



November 2022

Lower Level Neighbourhood



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1 8:30 Breakfast 9:00 Greeting the Day 9:30 Chaplain Visits 10:15 Bake It Up 12:00 Lunch 1:30 Traveling Treats 2:30 Active Games 5:00 Supper	2 8:30 Breakfast 10:30 Morning Exercises 12:00 Lunch 1:00 The Daily Perk Delivery 1:30 Friendly Visits 1:45 Afternoon Exercises 2:00 1:1 Music Therapy with Rosie 3:30 Brain Games 5:00 Supper 6:30 Colouring Club	3 8:30 Breakfast 9:00 Greeting the Day 10:15 Nail Care 12:00 Lunch 1:30 Neighbourhood Strolls 3:00 Music Therapy Group 5:00 Supper	4 Donut Friday 8:30 Breakfast 9:00 Greeting the Day 10:00 Hymn Sing 10:45 Morning Exercises 12:00 Lunch 1:30 Creative Corner: Fall Craft 2:30 Storytime & Donuts 5:00 Supper	5 8:30 Breakfast 9:00 Greeting the Day 10:00 Reading Circle 12:00 Lunch 1:30 Colouring Club 2:30 Active Games 5:00 Supper
6 Day Light Savings End 8:30 Breakfast 9:00 Greeting the Day 10:15 Church Service 12:00 Lunch 2:00 IN2L: Games 5:00 Supper	7 1940's Week 8:30 Breakfast 10:30 Morning Exercises 12:00 Lunch 1:00 The Daily Perk Delivery 1:30 Friendly Visits 3:30 Fashion's in the 1940's Discussion 5:00 Supper 6:30 Active Games	8 1940's Week 8:30 Breakfast 9:00 Greeting the Day 9:30 Chaplain Visits 10:15 Bake It Up: 1940's Dessert 12:00 Lunch 1:30 Neighbourhood Strolls 2:30 1940's Food Trivia 5:00 Supper	9 1940's Week 8:30 Breakfast 10:15 Catholic Mass 10:45 Fun And Fitness 12:00 Lunch 1:00 The Daily Perk Delivery 2:00 1:1 Music Therapy with Rosie 2:30 1940's Dance with Kevin Coates 5:00 Supper 6:30 Colouring Club	10 1940's Week 8:30 Breakfast 9:00 Greeting the Day 10:30 Creative Corner: 1940's Craft 12:00 Lunch 1:30 Nail Care 3:00 Music Therapy Group 5:00 Supper	11 Remembrance Day 8:30 Breakfast 9:00 Greeting the Day 10:30 Remembrance Day Service 10:45 Morning Exercises 12:00 Lunch 1:30 Remembrance Day Word Scramble 1:30 Stepping Out 2:30 Afternoon Tea Social 5:00 Supper	12 Happy Hour Day 8:30 Breakfast 9:00 Greeting the Day 10:00 Relaxing Yoga 12:00 Lunch 1:30 Afternoon Strolls 2:30 Happy Hour Social On Main Level 5:00 Supper
13 8:30 Breakfast 9:00 Greeting the Day 10:15 Church Service 12:00 Lunch 1:30 Friendly Visits 2:30 News + Views 5:00 Supper	14 8:30 Breakfast 10:30 Morning Exercises 12:00 Lunch 1:00 The Daily Perk Delivery 1:30 Friendly Visits 3:00 Creative Corner: 5:00 Supper 6:30 Active Games	15 8:30 Breakfast 9:00 Greeting the Day 9:30 Chaplain Visits 10:15 Neighbourhood Strolls 12:00 Lunch 1:30 Movie Matinee 5:00 Supper	16 National Button Day 8:30 Breakfast 10:30 Button Making 12:00 Lunch 1:00 The Daily Perk Delivery 1:30 Friendly Visits 1:45 Afternoon Exercises 2:00 1:1 Music Therapy with Rosie 3:30 Brain Games 5:00 Supper 6:30 Entertainment: Tom Denomme	17 8:30 Breakfast 9:00 Greeting the Day 10:00 Nail Care 12:00 Lunch 1:30 Neighbourhood Strolls 3:00 Music Therapy Group 5:00 Supper	18 8:30 Breakfast 9:00 Greeting the Day 10:30 Friendly Visits 10:45 Morning Exercises 12:00 Lunch 2:30 Reading Circle 5:00 Supper	19 8:30 Breakfast 9:00 Greeting the Day 10:00 Christmas Craft: Wreath Making 12:00 Lunch 1:30 Brain Games 2:30 Active Games 5:00 Supper
20 8:30 Breakfast 9:00 Greeting the Day 10:15 Church Service 12:00 Lunch 2:00 IN2L: Games 5:00 Supper	21 8:30 Breakfast 10:30 Morning Exercises 12:00 Lunch 1:00 The Daily Perk Delivery 1:30 Friendly Visits 3:00 Colouring Club 5:00 Supper 6:30 Active Games	22 8:30 Breakfast 9:00 Greeting the Day 9:30 Chaplain Visits 10:30 Brain Games 12:00 Lunch 2:15 Bake It Up 5:00 Supper	23 8:30 Breakfast 10:45 Fun and Fitness 12:00 Lunch 1:00 The Daily Perk Delivery 1:30 Friendly Visits 2:00 1:1 Music Therapy with Rosie 3:30 Christmas Craft 5:00 Supper	24 8:30 Breakfast 9:00 Greeting the Day 10:00 Nail Care 12:00 Lunch 1:30 Neighbourhood Strolls 3:00 Music Therapy Group 5:00 Supper Happy Birthday Floarea!	25 8:30 Breakfast 9:00 Greeting the Day 10:00 Java Music Club 10:45 Morning Exercises 12:00 Lunch 1:30 Brain Games 1:30 Stepping Out 2:30 Colouring Club	26 8:30 Breakfast 9:00 Greeting the Day 10:00 Making a gratitude List 12:00 Lunch 1:30 Neighbourhood Strolls 3:15 Birthday Social with Conn Smyth
27 8:30 Breakfast 9:00 Greeting the Day 10:15 Church Service 12:00 Lunch 1:30 Neighbourhood Strolls 2:30 News + Views 5:00 Supper	28 8:30 Breakfast 10:30 Morning Exercises 12:00 Lunch 1:00 The Daily Perk Delivery 1:30 Friendly Visits 3:30 Active Games 5:00 Supper 6:30 Creative Corner: Snow Globe's	29 Square Dance Day 8:30 Breakfast 9:00 Greeting the Day 10:00 Devotions 11:15 Square Dance Videos 12:00 Lunch 1:45 Christmas Tree Set Up 5:00 Supper	30 8:30 Breakfast 10:15 Catholic Mass 12:00 Lunch 1:00 The Daily Perk Delivery 1:45 Afternoon Exercises 2:00 1:1 Music Therapy with Rosie 2:30 Heart Beats Club 3:30 Friendly Visits 5:00 Supper 6:30 Music and Colouring			