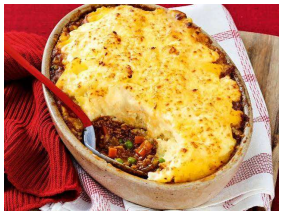
SALC PROGRAM CALENDAR: NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 **3:30pm – DC: TRX Class**	3 **10:30am – SL Craft n Chat – Christmas Cards**	4 **11am – SL Refreshment & Snack Drop-in** **2:30pm – SL "Fun for All" Games & Activities**	5 **3:30pm – DC Community Movers** **10:30am – Depart for Walmart**	6 **9:30 – SL Fit & Friendly** **11:15am – Depart for Aquafit at Stoney Creek YMCA**	7
8	9 **3:30pm – DC: TRX Class**	10 **1:00pm – SL Christmas Centrepiece Workshop**	11 	12 **3:30pm- DC Community Movers** **4:30 – DC Group Dinner**	13 **9:30 – SL Fit & Friendly** **11:15am – Depart for Aquafit at Stoney Creek YMCA**	14
15	16 **3:30pm – DC: TRX Class**	17 **11am – Walking Club** **1:00pm – SL Refreshment & Snack Drop-in**	18 **1:30pm – NOVEMBER FREEBIE Information session *tentative / details to be provided***	19 **10:30am – Depart for Huron Ridge Poinsettia Festival** **3:30pm – DC Community Movers**	20 **9:30 – SL Fit & Friendly** **10:30am – ROAD TRIP!**	21
22	23 **3:30pm – DC: TRX Class**	24 **11:45am – Depart for CraigActive** **2:00 – GR Mind Your Words**	25	26 **10:30am – Depart for Giant Tiger** **3:30pm – DC Community Movers**	27 **9:30 – SL Fit & Friendly** **11:15am – Depart for Aquafit at Stoney Creek YMCA**	28 **10:30am – Talbot Street Christmas Market**
29	30 **3:30pm – DC: TRX Class**					**LOCATIONS:** **SL: South Lounge** **DC: Day Centre** **GR: Games Room**

SALC SENIORS ACTIVE LIVING CENTRE

Craft n Chat (Tuesday, November 3)
Over coffee, tea and snacks, Andrea will provide supplies, inspiration and ideas to make your own Christmas cards.

Fun for All Games & Activities (Wednesday, November 4)
Join in the fun, where we will participate in activities that engage all the senses ... almost.

Snack & Refreshment Drop-in (Wednesday, November 4 & Tuesday, November 17)
Drop by the South Lounge for a refreshing drink, snacks and a little chit chat.

Walmart (Thursday, November 5)
We will leave for Walmart at 10:30am. Please meet at the exit by the South Lounge.

Aquafit (Friday, November 6, 13 & 27)
We will leave for Aquafit at Stoney Creek YMCA at 11:15am. Please meet at the exit by the South Lounge.

Centrepiece Craft Workshop (Tuesday, November 10)
Led by fellow SALC member, June Wideman - make your own Christmas-themed centrepiece!

Group Dinner (Thursday, November 12)
This month's meal is cottage pie - topped with cheese, plus gravy on the side. And, as always, dessert! ($10 / meal)

Poinsettia Festival (Thursday, November 19)
We will depart at 10:30am for Huron Ridge Greenhouses. The Poinsettia Festival is a free event where we will explore their greenhouses by the glow of candlelight and Christmas lights. Stroll around thousands of poinsettias in more than 20 varieties!

Road Trip (Friday, November 20)
Come along on this mystery tour designed with SALC members in mind. One or more stops will include options for snacking or lunch.

CraigActive (Tuesday, November 24)
Transportation to and from CraigActive at Ye Old Town Hall will be provided. Please meet at the exit by the South Lounge at 11:45am. Please note timing of departure is dependent on return of the Craigwiel van from another program. Your patience is appreciated.

"Mind Your Words:" Fun with Word Games (Tuesday, November 24)
We'll play various word games in a friendly competition or play "against yourself."

Walking Club (Tuesday, November 17)
Join in for a casual walk in the Ailsa Craig area. Please meet at the exit by the South Lounge.

Giant Tiger (Thursday, November 26)

We will leave for Giant Tiger in Strathroy at 10:30am. Please meet at the exit by the South Lounge.

NOVEMBER FREEBIE – Healthy Aging (Wednesday, November 18) - Everyone is welcome to attend this information session by Canadian Hearing Services. Topics include: understanding hearing loss and aging, how hearing services and counsellors can help, helpful communication strategies & basic troubleshooting of hearing aids.