

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 2:15 PM: Resident Council Meeting (Priv Din Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm) 	9:30 AM: Tai Chi (Fitness Rm) 10:00 AM: Catholic Mass (Chapel) 10:15 AM: QE Park (Bus) 10:30 AM: Scrabble (Private Din Rm) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Christian Fellowship (Chapel) 7:00 PM: Concert (Media Rm)	10:30 AM: Indigo Pharmacy Health Talk - Insomnia (Media Rm) 2:00 PM: Chair Yoga (Fitness Room) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Private Dining Rm)	9:30 AM: Get up and go (Fitness Rm) 2:30 PM: Mystery Cards (Private Dining Rm) FALL BAZAAR 10AM - 2:30PM FIRESIDE LOUNGE	9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 10:30 AM: Book Givaway (Private Din Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour (Dining Room) 	10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 2:30 PM: Virtual Scenic Drive - Wonders of Thailand The Most Amazing Places in Thailand Travel Video 4K (Media Room) 7:00 PM: Movie (Media Rm)
8	9	10	11 - Remembrance Day	12	13	14
10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 10:30 AM: News & Views (Private Dining Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	9:30 AM: Tai Chi (Fitness Rm) 1:00 PM: Superstore (Bus) 10:30 AM: Scrabble (Private Din Rm) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)	10:30 AM: Remembrance Day Ceremony (Dining Room) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Private Dining Rm) 	9:30 AM: Get up and go (Fitness Rm) 9:30 AM: Medical/Banking (Minivan) 11:30 AM: Lunch @ Tomahawk Restaurant (Bus) 2:30 PM: Mystery Cards (Priv Dining Room)	9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour & music w/ Lester Soo (Dining Room)	10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 7:00 PM: Movie (Media Rm)
15	16	17	18	19	20	21
10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	10:30 AM: Kraft Korner (Sth Act Rm) 10:15 AM: Garry Point - Richmond (Bus) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Christian Fellowship (Chapel) 7:00 PM: Concert (Media Rm)	10:00 AM Blood Pressure & Weight (Media Room) 2:00 PM: Chair Yoga (Fitness Room) 7:00 PM: Movie (Media Rm) 7:45 PM: Cards - Uno w/ St. Pat's Volunteers (Dining Rm)	9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Pet Therapy (Fireside Lounge) 1:00 PM: Scenic Drive - Spanish Banks/UBC (Bus) 2:30 PM: Mystery Cards (Private Dining Rm)	9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour & Trivia (Dining Room)	10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 2:30 PM: Virtual Scenic Drive - wonders of Ireland most amazing places in Ireland - epic explorations (Media Room) 7:00 PM: Movie (Media Rm) MONTE CARLO NIGHT
22	23	24	25	26	27	28
10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 10:30 AM: News & Views (Private Dining Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	10:30 AM: Scrabble (Private Din Rm) 1:00 PM: Museum of Anthropology - (Bus) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)	10:00 AM: Music w/ Don MacKenzie (Dining Room) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Private Dining Rm)	9:30 AM: Get up and go (Fitness Rm) 9:30 AM: Medical/Banking (Minivan) 10:45 AM: Kingsgate Mall (Bus) 2:30 PM: Mystery Cards (Private Dining Rm)	9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 10:30 AM: VPL Books (Priv Dining Room) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour, Birthday Celebration & music w/ Bob Collins (Dining Room)	10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 7:00 PM: Movie (Media Rm)
29	30	<p>Latin Roots: November comes from novem, the Latin word for "nine," because it was the ninth month in the early Roman calendar before January and February were added.</p> <p>Birthstones: Topaz (representing strength and honor) and Citrine</p> <p>Birth Flower: The chrysanthemum, which generally symbolizes cheerfulness.</p>				
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