

PARC Calendar – November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Drop-in Hours 11:00-3:00 Knitting 1:00-3:00 (Auditorium) Art Group 3:00-5:00 (Drop-in)
2 Drop-in Hours 11:00-3:00	3 Drop-in Hours 9:00-1:00 HepC Drop in 10:00-12:00 (Nurses Office) TUHU 10:30-12:00 Seeking Safety 1:00-3:00 Hockey 1:30-3:00 (McCormick Arena)	4 Drop-in Hours 9:00-1:00 Mindfulness 1:15-2:15 PARC Member Memorial 2:00-4:00	5 Drop-in Hours 9:00-1:00 Smoking Cessation 9:00-12:30 Check in with 2nd floor reception	6 Drop-in Hours 9:00-1:00 Movie Afternoon 2:00-4:00	7 Drop-in Hours 12:30-4:30 Music Afternoon 1:30-4:00 Writing Group 4:00-5:30 (Auditorium)	8 Drop-in Hours 11:00-3:00 Knitting 1:00-3:00 (Auditorium) Art Group 3:00-5:00 (Drop-in)
9 Drop-in Hours 11:00-3:00	10 Drop-in Hours 9:00-1:00 HepC Drop in 10:00-12:00 (Nurses Office) TUHU 10:30-12:00 Seeking Safety 1:00-3:00 Hockey 1:30-3:00 (McCormick Arena)	11 Remembrance Day Drop-in Hours 9:00-1:00 Mindfulness 1:15-2:15 Social Drop-in 2:00-4:00	12 Drop-in Hours 9:00-1:00 Smoking Cessation 9:00-12:30 Check in with 2nd floor reception	13 Drop-in Hours 9:00-1:00 Royal Winter Fair (Must sign up) 10:30 Movie Afternoon 2:00-4:00	14 Drop-in Hours 12:30-4:30 Music Afternoon 1:30-4:00 Writing Group 4:00-5:30 (Auditorium)	15 Drop-in Hours 11:00-3:00 Knitting 1:00-3:00 (Auditorium) Art Group 3:00-5:00 (Drop-in)
16 Drop-in Hours 11:00-3:00	17 Drop-in Hours 9:00-1:00 HepC Drop in 10:00-12:00 (Nurses Office) TUHU 10:30-12:00 Seeking Safety 1:00-3:00 Hockey 1:30-3:00 (McCormick Arena)	18 Drop-in Hours 9:00-1:00 Mindfulness 1:15-2:15 Post Camp Meeting 2:00-3:30	19 Drop-in Hours 9:00-1:00 Smoking Cessation 9:00-12:30 Check in with 2nd floor reception	20 Drop-in Hours 9:00-1:00 Movie Afternoon 2:00-4:00	21 Drop-in Hours 12:30-4:30 Music Afternoon 1:30-4:00 Poetry Night (online) 6:00-8:00	22 National Housing Day Drop-in Hours 11:00-3:00 Knitting 1:00-3:00 (Auditorium) Art Group 3:00-5:00 (Drop-in)
23/30 Drop-in Hours 11:00-3:00	24 Drop-in Hours 9:00-1:00 HepC Drop in 10:00-12:00 (Nurses Office) TUHU 10:30-12:00 Seeking Safety 1:00-3:00 Hockey 1:30-3:00 (McCormick Arena)	25 Drop-in Hours 9:00-1:00 Mindfulness 1:15-2:15	26 Drop-in Hours 9:00-1:00 Smoking Cessation 9:00-12:30 Check in with 2nd floor reception	27 Drop-in Hours 9:00-1:00 Movie Afternoon 2:00-4:00	28 Drop-in Hours 12:30-4:30 Music Afternoon 1:30-4:00 Writing Group 4:00-5:30 (Auditorium)	29 Drop-in Hours 11:00-3:00 Knitting 1:00-3:00 (Auditorium) Art Group 3:00-5:00 (Drop-in)

Green: In-Person Orange: Hybrid/2nd Floor Auditorium