November 2026

Foundations Psychiatric Rehabilitation Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ***Schedule subject to Change*** Daylight Saving Time Ends	**2** Life Skills: Mapping your Support Network Bingo ***Dollar Store $$***	**3**	**4** Illness Management: The Science of Gratitude The Everyday Adventure ***Mall Walk***	**5**	**6** Social Skills: Active Listening Pairs Wheel of Fortune ***Walmart $$***	**7**
8 ***This institution is an equal opportunity*** Diwali (Hindi)	**9** Illness Management: Emotion Thermometer The Circle of Music Library	**10**	**11** Illness Management: Resilience Building Creative Expression What does Veterans Day Mean to You Veterans Day Remembrance Day (Canada)	**12**	**13** Life Skills: Creative Problem-Solving Challenge Gum Tasting Challenge ***BMA***	**14**
15	**16** Life Skills: Spotting your Strengths Monthly Journaling I Can, I Will, I Am	**17**	**18** Illness Management: Giving & Receiving Support The Card of Thanks Thanksgiving Cards	**19**	**20** Life Skills: The Poem of Me Arts and Crafts	**21**
22	**23** Life Skills: Worry Exchange Thanksgiving Trivia ***Library (Book Return)***	**24**	**25** **Foundations Thanksgiving Luncheon** 	**26** ***HAPPY THANKSGIVING***  Thanksgiving Day (U.S.)	**27** Movie Friday Birthday Karaoke 	**28**
29	**30** Life Skills: Personal Coat of Arms Client Choice ***PRP Victory Treat @Hibachi Grill***					

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