CEDAR COTTAGE NEIGHBOURHOOD HOUSE

Cedar Cottage ADP Calendar - Hello November 2026!

Cedar Cottage Neighbourhood House
Address: 3973 Dumfries Street Phone: 604.874.4231

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
Breakfast Social SteadyFeet® **PM** Guess the Action Spa Day	Breakfast Social SteadyFeet® **PM** Ping Pong Challenge Pretzel Making	Breakfast Social SteadyFeet® **PM** Funny Face Game Spa Day	Breakfast Social SteadyFeet® **PM** Finish the Song Hand Massage	Breakfast Social SteadyFeet® **PM** Remembrance Day Program Hydrangea Flower Making
9	**10**	**11**	**12**	**13**
Breakfast Social SteadyFeet®/ Tai Chi **PM** Music Game Mahjong	Breakfast Social SteadyFeet® **PM** Matching Game Card Making	**REMEMBRANCE DAY** **ADP Closed** **Statutory** **Holiday**	Breakfast Social SteadyFeet® **PM** Price Is Right Spring Roll Making	Breakfast Social SteadyFeet® **PM** Table Bowling What's in the Picture?
16	**17**	**18**	**19**	**20**
Breakfast Social SteadyFeet® **PM** Table Bowling Pretzel making	Breakfast Social SteadyFeet® **PM** Gratitude Trees Table Games	Breakfast Social SteadyFeet®/ Tai Chi **PM** Ping Pong Challenge Knitting	Breakfast Social SteadyFeet® **PM** Afternoon Bingo Holiday Wreath Making	Breakfast Social SteadyFeet® **PM** 411 Filipino Ukulele Strummers Baking Lemon Cookies
23	**24**	**25**	**26**	**27**
Breakfast Social SteadyFeet® **PM** Afternoon Bingo Hong Kong Style Pancake Making	Breakfast Social SteadyFeet® **PM** Active Games Holiday Card Making	Breakfast Social SteadyFeet® **PM** Matching Game Dumpling Making	Breakfast Social SteadyFeet® **PM** Singing with Mac Hydrangea Flower Making	Breakfast Social SteadyFeet® **PM** Saul's Music You Be the Judge
30				
Breakfast Social SteadyFeet® **PM** Spring Roll Making Mahjong				

"Autumn is a second spring when every leaf is a flower."

~ Albert Camus

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Cedar Cottage ADP Newsletter - Hello November 2026

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WELCOME

Adrian

David

Chit

November Birthdays

1st ~ Diana

9th ~ Elsa

12th ~ Linda

13th ~ Maria H

16th ~ Yin

17th ~ Maria A

19th ~ Sidney

24th ~ Filomena

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Mark Your Calendars

ADP Closed Stat Holiday

Wednesday,

November 11th, 2026

Remembrance Day

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Caregiver Luncheon

Thursday, Nov 26th, 2026

Stay Healthy This Flu Season!

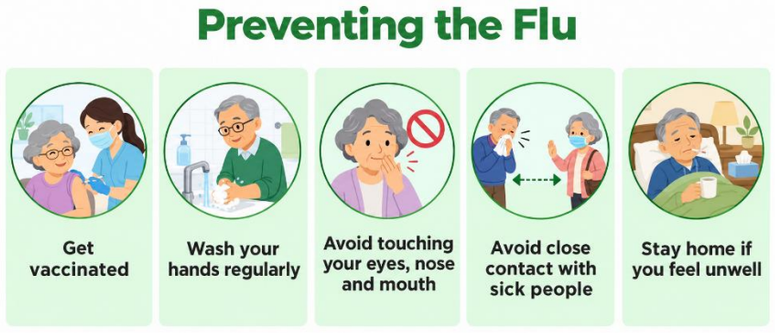
As the weather gets colder, flu season is here! Older adults are at higher risk of developing serious complications from influenza, making prevention especially important.

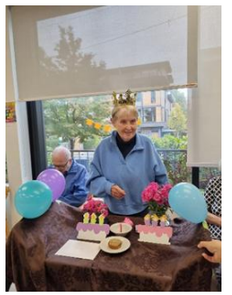
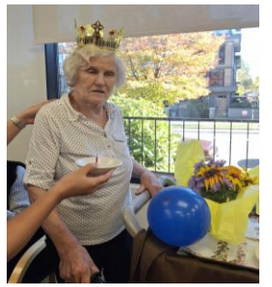
Here are some simple ways to protect yourself and your loved ones:

- **Get vaccinated:** An annual flu shot is one of the best ways to reduce the risk of serious illness.
- **Wash your hands:** Clean your hands regularly with soap and water or hand sanitizer.
- **Stay home when sick:** If you have a fever, cough, or other flu-like symptoms, stay home and rest until you feel better.
- **Stay healthy:** Eat balanced meals, get enough sleep, and stay physically active.

At our Adult Day Program, we encourage everyone to practice healthy habits and help protect one another.

Let's work together to stay healthy and safe this flu season!



October Activity Highlights

We enjoyed a wonderful month celebrating Oktoberfest, sharing a Thanksgiving turkey lunch, and having fun with baking, crafts, and games. Thank you all for making it such a special month!