Trillium HIGHGATE LODGE



November 2026



Trillium HIGHGATE LODGE

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
9:30 Exercise Video: Chair Yoga (AR) 10:00 Sunday Morning Songs (L) 1:30 Afternoon Movie: Bye Bye Birdie (L) 7:00 Pool Challenge (GR)	9:30 Exercise Video: Full Body Stretch (AR) 1:30 Afternoon Knitting (AR) Trivia & Word Game Night At 7PM in the Lounge	9:30 Fitness with Prince Balance (AR) 10:30 Residents Only Meeting All Residents Welcome! (AR) 2:30 Veteran's Gathering (L) 6:30 Documentary : The mystery of Marilyn Monroe (L)	9:30 Riyanshi Deshwal Full Body Exercise (AR) 1:00 Heart pharmacy & Covid Shots (Flu) (AR) 2:00 Music Bingo! (AR)	9:30 Exercise Video: Strength & Stretch (AR) 10:30 Fire Drill 3:30 Tea Tasting & Social (Egyptian) (AR) 5:00 French Dinner (L) 6:30 Fitness with Prince (AR)	9:30 Exercise Video: Full Body Stretch (AR) 1:30 Shuffleboard (AR) 3:30 Happy Hour & Trivia (L) 7:00 Bingo (AR)	9:30 Fitness with Prince Sit and Fit (AR) 1:30 Armchair Travelers: Wonders of EGYPT (L) 7:00 Popcorn & Movie: Back to the future (L)
Sunday 8	**Monday 9**	**Tuesday 10**	**Wednesday 11**	**Thursday 12**	**Friday 13**	**Saturday 14**
9:30 Exercise Video: Chair Yoga (AR) 10:00 Sunday Morning Songs (L) 1:30 Afternoon Movie: Annie (L) 7:00 Pool Challenge (GR)	9:30 Exercise Video: Full Body Stretch (AR) Trivia & Word Game Night At 7PM in the Lounge	9:30 Exercise Video: Stand and Fit (AR) 1:30 Rummy Card Game (AR) 2:30 Veteran's Gathering (L) 6:30 Documentary: 14 Peaks : Nothing is Impossible (L)	Remembrance Day 9:30 Riyanshi Deshwal Full Body Exercise (AR) 2:00 Music Bingo! (AR)	9:30 Exercise Video: Strength & Stretch (AR) 3:00 Residents General Meeting 3:30 Darts (GR) 6:30 Storytelling Social (Childhood) (AR)	9:30 Exercise Video: Full Body Stretch (AR) 1:30 Shuffleboard (AR) 3:30 Happy Hour & Trivia (L) 7:00 Bingo (AR)	9:30 Fitness with Prince Sit and Fit (AR) 1:30 National Geographic Egypt From Above (L) 2:00 G.R.I.T. Gardening Group Meet in the Garden (G) 7:00 Popcorn & Movie: The Best Exotic Marigold Hotel (L)
Sunday 15	**Monday 16**	**Tuesday 17**	**Wednesday 18**	**Thursday 19**	**Friday 20**	**Saturday 21**
9:30 Exercise Video: Chair Yoga (AR) 10:00 Sunday Morning Songs (L) 1:30 Afternoon Movie: Mrs. Doubtfire (L) 7:00 Pool Challenge (GR)	9:30 Exercise Video: Full Body Stretch (AR) 1:30 Afternoon Knitting (AR) Trivia & Word Game Night At 7PM in the Lounge	9:30 Fitness with Prince Solanki Ball Drumming (AR) 10:30 Fall Stroll (FD) 1:00 Luxcare (AR) 2:30 Veteran's Gathering (L) 6:30 Documentary: Greatest Events of WWII in Colour (L)	9:30 Riyanshi Deshwal Full Body Exercise (AR) 12:45 Shopping Trip to Mayfair Mall 3:45 Michael Majoecha - Songs/guitar (L)	9:30 Exercise Video: Strength & Stretch (AR) 1:30 Culinary Meeting (AR) 3:30 Tea Tasting & Social (Darjeeling) (AR) 6:30 Fitness with Prince (AR)	9:30 Exercise Video: Full Body Stretch (AR) 1:30 Shuffleboard (AR) 3:30 Happy Hour & Trivia (L) 7:00 Bingo (AR)	9:30 Fitness with Prince Sit and Fit (AR) 1:00 Thinking of Bowling 1:30 Armchair Travelers: Wonders of INDIA (L) 7:00 Popcorn & Movie: On Golden Pond (L)
Sunday 22	**Monday 23**	**Tuesday 24**	**Wednesday 25**	**Thursday 26**	**Friday 27**	**Saturday 28**
9:30 Exercise Video: Chair Yoga (AR) 10:00 Sunday Morning Songs 1:30 Afternoon Movie: The Great Escape (L) 7:00 (GR)	9:30 Exercise Video: Full Body Stretch (AR) 2:00 Crossword & Treats Social (L) Trivia & Word Game Night At 7PM in the Lounge	9:30 Exercise Video: Stand and Fit (AR) 2:30 Veteran's Gathering (L) 6:30 Documentary: The Toys That Made Us (L)	9:30 Riyanshi Deshwal Full Body Exercise (AR) 10:30 Sip snack and social (PD) 2:30 BORRE and CURO Birthday Tea Party (L)	9:30 Exercise Video: Strength & Stretch (AR) 3:30 Darts (GR) 6:30 Storytelling Social (First Job) (AR)	9:30 Exercise Video: Full Body Stretch (AR) 10:30 Canada Scoooter (AR) 1:30 Shuffleboard (AR) 3:30 Happy Hour & Trivia (L) 7:00 Bingo (AR)	9:30 Fitness with Prince Sit and Fit (AR) 1:30 National Geographic The Natural Wonder of India (L) 5:30 Santa Clause Parade at Downtown Victoria 7:00 Popcorn & Movie: Freaky Friday (L)
Sunday 29	**Monday 30**					
9:30 Exercise Video: Chair Yoga (AR) 10:00 Sunday Morning Songs (L) 1:30 Afternoon Movie: The Santa Clause (L) *7:00* Pool Challenge *(GR)*	9:30 Exercise Video: Full Body Stretch (AR) 1:30 Afternoon Knitting (AR) Trivia & Word Game Night At 7PM in the Lounge					

Location Key

AR- Activity Room
L- Lounge
DR- Dining Room
PD- Private Dinning
FD- Front Desk
GR- Games Room

Sign Up Sheets

You will see a star beside the activity or outing on this calendar if sign-up is required. The Activities binder is located opposite the Front Desk on the side table.