Reserve your spot for events and programs at the signup table located outside the Craft Kitchen.

November 2026

V!VA Whitby Shores

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45 Virtual Catholic Church Service (VP) 9:45 2nd Floor V!VAfit Sit (FD) 10:20 2nd Floor Sunday Series (FD) 10:30 Virtual Multi-Denominational Church Service (VP) 11:00 Cozy Corner: A Moment to Unwind (PP) 1:30 Movie Matinee: The Princess Bride (VP) 2:00 Seasons & Stories: Creative Writing and Storytelling (PC) 3:00 Natures Treasures: Walk around the Neighbourhood (L) 7:00 Movie Night: The Princess Bride (VP)	**2** 9:15 V!VAfit Sit Class (VS) 9:15 V!VAfit Swim (P) 9:45 2nd Floor V!VAfit Sit (FD) 10:00 Chair Yoga with Debbie (VS) 10:20 2nd Floor Puzzle Pals (FD) 1:30 Knitting Club: Planning for the Bazar (CK) 2:30 V!VAfit Exercise Assistance & Balance Circuit (VS) 3:00 Gardening: Cleaning up The Victory Garden for Winter (VG) 6:30 Creative Construction: Lego (HR)	**3** 9:15 V!VAfit Stretch Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:15 V!VAfit Strength Class (VS) 10:20 2nd Floor Word Game (FD) 11:00 Mental Aerobics: Word Twist (BG) 11:00 Low Vision Support Group by CNIB (CC) 1:30 TV Series- The Facts Of Life- Rough Housing (VP) 2:00 V!VAfit Fun Swim (P) 3:00 Arts & Crafts: Pressed Flower Art (HR) 6:30 Bingo Night (CK)	**4** 9:15 V!VAfit Sit Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:15 V!VAfit Balance Circuit (VS) 10:20 2nd Floor Zen Colouring (FD) 11:00 Program Meeting (HR) 1:30 2nd Floor Physical Game: Ladder Ball (FD) 2:00 Cafe Companions - Make New Friends One At A Time (PC) 2:30 V!VAfit Exercise Assistance & Balance Circuit (VS) 3:00 The Great Movember Men's Health Presentation (VP) 6:30 Euchre Night (CC)	**5** 9:15 V!VAfit Stretch Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 9:45 Encore Symphonic Concert Band (OUT) 10:15 V!VAfit Sit & Stand Class (VS) 10:20 2nd Floor Brain Boosters (FD) 1:30 Chair Yoga with Debbie (VS) 2:00 Word Challenges: Scrabble (BG) 3:00 Guess Who: Community Member Fun Facts (BG) 6:30 Bid Euchre Night (CC) 6:30 Brain Booster Pickup (PC)	**6** 9:15 V!VAfit Sit Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:15 V!VAfit Strength Class (VS) 10:20 2nd Floor Bingo (FD) 11:00 Mental Aerobics: Wordle (BG) 1:30 Line Dancing (VS) 1:30 Fall Walk- Rosetta McClain Gardens (OUT) 2:30 V!VAfit Exercise Assistance & Balance Circuit (VS) 3:00 Book Club Meeting (DR) 6:30 Bridge Night (CC) 6:30 Needle Crafts (PC)	**7** 9:00 V!VAfit Swim (P) 9:45 2nd Floor V!VAfit Sit (FD) 10:00 Tryone Holiday Market (OUT) 10:00 Let's Play Dominoes (BG) 10:20 Saturday Series: I Will Find You (FD) 11:15 Drumfit Class (VS) 1:30 Movie Matinee: Remarkably Bright Creatures (2026) (VP) 2:00 Table Top Games: Shut The Box (PC) 3:00 Musical Trivia: Name That Tune (PC) 7:00 Movie Night: Remarkably Bright Creatures (2026) (VP)
8 9:45 Virtual Catholic Church Service (VP) 9:45 2nd Floor V!VAfit Sit (FD) 10:00 V!VA Pickering Holiday Market (OUT) 10:20 2nd Floor Sunday Series (FD) 10:30 Virtual Multi-Denominational Church Service (VP) 11:00 Solitaire & Good Company (PC) 1:30 Movie Matinee: Letters to Juliet (2010) (VP) 2:00 Seasons & Stories: Creative Writing and Storytelling (PC) 3:00 Technology Help (BG) 3:45 Hymn Sing with Kathleen (L) 7:00 Movie Night: Letters to Juliet (2010) (VP)	**9** 9:15 V!VAfit Sit Class (VS) 9:15 V!VAfit Swim (P) 9:45 2nd Floor V!VAfit Sit (FD) 10:00 Chair Yoga with Debbie (VS) 10:15 Whitby Library (OUT) 10:20 2nd Floor Puzzle Pals (FD) 1:30 V!VA Gives Back: Milk Bag Mats (CK) 2:00 Coffee Chat with Scott (PC) 2:30 V!VAfit Exercise Assistance & Balance Circuit (VS) 3:00 Painting with Brianna (CK) 6:30 Creative Construction: Lego (HR)	**10** Vendor: Traditions Alive Clothing (CK) 9:15 V!VAfit Stretch Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:15 V!VAfit Strength Class (VS) 10:20 2nd Floor Word Game (FD) 11:00 Mental Aerobics: Word Twist (BG) 1:30 Walmart Shuttle - Taunton Road (OUT) 1:30 TV Series- The Facts Of Life- Like Mother, Like Daughter (VP) 2:00 V!VAfit Fun Swim (P) 3:00 Community Member Forum Meeting (VP) 6:30 Bingo Night (CK)	**11** 9:15 V!VAfit Sit Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:15 V!VAfit Balance Circuit (VS) 10:20 2nd Floor Zen Colouring (FD) 11:00 Remembrance Day Ceremony with Trumpet (PL) 2:00 Cafe Companions - Make New Friends One At A Time (PC) 2:30 V!VAfit Exercise Assistance & Balance Circuit (VS) 3:00 Wine Down Wednesday: Sips, Savours & Good Company (PP) 5:00 Olive Garden (OUT) 6:30 Euchre Night (CC) 	**12** 9:15 V!VAfit Stretch Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:00 Anglican Church Service with Reverend Dudley (CC) 10:15 V!VAfit Sit & Stand Class (VS) 10:20 2nd Floor Brain Boosters (FD) 12:00 Lunch at The Mandarin (OUT) 1:30 Chair Yoga with Debbie (VS) 3:00 Happy Hour and Monthly Birthday Party with Live Entertainment (PP) 5:30 Family & Friends Trivia Night Dinner (PP) 6:30 Bid Euchre Night (CC) 6:30 Brain Booster Pickup (PC) 7:00 Family & Friends Trivia Night (PP)	**13** 9:15 V!VAfit Sit Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:00 Complimentary Massages by RMT Students (VP) 10:15 V!VAfit Strength Class (VS) 10:20 2nd Floor Bingo (FD) 11:00 Mental Aerobics: Wordle (BG) 1:30 Line Dancing (VS) 2:30 V!VAfit Exercise Assistance & Balance Circuit (VS) 3:00 Photography Club Meeting (VP) 5:00 Outing: Black Joy Holiday Market (Chestnuthill) Winter Nights, City Lights Market (OUT) 6:30 Bridge Night (CC) 6:30 Needle Crafts (PC)	**14** 9:00 V!VAfit Swim (P) 9:45 2nd Floor V!VAfit Sit (FD) 10:00 Let's Play Dominoes (BG) 10:20 Saturday Series: I Will Find You (FD) 11:15 Drumfit Class (VS) 12:00 Cinderella Play (OUT) 1:30 Fall Flavours: Making Festive Drinks (PC) 2:00 Movie Matinee: Ford vs Ferrari (VP) 3:00 Dear My Younger Self Reflection (BG) 7:00 Movie Night: Ford vs Ferrari (VP)

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V!VA Whitby Shores

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15 9:45 Virtual Catholic Church Service (VP) 9:45 2nd Floor V!VAfit Sit (FD) 10:20 2nd Floor Sunday Series (FD) 10:30 Virtual Multi-Denominational Church Service (VP) 11:00 Cozy Corner: A Moment to Unwind (PP) 1:30 Movie Matinee: Hidden Figures (VP) 2:00 Seasons & Stories: Creative Writing and Storytelling (PC) 3:00 Fall Feud Team Trivia (BG) 7:00 Movie Night: Hidden Figures (VP)	**16** 9:15 V!VAfit Sit Class (VS) 9:15 V!VAfit Swim (P) 9:45 2nd Floor V!VAfit Sit (FD) 10:00 Chair Yoga with Debbie (VS) 10:20 2nd Floor Puzzle Pals (FD) 1:30 Knitting Club (CK) 2:30 V!VAfit Exercise Assistance & Balance Circuit (VS) 3:00 New Community Member Meet & Greet (PP) 5:30 Evening at the Movies (OUT) 6:30 Creative Construction: Lego (HR)	**17** 9:15 V!VAfit Stretch Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:15 V!VAfit Strength Class (VS) 10:15 Whitefeather Country Market (OUT) 10:20 2nd Floor Word Game (FD) 11:00 Mental Aerobics: Word Twist (BG) 1:30 TV Series- The Facts Of Life- The Return of Mr. Garrett (VP) 2:00 V!VAfit Fun Swim (P) 2:00 A True Canadian Winter: Video (BG) 3:00 Guest Speaker : Accident Awarness - Robert Annan (VP) 6:30 Bingo Night (CK)	**18** 9:15 V!VAfit Sit Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:00 Hearing Clinic (TR) 10:15 V!VAfit Balance Circuit (VS) 10:20 2nd Floor Zen Colouring (FD) 2:00 Cafe Companions - Make New Friends One At A Time (PC) 2:30 V!VAfit Exercise Assistance & Balance Circuit (VS) 3:00 Movember: The Mind Matters Social (PP) 6:30 Euchre Night (CC)	**19** 9:15 V!VAfit Stretch Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:15 V!VAfit Sit & Stand Class (VS) 10:15 Outing: Shoppers, No Frills & Dollarama (OUT) 10:20 2nd Floor Brain Boosters (FD) 1:30 Chair Yoga with Debbie (VS) 1:30 2nd Floor Physical Game: Axe Throwing (FD) 2:00 Community Hot Takes: A Friendly Debate (BG) 3:00 Christmas Galore: Decorating the Building (PC) 6:30 Bid Euchre Night (CC) 6:30 Brain Booster Pickup (PC)	**20** 9:15 V!VAfit Sit Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:15 V!VAfit Strength Class (VS) 10:20 2nd Floor Bingo (FD) 11:00 Mental Aerobics: Wordle (BG) 1:30 Line Dancing (VS) 2:00 Photography Club Abstract Afternoon (CK) 2:30 V!VAfit Exercise Assistance & Balance Circuit (VS) 3:00 Name That Tune: Musical Timelines (PP) 6:30 Bridge Night (CC) 6:30 Needle Crafts (PC)	**21** 9:00 V!VAfit Swim (P) 9:45 2nd Floor V!VAfit Sit (FD) 10:00 Let's Play Dominoes (BG) 10:20 Saturday Series: I Will Find You (FD) 11:15 Drumfit Class (VS) 1:30 Movie Matinee: Die Hard (1988) (VP) 2:00 Table Top Games: Shut The Box (PC) 3:00 Live Entertainment: Gen-er-ation Gap (PP) 7:00 Movie Night: Die Hard (1988) (VP)
22 9:45 Virtual Catholic Church Service (VP) 9:45 2nd Floor V!VAfit Sit (FD) 10:20 2nd Floor Sunday Series (FD) 10:30 Virtual Multi-Denominational Church Service (VP) 11:00 Solitaire & Good Company (PC) 1:30 Movie Matinee: Michael (2026) (VP) 2:00 Seasons & Stories: Creative Writing and Storytelling (PC) 3:00 News & Views Discussion Group (PC) 3:45 Hymn Sing with Kathleen (L) 7:00 Movie Night: Michael (2026) (VP)	**23** 9:15 V!VAfit Sit Class (VS) 9:15 V!VAfit Swim (P) 9:45 2nd Floor V!VAfit Sit (FD) 10:00 Chair Yoga with Debbie (VS) 10:20 2nd Floor Puzzle Pals (FD) 1:30 V!VA Gives Back: Milk Bag Mats (CK) 1:30 Knitting Club: Preparing for the Bazar (CK) 2:30 V!VAfit Exercise Assistance & Balance Circuit (VS) 3:00 Game Day Afternoon: Match Game (VP) 6:30 Creative Construction: Lego (HR)	**24** 9:15 V!VAfit Stretch Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:15 V!VAfit Strength Class (VS) 10:20 2nd Floor Word Game (FD) 11:00 Mental Aerobics: Word Twist (BG) 1:30 Oshawa Center (OUT) 1:30 TV Series- The Facts Of Life- I.Q (VP) 2:00 V!VAfit Fun Swim (P) 3:00 Armchair Travel: South Africa (VP) 6:30 Bingo Night (CK)	**25** 9:15 V!VAfit Sit Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:15 V!VAfit Balance Circuit (VS) 10:15 Shopping Shuttle to Metro Plaza (OUT) 10:20 2nd Floor Zen Colouring (FD) 1:00 Parkwood Estate Christmas Tour (OUT) 2:00 Cafe Companions - Make New Friends One At A Time (PC) 2:30 V!VAfit Exercise Assistance & Balance Circuit (VS) 3:00 Coffee & Conversations: A Tasting Experience (PC) 6:30 Euchre Night (CC)	**26** 9:15 V!VAfit Stretch Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:15 V!VAfit Sit & Stand Class (VS) 10:20 2nd Floor Brain Boosters (FD) 1:30 Walmart Shuttle - Taunton Road (OUT) 1:30 Chair Yoga with Debbie (VS) 2:00 Holiday Arts & Crafts: Decorations for the Bus (CK) 3:00 Christmas Galore: Decorating the Building (PC) 6:30 Bid Euchre Night (CC) 6:30 Brain Booster Pickup (PC)	**27** 9:15 V!VAfit Sit Class (VS) 9:45 2nd Floor V!VAfit Sit (FD) 10:00 Complimentary Massages by RMT Students (VP) 10:15 V!VAfit Strength Class (VS) 10:20 2nd Floor Bingo (FD) 11:00 Mental Aerobics: Wordle (BG) 1:30 Line Dancing (VS) 2:30 V!VAfit Exercise Assistance & Balance Circuit (VS) 3:00 Arts & Crafts: Christmas Card Making (CK) 5:00 Outing: Whitby Lights The Night (OUT) 6:30 Bridge Night (CC) 6:30 Needle Crafts (PC)	**28** 9:00 V!VAfit Swim (P) 9:45 2nd Floor V!VAfit Sit (FD) 10:00 Let's Play Dominoes (BG) 10:20 Saturday Series: I Will Find You (FD) 11:15 Drumfit Class (VS) 11:30 V!VA Whitby Shores Christmas Buffet - Family & Friends Welcome (DR) 1:30 Movie Matinee: Downtown Abbey: A New Era (2022) (VP) 2:00 Brain Boosters Club - Word Games, Logic Puzzles, Memory Challenges and More! (PC) 3:00 Superfood Presentation: Chia Seeds (CK) 7:00 Movie Night:Downtown Abbey: A New Era (2022) (VP)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 9:45 Virtual Catholic Church Service (VP) 9:45 2nd Floor V!VAfit Sit (FD) 10:20 2nd Floor Sunday Series (FD) 10:30 Virtual Multi-Denominational Church Service (VP) 11:00 Cozy Corner: A Moment to Unwind (PP) 1:30 Movie Matinee: The Holiday (VP) 2:00 Seasons & Stories: Creative Writing and Storytelling (PC) 3:00 Mind Arena: Hues & Clues (BG) 7:00 Movie Night: The Holiday (VP)	**30** Vendor: Gemini Jewelry (CK) 9:15 V!VAfit Sit Class (VS) 9:15 V!VAfit Swim (P) 9:45 2nd Floor V!VAfit Sit (FD) 10:00 Chair Yoga with Debbie (VS) 10:20 2nd Floor Puzzle Pals (FD) 1:30 Walker Clinic (HR) 1:30 Whitby Library (OUT) 1:30 Knitting Club: Preparing for the Bazar (CK) 2:30 V!VAfit Exercise Assistance & Balance Circuit (VS) 3:00 Rowdy Reindeer: Winter Games (PC) 6:30 Creative Construction: Lego (HR) 7:00 Presentation by Shannon (VP)	Interesting Outings Saturday, November 7 – Tyrone Holiday Market Sunday, November 8 – Pickering Holiday Market Wednesday, November 11 – Olive Garden Thursday, November 12 – Lunch at Mandarin Friday, November 13 – Black Joy Holiday Market Monday, November 16 – Evening at the Movies Wednesday, November 25 – Parkwood Estate Christmas Tour Friday, November 27 – Whitby Lights the Night		Movember: Join the movement this November and help raise awareness for men's health. Whether you grow a moustache, participate in an event, wear blue, or simply start a conversation, every action makes a difference. Together, we can support physical health, mental well-being, and encourage important conversations 	

Novemeber Highlights!
Monday, November 3 – Pressed Flower Art
Wednesday, November 4 – The Great Movember Men's Health Presentation
Thursday, November 5 – Guess Who? Community Member Fun Facts
Monday, November 9 – Painting with Brianna
Tuesday, November 10 – Community Members Forum Meetings
Wednesday, November 11 – Remembrance Day Ceremony with Trumpet
Thursday, November 12 – Family & Friends Trivia Night Dinner (Trivia at 7:00 PM)
Tuesday, November 17 – Guest Speaker: Accident Awareness with Robert Annan

Saturday, November 21 – Live Entertainment: Generation Gap
Saturday, November 28 – Christmas Buffet (Family & Friends Welcome)

Orange	Fitness Class
Purple	Special Event
Green	Excursion
✔	Sign Up
🚌	Shuttle
$	Cost required
⏩	Walking

Locations Legend

Main Floor	2nd Floor
V!VAfit Studio (VS)	Family Den (FD)
Craft Kitchen (CK)	2nd Floor Victory Garden (VG2)
Brain Gym (BG)	
Lobby (L)	
Perks! Café (PC)	**7th Floor**
Pool (P)	Pints! Pub (PP)
Victory Garden (VG)	V!VAplex (VP)
Dining Room (DR)	Community Commons (CC)
Horticultural Room (HR)	V!VAlinks Golf Simulator (VL)
Treatment Room (TR)	