




# NOVEMBER 2023

## Lambton Neighborhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>12:00</b> Meal Assistance <b>2:00</b> For the Fun of Fit <b>3:30</b> Stepping Out <b>4:15</b> You and Me <b>5:00</b> Dinner <b>6:30</b> Movie Night	<b>2</b> <b>9:30</b> Musical Moments <b>10:30</b> Banana Shake Social <b>12:00</b> Meal Assistance <b>2:30</b> Bean Bag Toss <b>4:00</b> You & Me	<b>3</b> <b>12:00</b> Meal Assistance <b>1:30</b> Brain and banter <b>2:45</b> For the Fun of Fit <b>3:45</b> Tea Social <b>5:00</b> Dinner Assistance <b>7:00</b> Dominoes	<b>4</b> <b>9:30</b> For the Fun of Fit <b>10:30</b> Express Yourself: Watercolour <b>12:00</b> Meal Assistance <b>2:30</b> Brains and Banter <b>4:00</b> You and Me
<b>5 Daylight Saving Time Ends</b> <b>9:30 Fellowship Service</b> <b>10:30</b> Musical Moments <b>12:00</b> Meal Assistance <b>2:30</b> Java Memory <b>4:00</b> Soothing Sensations: Hand Massage	<b>6</b> <b>9:30</b> You & Me <b>10:30</b> For the Fun of Fit: Dance Charades <b>12:00</b> Meal Assistance <b>2:30</b> Remembrance Day Art <b>3:30</b> It's Never Too Late	<b>7</b> <b>09:30</b> For the Fun of Fit <b>10:30 Italian Club</b> <b>12:00</b> Meal Assistance <b>2:00 Spiritual Service</b> <b>02:45</b> For the Fun of Fit: Bowling <b>04:00</b> You & Me	<b>8</b> <b>9:30</b> Music Therapy <b>12:00</b> Meal Assistance <b>1:30</b> For the Fun of Fit: Balloon Tennis <b>2:45</b> Express Yourself <b>3:45</b> Stepping Out	<b>9</b> <b>9:30</b> Beauty Spa <b>10:30</b> For the Fun of Fit: Ring Toss <b>12:00</b> Meal Assistance <b>2:30</b> In the Kitchen: Pizza <b>4:00</b> You & Me	<b>10</b> <b>9:30</b> Musical Moments <b>10:30</b> Diwali Crafts <b>12:00</b> Meal Assistance <b>2:30</b> Book Club <b>4:00</b> Stepping Out	<b>11 Remembrance Day</b> <b>9:15</b> You & Me <b>10:15 Remembrance Day Service</b> <b>12:00</b> Meal Assistance <b>2:30 Entertainment with Sybil and Jenny</b> <b>4:00</b> Brains and Banter
<b>12 Diwali</b> <b>9:30 Fellowship Service</b> <b>10:30</b> Diwali Celebration <b>12:00</b> Meal Assistance <b>2:30</b> Musical Moments <b>3:30</b> Brains and Banter	<b>13 World Kindness Day</b> <b>9:30</b> Beauty Spa <b>10:30</b> Express Yourself <b>12:00</b> Meal Assistance <b>2:30</b> In the Kitchen <b>4:00</b> Stepping Out	<b>14</b> <b>9:30</b> Hymn Sing <b>10:30</b> For the Fun of Fit <b>12:00</b> Meal Assistance <b>2:30</b> Christmas Decorating <b>4:00</b> You & Me	<b>15</b> <b>12:00</b> Meal Assistance <b>1:30</b> Word Search <b>2:30 Entertainment: Jay Vazquez</b> <b>5:00</b> Dinner <b>6:30</b> Movie Night	<b>16</b> <b>9:30</b> Express Yourself: Christmas Crafts <b>10:30</b> For the Fun of Fit <b>12:00</b> Meal Assistance <b>3:00 Resident Council</b> <b>4:00</b> You & Me	<b>17</b> <b>10:00 Outing: Ripley's Aquarium</b> <b>1:30</b> In the Kitchen <b>3:30</b> Spa Day <b>5:00</b> Meal Assistance <b>6:30</b> Express Yourself	<b>18</b> <b>9:30</b> Soothing Sensations <b>10:30</b> Express Yourself <b>12:00</b> Meal Assistance <b>2:30</b> Circle of Friends <b>4:00</b> For the Fun of Fit
<b>19</b> <b>9:30 Fellowship Service</b> <b>10:30</b> Brains and Banter <b>12:00</b> Meal Assistance <b>02:30</b> Java Memory <b>04:00</b> You & Me!	<b>20</b> <b>9:30</b> Musical Moments <b>10:30</b> Stepping out <b>12:00</b> Meal Assistance <b>2:30</b> In the Kitchen <b>3:30</b> Horse Racing	<b>21</b> <b>9:30</b> Book Club <b>10:30</b> Spa Day <b>12:00</b> Meal Assistance <b>2:00 Spiritual Service</b> <b>2:45</b> Christmas Bazaar Crafts <b>4:00</b> Stepping Out	<b>22</b> <b>9:30 Music Therapy</b> <b>1:30</b> In the Kitchen <b>3:30 Entertainment :Emilio</b> <b>4:00 2024 Activity Suggestions</b> <b>6:30</b> Soothing Sensations	<b>23</b> <b>9:30</b> Hymn Sing <b>10:00 Outing: Cloverdale Mall</b> <b>12:00</b> Meal Assistance <b>2:30</b> Soothing Sensations <b>3:45</b> Circle of Friends	<b>24</b> <b>9:30</b> For the Fun of Fit <b>10:30</b> Express Yourself <b>12:00</b> Meal Assistance <b>2:30</b> Musical Moments <b>4:00</b> Stepping out	<b>25</b> <b>9:30</b> Express Yourself <b>10:30</b> Brains and Banter <b>12:00</b> Meal Assistance <b>2:30</b> Circle of Friends <b>3:30</b> Soothing Sensations
<b>26 National Cake Day</b> <b>9:30 Fellowship Service</b> <b>10:00</b> In the Kitchen: Cake <b>2:30</b> Express Yourself <b>3:30</b> It's Never too Late <b>4:00</b> Soothing Sensations	<b>27</b> <b>9:30</b> Musical Moments <b>10:30</b> For the Fun of Fit <b>12:00</b> Meal Assistance <b>2:30 Birthday Entertainment with Tristan</b> <b>4:00</b> You & Me	<b>28</b> <b>9:30</b> Manicure <b>10:30</b> For the Fun of Fit <b>12:00</b> Meal Assistance <b>2:00</b> Tree Lighting Ceremony <b>2:30</b> In the Kitchen <b>4:00</b> Hand massage	<b>29 Christmas Bazaar</b> <b>9:30</b> Musical Moments <b>10:30</b> Christmas Bazaar <b>12:00</b> Meal Assistance <b>2:30</b> Brains and Banter <b>4:00</b> Stepping Out	<b>30</b> <b>9:30</b> Hymn Sing <b>10:30</b> Circle of Friends <b>12:00</b> Meal Assistance <b>2:30</b> Bowling <b>4:00</b> It's Never Too late		