The Evergreens Foundation

NOVEMBER 2026

SUNSHINE PLACE LODGE EVANSBURG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2:00 Hymn Sing with Elsie	2 9:30 Standing Exercise 10:30 Bible Study 11:00 Library 2:00 Red Rose Dancers 3:30 Walking Club	3 9:30 Dumbbell Exercise 10:30 Resident Meeting 2:00 Dice Horse Races 3:30 Crazy 8's	4 9:30 Flexibility Exercise 10:30 Whitecourt Casino and Thrift Store Outing 2:00 Concerts in Care 3:30 Walking Club	5 National Donut Day 9:30 Exercise w/ Ray 10:30 DONUT Sampling 1:30 Balance w/ Ray 2:00 Grade 9 Visit 3:30 Seasonal Decorating	6 9:30 Joint Rotation Exercise 10:30 Movember 'Did you Know' 10:30 Wildwood Interdenominational Service 2:00 Card BINGO 3:30 Cribbage	7 9:30 Resistance Band Exercise 10:30 Ace of Spades 1:00 Ravine Jamboree Outing 4:00 Walking Club
8 2:00 Tipple Baptist Church with Pastor Dwayne	9 9:30 Standing Exercise 10:30 Bible Study 10:30 News&Views 2:00 Metis Culture Presentation w/ Dallas 3:30 Walking Club	10 9:30 Dumbbell Exercise 10:30 Freight Train Domino's 1:40 Remembrance Day Ceremony 3:30 Jeopardy Trivia	11  *Wayne's Birthday*	12 9:30 Exercise w/ Ray 10:30 Drayton Valley Shopping 1:00 Hearing Clinic 1:30 Balance w/ Ray 2:00 TV Horse Races 3:30 UNO	13 World Kindness Day 9:30 Joint Rotation Exercise 10:30 All about Kindness 2:00 An afternoon with Norman Rice 3:30 Cribbage	14 9:30 Resistance Band Exercise 10:30 Manicures 2:00 BINGO 3:30 Walking Club

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 2:00 Entwistle Community Church with Don Congo	16 9:30 Standing Exercise 10:30 Bible Study 11:00 Library 2:00 Horse Races 3:30 Walking Club	17 9:30 Dumbbell Exercise 10:30 Manly Puzzles 2:00 Bowling 3:30 Holiday Decorating	18 9:30 Flexibility Exercise 10:30 Famous Mustaches 2:00 Glen and Sylvia 3:30 Walking Club	19 9:30 Exercise w/ Ray 10:30 Left, Right and Center Game 1:30 Balance w/ Ray 2:00 Grade 9 Visit 3:30 Rummy-O *Elizabeth's Birthday*	20 9:30 Joint Rotation Exercise 10:30 Cranium Crunches 10:30 Wildwood Interdenominational Service 2:00 Food Club: Bundt Cake 3:30 Cribbage	21 9:30 Resistance Band Exercise 10:30 Armchair Travel: Czech Republic 12:00 Oilers Watch Party 3:30 Walking Club
22 2:00 Tipple Baptist Church with Pastor Dwayne	23 9:30 Standing Exercise 10:30 Bible Study 10:30 Up for Debate 2:00 Card BINGO 3:30 Walking Club	24 9:30 Dumbbell Exercise 10:30 Modern Jeopardy Trivia 2:00 Floor Curling 3:30 Holiday Decorating	25 9:30 Flexibility Exercise 10:30 IPAD 101 2:00 Birthday Party with Live Music 3:30 Walking Club	26 9:30 Exercise w/ Ray 10:30 IPAD Boggle 1:30 Balance w/ Ray 2:00 ELF Races 3:30 UNO	27 9:30 Joint Rotation Exercise 10:30 Fun with Words… 2:00 Craft Corner: Card Making 3:30 Cribbage	28 9:30 Resistance Band Exercise 10:30 Manicures 2:00 Holiday Door Decorating Kick off 3:30 Walking Club
29	30 9:30 Standing Exercise 10:30 Bible Study 11:00 Library 2:00 Red Rose Dancers 3:30 Walking Club	Happiest of Birthday's to Wayne S., and Elisabeth K.				

Legend:

Outings
Physical Programs
Spiritual Programs
Music
New/Important
CC =Continuing Care
Calendar Subject to Change