




# NOVEMBER 2023

## Alderwood Neighborhood



| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|--|--|---|--|--|--|---|
|    |  |   | <b>1</b><br><b>9:30</b> Musical Moments<br><b>10:00</b> Soothing Sensation<br><b>11:00</b> For the Fun of Fit<br><b>12:00</b> Meal Assistance<br><b>2:30</b> Express Yourself<br><b>4:00</b> Family Feud | <b>2</b><br><b>9:30</b> Brains and Banter<br><b>10:00</b> Circle of Friends<br><b>12:00</b> Meal Assistance<br><b>2:30</b> You & Me<br><b>3:30</b> Travelogue<br><b>4:00</b> Family Feud                         | <b>3</b><br><b>9:30</b> Stepping Out<br><b>10:30</b> Dominoes<br><b>12:00</b> Meal Assistance<br><b>2:30</b> Musical Moments<br><b>3:30</b> For the Soul                           | <b>4</b><br><b>9:30</b> For The Fun of Fit<br><b>10:30</b> Card Games<br><b>12:00</b> Meal Assistance<br><b>2:30</b> You & Me<br><b>3:00</b> Circle of Friends: Tea<br><b>4:00</b> Stepping Out |
| <b>5 Daylight Savings Time Ends</b><br><b>10:00 Fellowship Service</b><br><b>11:00</b> For the Fun of Fit<br><b>12:00</b> Meal Assistance<br><b>2:30</b> Circle of Friends<br><b>4:00</b> Brains and Banter            | <b>6</b><br><b>12:00</b> Meal Assistance<br><b>2:00</b> You & Me<br><b>3:00</b> Stepping Out<br><b>4:00</b> Family Feud<br><b>5:00</b> Meal Assistance<br><b>6:30</b> Musical Moments                | <b>7</b><br><b>9:30</b> horticulture Therapy<br><b>10:30</b> You & Me<br><b>12:00</b> Meal Assistance<br><b>2:30</b> Brains and Banter<br><b>3:00</b> Express Yourself<br><b>5:00</b> Meal Assistance                     | <b>8</b><br><b>9:30</b> For The Fun of Fit<br><b>10:30 Music Therapy</b><br><b>12:00</b> Meal Assistance<br><b>2:30</b> Baking<br><b>3:30</b> You & Me<br><b>4:00</b> Family Feud                        | <b>9</b><br><b>9:30</b> Brains and Banter<br><b>10:00</b> Express Yourself<br><b>12:00</b> Meal Assistance<br><b>1:45</b> For the Fun of Fit<br><b>3:00</b> Stepping Out<br><b>4:00</b> Circle of Friends        | <b>10</b><br><b>9:30</b> Express Yourself<br><b>10:00</b> Bingo Game<br><b>12:00</b> Meal Assistance<br><b>2:30</b> Social Hour<br><b>3:30</b> You & Me<br><b>4:00</b> Family Feud | <b>11</b><br><b>10:15 Remembrance Day Ceremony</b><br><b>12:00</b> Meal Assistance<br><b>1:30</b> You & Me<br><b>2:30 Entertainment: with Sybil and Jenny</b>                                   |
| <b>12 Diwali</b><br><b>9:30</b> Stepping Out<br><b>10:00 Fellowship Service</b><br><b>12:00</b> Meal Assistance<br><b>2:30</b> Express Yourself<br><b>3:30</b> Brains and Banter<br><b>4:00</b> For the Soul           | <b>13</b><br><b>12:00</b> Meal Assistance<br><b>1:45</b> Java Memory<br><b>3:00</b> You & Me<br><b>4:00</b> Family Feud<br><b>5:00</b> Meal Assistance<br><b>6:30</b> Musical Moments                | <b>14</b><br><b>9:15 Horticulture therapy</b><br><b>11:00</b> In the Kitchen<br><b>1:45</b> Stepping Out<br><b>2:00 Spiritual Service</b><br><b>3:00</b> For the Fun of Fit   | <b>15</b><br><b>9:00</b> Express Yourself<br><b>12:00</b> Meal Assistance<br><b>1:30</b> Movie Afternoon<br><b>2:30 Entertainment: Jay</b><br><b>3:30</b> You & Me<br><b>4:00</b> Family Feud            | <b>16</b><br><b>9:15</b> Brains and Banter<br><b>10:00</b> Horseshoe Game<br><b>11:00</b> For the Fun of Fit<br><b>12:00</b> Meal Assistance<br><b>1:45</b> Express Yourself<br><b>3:00 Resident Council</b>     | <b>17</b><br><b>9:30</b> You & Me<br><b>10:30</b> Stepping Out<br><b>12:00</b> Meal Assistance<br><b>2:30</b> Brains and Banter<br><b>3:30</b> Christmas Decorating                | <b>18</b><br><b>9:15</b> For the Fun of Fit<br><b>10:00</b> You & Me<br><b>11:00</b> Dominoes<br><b>12:00</b> Meal Assistance<br><b>2:15</b> Circle of Friends<br><b>3:15 Brains and Banter</b> |
| <b>19</b><br><b>9:15</b> Soothing Sensations<br><b>10:00 Fellowship Service</b><br><b>11:00</b> Express yourself<br><b>12:00</b> Meal Assistance<br><b>2:00</b> Musical Moments<br><b>3:15</b> Conversation with cubes | <b>20</b><br><b>9:30</b> Its Never Too Late<br><b>10:00</b> Brain Banter<br><b>11:15</b> For the Fun of Fit<br><b>12:00</b> Meal Assistance<br><b>1:30</b> Dance Charades<br><b>3:00</b> Ladder Ball | <b>21</b><br><b>9:30 Horticulture Therapy</b><br><b>10:15</b> Brains and Banter<br><b>12:00</b> Meal Assistance<br><b>1:15</b> Circle of Friends<br><b>3:30</b> For the Fun of Fit  | <b>22</b><br><b>9:15</b> Soothing Sensations<br><b>10:30 Music Therapy</b><br><b>12:00</b> Meal Assistance<br><b>1:00</b> Express Yourself<br><b>2:30 Entertainment: Emilio</b>                          | <b>23</b><br><b>9:00</b> For the Soul<br><b>10:00</b> In the Kitchen<br><b>10:00 Outing: Cloverdale Mall</b><br><b>12:00</b> Meal Assistance<br><b>01:15</b> For the Fun of Fit<br><b>04:15</b> Express Yourself | <b>24</b><br><b>9:30</b> Bingo<br><b>11:15</b> Card Games<br><b>12:00</b> Meal Assistance<br><b>01:15</b> Express Yourself<br><b>03:00</b> For the Soul                            | <b>25</b><br><b>9:00</b> For the Fun of Fit<br><b>10:15</b> Express Yourself<br><b>12:00</b> Meal Assistance<br><b>1:30</b> Stepping Out<br><b>3:30</b> Family Feud                             |
| <b>26</b><br><b>9:00</b> For the Fun of Fit<br><b>10:00 Fellowship Service</b><br><b>12:00</b> Meal assistance<br><b>1:30</b> Movie<br><b>4:00</b> Dominoes  | <b>27</b><br><b>9:15</b> Musical Moments<br><b>10:30</b> You & Me<br><b>12:00</b> Meal Assistance<br><b>1:30</b> Brains and Banter<br><b>2:30 Birthday Entertainment: Tristan</b>                    | <b>28 Giving Tuesday</b><br><b>9:00</b> Horticulture Therapy<br><b>11:00 Tree Lighting Ceremony</b><br><b>12:00</b> Meal Assistance<br><b>1:30</b> Travelogue<br><b>2:00 Spiritual Service</b><br><b>3:30</b> Family Feud | <b>29 Christmas Bazaar 10am-3pm</b><br><b>12:00</b> Meal Assistance<br><b>2:00</b> For the Fun of Fit<br><b>3:30</b> Musical Moments<br><b>4:00</b> Circle of Friends                                    | <b>30</b><br><b>9:15</b> Brains and Banter<br><b>10:30</b> Card Games<br><b>12:00</b> Meal Assistance<br><b>1:15</b> Circle of Friends<br><b>4:00</b> Express Yourself   |  |   |