

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div>  <p>Daylight Saving Time Ends</p>	<div>2</div> <p>Monday Mingle Wellness Clinic/ Whittaker Room WRM 8:30-10:00am</p>	<div>3</div> <p>Tuesday to Town Oromocto Call to reserve a seat</p> 	<div>4</div>	<div>5</div> <p>Northside Pool Seniors Swim</p>	<div>6</div> <p>Happy birthday to those celebrating this month!</p> 	<div>7</div> 
<div>8</div>	<div>9</div> <p>Monday Mingle Free Flu and Covid Vaccine Clinic Call by Nov 5 to book your spot Whittaker Room WRM 8:30 a.m. start</p>	<div>10</div> <p>Lunch and Learn Financial & Consumer Commission of NB "Seniors and Fraud" 12:00pm</p> 	<div>11</div> <p><i>Remembrance Day</i> </p>	<div>12</div> <p>Northside Pool Seniors Swim</p>	<div>13</div> <p>Friendly Calls</p> 	<div>14</div>
<div>15</div> <p>Nov </p>	<div>16</div> <p>Monday Mingle Wellness Clinic Whittaker Room WRM 8:30-10:00am</p>	<div>17</div> <p>Tuesday to Town Fredericton Call to reserve a seat</p> 	<div>18</div> <p>Snacks and Facts with Service Canada. Information on programs, benefits, or subsidies for Seniors Whittaker Room/WRM 2:00pm - 3:30pm</p>	<div>19</div> <p>Northside Pool Seniors Swim</p>	<div>20</div>	<div>21</div> 
<div>22</div>	<div>23</div> <p>Monday Mingle Exercise Whittaker Room WRM 8:30-10:00am</p>	<div>24</div> <p>Tuesday to Town Fredericton Call to reserve a seat</p> 	<div>25</div>	<div>26</div> <p>Northside Pool Seniors Swim</p>	<div>27</div>	<div>28</div>
<div>29</div> 	<div>30</div> <p>Monday Mingle Wellness Whittaker Room WRM 8:30-10:00am</p>	 <div>November 2026</div>				

Seniors on the Go/NHWW 506-368-6504 or onthego@whiterapidsmanor.nb.ca