

NOVEMBER 2025 SENIORS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
	4 Late Life Planning Day Program- 10:30a- 11:30a Alpha House 1p-2:30p	5 Community Meeting 1:30-4:30 Trail Coffee Company	6	7 Be Fit- 9a-12p TAAC Gym Self Expression- TAAC Gym 1:30-3:30 (snacks)	** Nov 18/25- Trail Legion Dance- information only. Inquire if interested at the email provided. Not a regular part of programming. Estimated cost \$15.00
10 	11 Remembrance Day Closed	12 Community Meeting A & W 1:30 – 4:30	13 Late Life Planning Fruitvale House 3:00pm-4:30pm	14 Fitness - Line Dancing 9:00am-12:00pm TAAC Gym Self Expression- TAAC Gym 1:30-3:30 (snacks)	
17 	18 <i>Late Life Planning Day Program 10:30a-11:30a</i> Seniors Dance at the Trail Legion 1p-3p For info email legion11trail@telus.net	19 Community Meeting 1:30-4:30 Bridgeview Cafe	20 Late Life Planning Fruitvale House 3:00pm-4:30pm	21 Puck Toss - see flyer Meet 5PM @ Subway \$30aprox (ticket plus meal) Pick up 9:30pm	
24 	25 Late Life Planning Day Program- 10:30a- 11:30p Alpha House 1p-2:30p	26 Seniors Baking For Bake Sale Loaded Pretzel Cookies 1:30 – 4:30 CIC	27 Late Life Planning Fruitvale House 3:00pm-4:30pm	28 Be Fit- 9a-12p TAAC Gym Self Expression- TAAC Gym 1:30-3:30 (snacks)	