

NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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November 11 Remembrance Day

					<p>1</p> <p>9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Room) 10:30 AM: VPL Books (Media Room) 2:30 PM: Happy Hour & Word Games (Dining Room)</p>	<p>2</p> <p>10:30 AM: Resident Run Fitness Fun & Games (Fitness Room) 2:30 PM: Music with One Key (Dining Room) 7:00 PM: Movie (Media Rm)</p>
<p>3</p> <p>10:30 AM: Resident Run Fitness Fun & Games (Fitness Room) 2:00 PM: Movie (Media Rm) 2:30 PM: Bingo (Sth Act Rm)</p>	<p>4</p> <p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 2:15 PM: Resident Council Meeting (Private Dining Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Podcast (Media Rm)</p>	<p>5</p> <p>9:30 AM: Tai Chi (Fitness Rm) 10:00 AM: Catholic Mass (Chapel) 10:30 AM: Wii Bowling (Media Rm) 2:30 PM: Resident Run Bingo (Sth Act Rm) 2:30 PM: Christian Fellowship (Media Room) 7:00 PM: Concert (Media Rm)</p>	<p>6</p> <p>9:30 AM: Resident Run Fitness Fun & Games & Games (Fitness Rm) 10:00 AM: Piano Music with Don Mackenzie (Dining Room) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Dining Room)</p>	<p>7</p> <p>9:30 AM: Get up and go (Fitness Rm) 10:00 AM - 3:30 PM: Fall Bazaar (Fireside Lounge) 1:30 PM: Doctor visit (Media Rm) 7:00 PM Pet Therapy (Fireside Lounge)</p>	<p>8</p> <p>9:30 AM: Resident Run Fitness Fun & Games & Games (Fitness Rm) 10:30 AM: Ping Pong (Fitness Room)</p>	<p>9</p> <p>10:30 AM: Resident Run Fitness Fun & Games (Fitness Room) 2:30 PM: Virtual Scenic Drive - Wonders of Norway 7:00 PM: Movie (Media Rm)</p>
<p>10</p> <p>10:30 AM: Resident Run Fitness Fun & Games (Fitness Room) 2:00 PM: Movie (Media Rm) 2:30 PM: Bingo (Sth Act Rm)</p>	<p>11</p> <p>10:30 AM: Kraft Korner (Sth Act Rm) 10:30 PM: Remembrance Day Ceremony - Sing Oh Canada (Dining Room) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Podcast (Media Rm)</p>	<p>12</p> <p>9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Walmart - bus outing 10:30 AM: Wii Bowling 2:30 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)</p>	<p>13</p> <p>9:30 AM: Sit and Fit (Fitness Rm) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Dining Room)</p>	<p>14</p> <p>9:30 AM: Get up and go (Fitness Rm) 9:30 AM: Medical/Banking 10:30 AM: - Scenic Drive - Porteau Cove - Bus outing 2:30 PM: Mystery Cards (Dining Rm)</p>	<p>15</p> <p>9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Indigo Pharmacy Talk: Constipation (Media Room) 10:30 AM: Ping Pong (Fitness Room) 2:30 PM: Happy Hour & Music with Lester Soo (Dining Room)</p>	<p>16</p> <p>10:30 AM: Resident Run Fitness Fun & Games (Fitness Room) 7:00 PM: Movie (Media Rm)</p>
<p>17</p> <p>10:30 AM: Resident Run Fitness Fun & Games (Fitness Room) 2:00 PM: Movie (Media Rm) 2:30 PM: Bingo (Sth Act Rm)</p>	<p>18</p> <p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM: News & Views (Private D. Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Podcast (Media Rm)</p>	<p>19</p> <p>9:30 AM: Sit & Fit (Fitness Rm) 10:30 AM: Wii Bowling (Media Rm) 1:15 PM: Museum Of Anthropology - Bus Outing 2:30 PM: Bingo (Sth Act Rm) 2:30 PM: Christian Fellowship (Media Room) 7:00 PM: Concert (Media Rm)</p>	<p>20</p> <p>9:30 AM: Sit and Fit (Fitness Rm) 10:00 AM: Piano Music with Don Mackenzie (Dining Room) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Dining Room)</p>	<p>21</p> <p>9:30 AM: Get up and go (Fitness Rm) 11:30 AM: Lunch - Sushi Mura - Main St. 1:30 PM: Doctor visit (Media Rm) 2:30 PM: Mystery Cards (Dining Rm)</p>	<p>22</p> <p>9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Room) 2:30 PM: Happy Hour & Karaoke/Sing Along (Dining Room)</p>	<p>23</p> <p>10:30 AM: Resident Run Fitness Fun & Games (Fitness Room) 2:30 PM: Virtual Scenic Drive - Wonders of Switzerland 7:00 PM: Movie (Media Rm) 8:00 PM: MONTE CARLO NIGHT</p>
<p>24</p> <p>10:30 AM: Resident Run Fitness Fun & Games (Fitness Room) 2:00 PM: Movie (Media Rm) 2:30 PM: Bingo (Sth Act Rm)</p>	<p>25</p> <p>9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 1:15 PM: - Richmond Country Farms Market - Bus Outing 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Podcast (Media Rm)</p>	<p>26</p> <p>9:30 AM: Sit & Fit (Fitness Rm) 10:30 AM: Wii Bowling (Media Rm) 11:00 AM - 2:00 PM: Alta Vida Fashion (Fireside Lounge) 2:30 PM: Resident Food Forum (Dining Room) 7:00 PM: Concert (Media Rm)</p>	<p>27</p> <p>9:30 AM: Sit and Fit (Fitness Rm) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Dining Room)</p>	<p>28</p> <p>9:30 AM: Get up and go (Fitness Rm) 9:30 AM: Medical/Banking 1:15 PM - Kingsgate Mall - Bus Outing 2:30 PM: Horse Racing (Dining Rm) 7:00 PM: St. Pats Volunteer Visit (Dining Room)</p>	<p>29</p> <p>9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Room) 2:30 PM: Happy Hour Birthday Celebration & Music with Mike Kinal (Dining Room)</p>	<p>30</p> <p>10:30 AM: Resident Run Fitness Fun & Games (Fitness Room) 7:00 PM: Movie (Media Rm)</p>

FALL BACK
Turn your clocks back

