




# NOVEMBER 2023

## BRULE NEIGHBOURHOOD



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:30 You & Me <b>10:00 Horticultural Therapy</b> <b>10:00 It's Never Too Late</b> <b>12:00 Lunch Assistance</b> <b>2:30 For the Fun of Fit "Horse Races"</b> <b>3:30 Brains &amp; Banter</b>	<b>2</b> 12:00 Lunch Assistance <b>2:30 Express Yourself</b> <b>4:00 You &amp; Me</b> <b>5:00 Dinner Assistance</b> <b>6:30 Hot Chocolate Social</b>	<b>3</b> 10:00 <b>Java Music Club</b> <b>11:15 For the Fun of Fit "Balloon Racquetball"</b> <b>12:00 Lunch Assistance</b> <b>1:30 Afternoon Tea Social</b> <b>3:00 Brains &amp; Banter</b>	<b>4</b> 9:30 For the Fun of Fit "Morning Stretches" <b>10:15 Stepping Out</b> <b>12:00 Lunch Assistance</b> <b>2:30 Musical Moments</b> <b>3:30 It's Never Too Late</b>
<b>5 Daylight Savings Time Ends</b> <b>10:00 For the Soul</b> <b>11:00 Brains &amp; Banter</b> <b>12:00 Lunch Assistance</b> <b>2:30 Express Yourself</b> <b>3:45 You &amp; Me</b>	<b>6</b> 9:30 You & Me <b>10:00 In the Kitchen "Chocolate Chip Cookies"</b> <b>12:00 Lunch Assistance</b> <b>2:30 For the Fun of Fit</b> <b>3:30 It's Never Too Late</b> <b>4:00 Soothing Sensations</b>	<b>7</b> 9:30 Express Yourself <b>10:30 Italian Club</b> <b>11:30 For the Fun of Fit</b> <b>12:00 Lunch Assistance</b> <b>2:30 Soothing Sensations</b> <b>3:30 Brains &amp; Banter</b> <b>4:00 You &amp; Me</b>	<b>8</b> 9:30 You & Me <b>10:00 Horticultural Therapy</b> <b>11:15 Music Therapy</b> <b>12:00 Lunch Assistance</b> <b>2:30 For the Fun of Fit "Snowball Golfing"</b> <b>3:30 Brains &amp; Banter</b>	<b>9</b> 12:00 Lunch Assistance <b>2:30 Bazaar Crafts</b> <b>4:00 You &amp; Me</b> <b>5:00 Dinner Assistance</b> <b>6:30 Brains &amp; Banter</b>	<b>10</b> 10:00 <b>Java Music Club</b> <b>11:15 For the Fun of Fit "Ring Toss"</b> <b>12:00 Lunch Assistance</b> <b>2:30 Brains &amp; Banter</b> <b>3:00 Soothing Sensations</b>	<b>11 Remembrance Day</b> <b>10:00 For the Fun of Fit "Morning Stretches"</b> <b>10:15 Remembrance Day Service</b> <b>12:00 Lunch Assistance</b> <b>2:30 Entertainment: Sybil &amp; Jenny</b>
<b>12 Diwali</b> <b>10:15 For the Soul "Alan Jackson Hymns"</b> <b>10:30 Stepping Out</b> <b>12:00 Lunch Assistance</b> <b>1:30 Diwali Social</b>	<b>13 World Kindness Day</b> <b>9:30 You &amp; Me</b> <b>11:00 Spiritual Service</b> <b>12:00 Lunch Assistance</b> <b>2:30 Express Yourself "Aqua Painting"</b> <b>3:30 It's Never Too Late</b> <b>4:00 Soothing Sensations</b>	<b>14</b> 9:30 Express Yourself <b>10:30 Stepping Out</b> <b>11:30 For the Fun of Fit</b> <b>12:00 Lunch Assistance</b> <b>2:00 In the Kitchen: Shortbread</b> <b>4:00 You &amp; Me</b>	<b>15</b> 9:30 You & Me <b>10:00 Horticultural Therapy</b> <b>12:00 Lunch Assistance</b> <b>2:30 Entertainment: Jay Vazquez</b> <b>4:00 You &amp; Me</b>	<b>16</b> 9:30 You & Me <b>12:00 Lunch Assistance</b> <b>2:30 Bazaar Crafts</b> <b>3:00 Resident Council</b> <b>4:00 Brains &amp; Banter</b>	<b>17</b> 10:00 <b>Java Music Club</b> <b>11:15 For the Fun of Fit "Balloon Racquetball"</b> <b>12:00 Lunch Assistance</b> <b>1:30 Afternoon Tea Social</b> <b>3:00 Brains &amp; Banter</b> <b>4:00 You &amp; Me</b>	<b>18</b> 9:30 Dancing Charades <b>10:00 Stepping Out</b> <b>12:00 Lunch Assistance</b> <b>2:30 Express Yourself "Watercolor Painting"</b> <b>3:45 You &amp; Me</b>
<b>19</b> 10:00 For the Soul <b>10:15 Stepping Out</b> <b>2:30 For the Fun of Fit "Rainbow Ball"</b> <b>3:00 Brains &amp; Banter</b> <b>3:45 You &amp; Me</b>	<b>20</b> 9:30 You & Me <b>10:00 In the Kitchen Oatmeal Cookies</b> <b>2:30 Express Yourself</b> <b>3:30 It's Never Too Late</b> <b>4:15 Soothing Sensations</b>	<b>21</b> 9:30 Express Yourself <b>10:30 Stepping Out</b> <b>12:00 Lunch Assistance</b> <b>2:00 In the Kitchen: Butter Tarts</b> <b>4:00 You &amp; Me</b>	<b>22</b> 9:30 You & Me <b>10:00 Horticultural Therapy</b> <b>11:15 Music Therapy</b> <b>2:30 Yogurt &amp; Fruit Bowls</b> <b>3:00 Entertainment: Emilio</b> <b>4:00 Brains &amp; Banter</b>	<b>23</b> 12:00 Lunch Assistance <b>2:30 Bazaar Crafts</b> <b>4:00 You &amp; Me</b> <b>5:00 Dinner Assistance</b> <b>6:30 Movie &amp; Treats</b>	<b>24</b> 9:30 For the Soul <b>10:30 Brains &amp; Banter "Complete the Proverb"</b> <b>12:00 Lunch Assistance</b> <b>2:30 Java Music Club</b> <b>3:45 You &amp; Me</b>	<b>25</b> 10:00 For the Soul <b>10:15 In the Kitchen: Sugar Cookies</b> <b>12:00 Lunch Assistance</b> <b>1:30 Musical Moments "50's Sing Along"</b>
<b>26</b> 10:15 For the Soul "Traditional Jamaican Hymns" <b>10:30 Stepping Out</b> <b>1:30 Soothing Sensations "Manicures &amp; Hand Massage"</b>	<b>27</b> 9:30 Feel & Fold <b>10:00 For the Fun of Fit "Balloon Racquetball"</b> <b>11:00 Spiritual Service</b> <b>12:00 Lunch Assistance</b> <b>2:30 Birthday Entertainment: Tristan</b>	<b>28 Giving Tuesday</b> <b>9:30 Express Yourself</b> <b>10:30 Stepping Out</b> <b>11:30 For the Fun of Fit "Dance Party"</b> <b>12:00 Lunch Assistance</b> <b>2:00 In the Kitchen: Christmas Bread Buns</b>	<b>29 Christmas Bazaar 10-3pm</b> <b>9:30 You &amp; Me</b> <b>10:00 Horticultural Therapy</b> <b>12:00 Lunch Assistance</b> <b>2:30 Musical Moments</b>	<b>30</b> 12:00 Lunch Assistance <b>2:30 Express Yourself</b> <b>4:00 You &amp; Me</b> <b>5:00 Dinner Assistance</b> <b>6:30 Musical Moments "Sing Along with Mary Sue"</b>		