



November 2023

Neighbourhood of Ailsa Craig

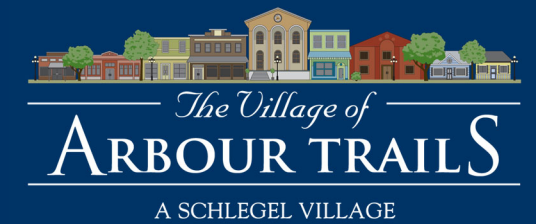


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Where Is The Program? * = Arbour Trails Main Building</p> <p>C—Chapel* MF—Main Floor* HS—Hobby Shop* TH—Town Hall* L—Library* PC—Patio Courtyard SC—Social Club* BP—Back Pond* TS—Town Square* FC—Fitness Centre* FE—Front Entrance * JPL — Jack Purcell Lounge ML — Main Lobby BP — Back Patio *</p> <p>NOTE: Programs, their times, and locations are subject to change.</p>			<p>1</p> <p>9:30 VON Exercise Class FC 10:15 Documentary: “Wild Isles: Our Precocious Isles” TH 10:30 Coffee & Baileys 3rd FL 11:00 VON Exercise JPL 2:15 Tech Help *call ext. 836 3:00 Get Active JPL 3:00 Bookmobile FE 3:30 Jeopardy & Wine JPL 7:30 Music on Wednesday TH</p>	<p>2</p> <p>10:00 Chair Yoga FC 10:30 Bible Study C 11:00 VON Exercise JPL 2:30 Entertainment: “A Record Day” TH 7:00 No Stress Bridge JPL</p>	<p>3 Suzanne M Jewelry 10:30-2 TS</p> <p>9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:30 Morning Stretches JPL 2:00 Line Dancing JPL 2:30 Mini Golf 4th FL 4:00 Happy Hour 3rd FL 4:20 Happy Hour 4th FL 7:15 Popcorn Pick-up TH 2:30 & 7:30 Movie: “August Rush” TH</p>	<p>4</p> <p>10:15 Morning Smoothies MF Café 2:00 Knitting 4th FL 2:30 Saturday Series: “Downton Abbey” TH 3:15 Happy Hour TS 7:30 Comedy Hour TH</p>
<p>5 Daylight Savings Ends—Turn Clocks BACK an Hour</p> <p>11:15 DrumFIT FC 2:00 Euchre JPL 2:15 Brain Puzzle Packages Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café TS 4:00 Sunday Series: “Keeping up Appearances” TH</p>	<p>6</p> <p>9:00 Tai Chi JPL 10:30 Catholic Communion C 11:00 Guided Meditation TH 11:00 VON Exercise JPL 1:00 Pedal Tours: Seisenbergklamm Forest, Austria JPL 2:00 High Tea 2nd FL 3:00 Better Balance JPL 4:00 Hand Therapy JPL 5:00 Happy Hour 3rd FL 2:30 & 7:30 Movie: “Sister Act” TH</p>	<p>7 Cameron Cards 10:30-2 TS</p> <p>10:30 Meeting of Minds Discussion Group TH 11:00 VON Exercise JPL 1:30 Afternoon Music TH 2:15 Art Hour: Remembrance Day Wreaths HS 2:30 Film of Faith: “Breakthrough” TH 3:30 Stretch Class FC 7:30 Current Events L 7:30 Trivia Night HS</p>	<p>8</p> <p>9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:15 Documentary: “Wild Isles: Woodland” TH 10:30 Men’s Conversation Connection C 10:30 Coffee & Baileys 3rd FL 10:00 Springridge Farm *RSVP on Main Floor 11:00 VON Exercise JPL 2:15 Therapeutic Paw Visits with Raven the Dog 3rd FL 2:15 Tech Help *call ext. 836 3:00 Get Active JPL 3:30 Jeopardy & Wine JPL 7:30 Classic Music on Wednesday: “Joseph Hayden” TH</p>	<p>9</p> <p>10:00 Chair Yoga FC 10:15 Flower Arranging JPL <i>*please RSVP on the main floor</i> 10:30 Bible Study C 11:00 VON Exercise JPL 2:15 Sing-Along Series TH 7:00 No Stress Bridge JPL</p>	<p>10</p> <p>9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:30 Social Committee Coffee & Timbits Social JPL 2:00 Line Dancing JPL 2:30 Mini Golf 4th FL 4:00 Happy Hour 3rd FL 4:20 Happy Hour 4th FL 7:15 Popcorn Pick-up TH 7:30 Movie: “Waterloo Bridge” TH</p>	<p>11 10:30 Remembrance Day Service TH</p> <p>2:00 Knitting 4th FL 3:15 Happy Hour TS 7:30 Comedy Hour TH</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12 11:15 DrumFIT FC 2:00 Euchre JPL 2:15 Brain Puzzle Package Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café TS 4:00 Sunday Series: "Keeping up Appearances" TH</p>	<p>13 9:00 Tai Chi JPL 10:30 Catholic Communion C 11:00 VON Exercise JPL 11:00 Guided Meditation TH 1:00 Pedal Tours: Village of Hallstatt, Austria JPL 2:00 High Tea 2nd FL 3:00 Better Balance JPL 4:00 Hand Therapy JPL 5:00 Happy Hour 3rd FL 2:30 & 7:30 Movie: "To Kill a Mockingbird" TH</p>	<p>14 10:00-10:30 Karen Guitard on the Piano TS 10:30 Meeting of Minds Discussion Group TH 11:00 VON Exercise JPL 1:30 Afternoon Music TH 2:15 Art Hour: Christmas Door Hangers HS 3:30 Stretch Class FC 7:30 Entertainment: "James Skarnikat" TH</p>	<p>15 Ask a Foodie Event 11:15-1:15 TS 9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:15 Documentary: "Wild Isles: Grassland" TH 10:30 Coffee & Baileys 3rd FL 11:00 VON Exercise JPL 2:15 Tech Help *call ext. 836 3:00 Get Active JPL 3:00 Bookmobile FE 3:30 Jeopardy & Wine JPL 7:30 Music on Wednesday TH</p>	<p>16 10:00 Chair Yoga FC 10:30 Bible Study C 11:00 VON Exercise JPL 2:15 Sing-Along Series TH 7:00 No Stress Bridge JPL</p>	<p>17 Flowers, Fair and Gifts 10-2 TS 9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:30 Morning Stretches JPL 11:30 Einstein Café *RSVP on main floor 2:00 Line Dancing JPL 2:30 Entertainment: "Grace Cowely" TH Happy Birthday Hour: 4:00 Happy Hour 3rd FL 4:20 Happy Hour 4th FL 7:15 Popcorn Pick-up TH 7:30 Movie: "High Noon" TH</p>	<p>18 10:15 Morning Smoothies MF Café 10:30 Morning Stretches JPL 2:00 Knitting 4th FL 2:30 A Game of: The Price is Right! JPL 2:30 Saturday Series: "Downton Abbey" TH 3:15 Happy Hour TS 7:30 Comedy Hour TH</p>
<p>19 11:15 DrumFIT FC 2:00 Euchre JPL 2:15 Brain Puzzle Package Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café TS 4:00 Sunday Series: "Keeping up Appearances" TH</p>	<p>20 Exquisite Fashion Boutique 10-3 HS 9:00 Tai Chi JPL 10:30 Catholic Communion C 11:00 VON Exercise JPL 11:00 Guided Meditation TH 1:00 Pedal Tours: Giethoorn the most beautiful village in the Netherlands JPL 2:00 Book Club 2nd FL 3:00 Better Balance JPL 4:00 Hand Therapy JPL 5:00 Happy Hour 3rd FL 2:30 & 7:30 Movie: "Going in Style" TH</p>	<p>21 Comfort Shoes 11-4 TS 10:30 Meeting of Minds Discussion Group TH 11:00 VON Exercise JPL 1:30 Afternoon Music TH 2:15 Art Hour: Christmas Card Making HS 3:30 Stretch Class FC 7:30 Current Events L 7:30 Trivia Night HS</p>	<p>22 9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:15 Documentary: "Wild Isles: Freshwater" TH 10:30 Men's Conversation Connection C 10:30 Coffee & Baileys 3rd FL 11:00 VON Exercise JPL 2:15 Tech Help *call ext. 836 3:00 Get Active JPL 3:30 Jeopardy & Wine JPL 7:30 Classic Music on Wednesday: "Vivaldi" TH</p>	<p>23 10:00 Chair Yoga FC 10:30 Bible Study C 11:00 VON Exercise JPL 2:15 Sing-Along Series TH 2:45 Conversation Café JPL 7:00 No Stress Bridge JPL</p>	<p>24 9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:30 Morning Stretches 2nd FL *please note location change for today only 2:00 Line Dancing JPL No afternoon recreation programs due to Christmas Market set-up</p>	<p>25 Christmas Market 10-3 <i>Vendors, Santa, entertainment and more!</i></p>
<p>26 11:15 DrumFIT FC 2:00 Euchre JPL 2:15 Brain Puzzle Package Pick-up HS 3:00 Anglican Communion Chapel Service C 3:45 Fellowship Café TS 4:00 Sunday Series: "Keeping up Appearances" TH</p>	<p>27 9:00 Tai Chi JPL 10:30 Catholic Communion C 11:00 VON Exercise JPL 11:00 Guided Meditation TH 1:00 Pedal Tours: Havasupai Falls Hike, Arizona JPL 2:00 High Tea 2nd FL 3:00 Better Balance JPL 4:00 Hand Therapy JPL 5:00 Happy Hour 3rd FL 2:30 & 7:30 Movie: "Elizabeth is Missing" TH</p>	<p>28 10:00-10:30 "Karen Guitard" on the Piano TS 10:30 Meeting of Minds Discussion Group TH 11:00 VON Exercise JPL 1:30 Afternoon Music TH 2:15 Art Hour: Christmas Card Making Continued HS 3:30 Stretch Class FC 7:30 Current Events L 7:30 Trivia Night HS</p>	<p>29 9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:15 Documentary: "Wild Isles: Ocean" TH 10:30 Coffee & Baileys 3rd FL 11:00 VON Exercise JPL 2:15 Tech Help *call ext. 836 3:00 Get Active JPL 3:00 Bookmobile FE 3:30 Jeopardy & Wine JPL 7:30 Music on Wednesday TH</p>	<p>30 KMW Clothing 10-4 HS 10:00 Chair Yoga FC 10:30 Bible Study C 11:00 VON Exercise JPL 2:30 Entertainment: Pianist "Dave Thierry" TS 7:00 No Stress Bridge JPL</p>	<p>Recreation Contact Information: arbourtrails.recreation@schlegelvillages.com (226)-251- 3065 Extension 836</p>	