Euchre $ Hsq | 25<br>**Wellness Day**<br>9:30 Active Fitness AR<br>10:00 Arthritis Friendly* P<br>Water Program<br>10:30 Moderate Fitness AR<br>12:30 Brock House*<br>2:00 Wellness Bingo Hsq<br>2:30 Chair Yoga with Jackie AR<br>3:30 Classical music with Noah BL<br>7:00/7:30 Rummoli $ GH | 26<br>**Sign up for December Programs at 10:00AM Activity Room**<br>10:05 Seated Strength Exercises AR<br>10:00 & 10:30 Walmart*<br>10:30 Chair Zumba DF<br>11:00 Pet Visits with Franky LB<br>2:30 Birthday Party with Rick R. HSq<br>3:30 Social Time $ BL<br>7:00 5 Cent L-R-C BL<br>7:00 Gentle Evening Yoga AR | 27<br>9:30 Active Fitness AR<br>10:30 Moderate Fitness AR<br>10:00 & 11:30 Blue Heron Casino*<br>11-2 Vendor: Nelly Shoes LB<br>2:00 Bingo $ HSq<br>3:30 Beanbag Baseball DF<br>Men Vs Women<br>3:30 Computer Help* AR<br>7:30 Pub Night with $ HSq<br>Joe Time | 28<br>*10:00 Harmony Hill November Puzzle* LB<br>10:00 Ball Drumming TH<br>11:00 Friendly Checkers BL<br>Tea & Treats*<br>2:00 Bingo BL<br>3:15 Group Crossword* GH<br>7:30 Movie: Kindergarten Cop. - Prime TH |
| 29<br>9:30 Tai Chi DF<br>10:00 Kingsview United Church *Virtual* TH<br>10:00 Word Games BL<br>11:00 Balloon Volleyball AR<br>2:00 Manicures* BL<br>2:00/2:30 Rummoli $ GH<br>3:30 Kings in the Corner BL<br>7:00 Harmony Hill Choir Rehearsal TH | 30<br>9:30 Active Fitness AR<br>10:30 Moderate Fitness AR<br>10:30 Hand Dexterity GH<br>2:00 Bingo $ HSq<br>3:00 Watercolor with Vicky GH<br>All Seasons Cards*<br>3:30 Computer Help* AR<br>7:00/7:30 Bridge BL<br>7:30 Mexican Train Dominos GH | | | | | |




## Locations of Programs

**Main Floor**
- B – Bistro
- CY – Courtyard
- L – Library
- LB – Lobby
- P – Pool
- PDR – Private Dining Room

**Second Floor of Orchard Building**
- AR – Activity Room
- BL – Bar Lounge
- BR – Billiards Room
- DF – Dance Floor
- GH – Green House
- HSq – Around the staircase 2nd floor
- TH – Chapel/Theatre

**Harmony Hill Store Hours:**

Monday-Friday 2:00pm-3:30pm.
Saturdays 9:30am-11:30am
Closed Statutory Holidays




Please note: *Programs are subject to change.*
Check the daily schedule for the most up to date activities.

**Color Coded Legend**
- Evening program
- Outing
- Resident Led Program
- Vendor/New Program
- Special Program

**A $10 cancellation policy will apply if you do not notify us 48 hours in advance. Please call #564 or #555 and leave a voicemail if we do not answer. This does not apply to external ticketed events. Once you have signed up you are responsible for the cost of the ticket.**