



# November 2023

## Rymal Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 8:15 Breakfast 9:30 Greeting the Day 10:30 Brains and Banter 12:00 Lunch 2:00 Tai Chi with Dan—FC 5:00 Dinner	<b>2</b> 8:15 Breakfast 9:30 Greeting the Day 9:45 Java Music Club with Janet—L 11:00 Fit to Function with Dan—FC 12:00 Lunch 1:30 Circle of Friends 2:00 Knit & Chat—CC 3:15 Residents' Council—CC 5:00 Dinner 6:30 Brains & Banter—CC	<b>3</b> 8:15 Breakfast <b>8:30 Men's Breakfast—CC</b> 9:30 Greeting the Day 10:30 You and I 11:00 Stay Strong—FC 12:00 Lunch 2:00 Circle of Friends 3:00 In the Kitchen 5:00 Dinner	<b>4</b> 8:15 Breakfast 9:30 Greeting the Day 12:00 Lunch 2:00 Pub with Loralee—MS 3:30 Express Yourself 5:00 Dinner
<b>5</b> 8:15 Breakfast 9:30 Greeting the Day 12:00 Lunch 1:30 Stepping Out 2:30 Church Service with Ankit -TH 3:15 Fellowship—CC 5:00 Dinner	<b>6</b> 8:15 Breakfast 9:30 Greeting the Day 10:30 Circle of Friends 10:30 Music Jamboree —FC 12:00 Lunch 2:00 Bingo—CC 3:30 You and I 5:00 Dinner	<b>7</b> 8:15 Breakfast 9:30 Greeting the Day 12:00 Lunch <b>1:30 Outing to Tim Hortons</b> 2:30 For the Soul with Janet 5:00 Dinner	<b>8 Cappuccino Day</b> 8:15 Breakfast 9:30 Greeting the Day 10:30 Brains and Banter 12:00 Lunch 2:00 Tai Chi with Dan—FC 2:00 Travelling Cart: Cappuccino & Hot Drinks 2:30 Movie Afternoon with Janet: The Hundred Foot Journey—TH 5:00 Dinner	<b>9</b> 8:15 Breakfast 9:30 Greeting the Day 9:45 Java Music Club with Janet—L 11:00 Fit to Function with Dan—FC 12:00 Lunch 1:30 Circle of Friends 2:00 Knit & Chat—CC 3:00 Brains and Banter 5:00 Dinner 6:30 Bingo—CC	<b>10</b> 8:15 Breakfast 9:30 Greeting the Day 10:30 Rymal Gets Musical 10:30 You and I 11:00 Stay Strong—FC 12:00 Lunch <b>1:30 St. Catherine of Siena Parish Tour</b> 2:00 Circle of Friends 3:00 You and I 5:00 Dinner	<b>11 Remembrance Day</b> 8:15 Breakfast 9:30 Greeting the Day 10:30 Remembrance Day Service—TS 12:00 Lunch 2:00 Entertainment with Dave Shakespeare on Stonechurch 3:30 Brains & Banter 5:00 Dinner
<b>12</b> 8:15 Breakfast 9:30 Greeting the Day 10:00 Church Service with Ankit—TH 10:30 Music & Memories 12:00 Lunch <b>1:00 Country Drive</b> 2:30 Church Service with Janet—TH 3:15 Fellowship—CC 5:00 Dinner	<b>13</b> 8:15 Breakfast 9:30 Greeting the Day 10:00 Garden Club—GH 10:30 Music and Memories 10:30 Music Jamboree —FC 12:00 Lunch 2:00 Bingo—CC 3:30 You and I 5:00 Dinner	<b>14 National Pickle Day</b> 8:15 Breakfast 9:30 Greeting the Day 12:00 Lunch 12:00 Ladies Lunch—CC 2:00 In the Kitchen 2:30 For the Soul with Janet 3:00 You and I 5:00 Dinner	<b>15 Christmas Decorating</b> 8:15 Breakfast 9:30 Greeting the Day 12:00 Lunch 2:00 Tai Chi with Dan—FC 5:00 Dinner 	<b>16 Christmas Decorating</b> 8:15 Breakfast 9:30 Greeting the Day 12:00 Lunch 5:00 Dinner 	<b>17</b> 8:15 Breakfast 9:30 Greeting the Day <b>10:00 Outing to Fortinos</b> 11:00 Stay Strong—FC 12:00 Lunch 2:00 Circle of Friends 3:00 Happy Hour with Emily Kemp—MS 5:00 Dinner	<b>18</b> 8:15 Breakfast 9:30 Greeting the Day 12:00 Lunch 2:00 Entertainment with Zack Erikson on Carrington 3:30 Express Yourself 5:00 Dinner
<b>19</b> 8:15 Breakfast 9:30 Greeting the Day 10:00 Church Service with Ankit—TH 12:00 Lunch 1:30 Stepping Out 2:30 Church Service with Janet—TH 3:15 Fellowship—CC 5:00 Dinner	<b>20</b> 8:15 Breakfast 9:30 Greeting the Day 10:00 Garden Club—GH 10:30 Brains and Banter 10:30 Music Jamboree —FC 12:00 Lunch 2:00 Bingo—CC 3:30 Stepping Out 5:00 Dinner	<b>21</b> 8:15 Breakfast 9:30 Greeting the Day 12:00 Lunch 1:30 In the Kitchen 2:30 For the Soul with Janet 3:00 You and I 5:00 Dinner	<b>22</b> 8:15 Breakfast 9:30 Greeting the Day 10:30 Brains and Banter 12:00 Lunch 2:00 Tai Chi with Dan—FC 2:00 Express Yourself 3:30 You and I 5:00 Dinner <b>5:00 Diner's Club: Harvey's—MS</b>	<b>23</b> 8:15 Breakfast 9:30 Greeting the Day 9:45 Java Music Club with Janet—L 11:00 Fit to Function with Dan—FC 12:00 Lunch 1:30 Circle of Friends 2:00 Knit & Chat—CC 3:00 Brains and Banter 5:00 Dinner 7:15 Harlequin Singers of Hamilton—TS	<b>24</b> 8:15 Breakfast 9:30 Greeting the Day 10:30 Rymal Gets Musical 10:30 You and I 11:00 Stay Strong—FC 12:00 Lunch 2:00 In the Kitchen 3:00 Stepping Out 5:00 Dinner	<b>25 Santa's Village Christmas Sale 10am to 3pm</b>  8:15 Breakfast 12:00 Lunch 5:00 Dinner
<b>26</b> 8:15 Breakfast 9:30 Greeting the Day 10:00 Church Service with Ankit—TH 10:30 Music & Memories 12:00 Lunch 2:30 Church Service with Janet—TH 3:15 Fellowship—CC 5:00 Dinner	<b>27</b> 8:15 Breakfast 9:30 Greeting the Day 10:00 Garden Club—GH 10:30 Music Jamboree —FC 12:00 Lunch 2:00 Bingo—CC 3:30 Stepping Out 5:00 Dinner	<b>28</b> 8:15 Breakfast 9:30 Greeting the Day 12:00 Lunch 1:30 In the Kitchen 2:30 For the Soul with Janet 3:00 You and I 5:00 Dinner	<b>29</b> 8:15 Breakfast 9:30 Greeting the Day 10:30 Brains and Banter 12:00 Lunch 2:00 Tai Chi with Dan—FC 2:30 Magic Show—TS 5:00 Dinner	<b>30</b> 8:15 Breakfast 9:30 Greeting the Day 9:45 Java Music Club with Janet—L 11:00 Fit to Function with Dan—FC 12:00 Lunch 1:30 Express Yourself 2:00 Knit & Chat—CC 3:00 Stepping Out 5:00 Dinner 6:30 Musical Moments—CC	<p style="text-align: center;"><b>Please refer to the "Today's Activity Board" for any program time changes, location changes, or cancellations.</b></p>	
						<i>TH — Town Hall</i> <i>CC — Community Centre</i> <i>MS — Main Street</i> <i>TS — Town Square</i> <i>FC — Fitness Centre</i> <i>L — Library</i> <i>GH — Greenhouse</i>