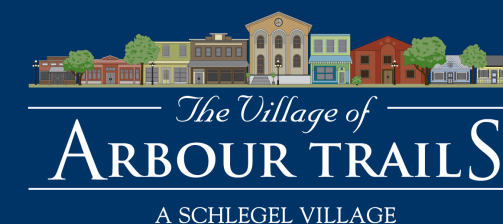




November 2023

Emma's Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Recreation Contact Information:</u></p> <p>arbourtrails.recreation@schlegelvillages.com (226)-251-3065 Extension 811</p>			<p>1</p> <p>8:30 Breakfast 10:15 You and Me 11:00 Hallway Mini Golf 12:00 Lunch 2:30 Tea and Travels 3:30 Stepping Out 5:00 Dinner</p>	<p>2</p> <p>8:30 Breakfast 10:15 In the Kitchen 10:30 Pet Therapy 11:15 Musical Moments 12:00 Lunch 1:30 Neighbourhood Time 2:30 Live Music with: "A Record Day" in Town Hall 3:30 For the Soul 5:00 Dinner</p>	<p>3</p> <p>8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Happy Hour on Egerton 5:00 Dinner 6:30 Soothing Sensations</p>	<p>4</p> <p>8:30 Breakfast 11:00 Musical Moments 12:00 Lunch 1:30 Movie Matinee: "Breakfast at Tiffany's" 2:45 Express Yourself 5:00 Dinner</p>
<p>5 National Donut Day 8:30 Breakfast 11:15 Vinyl Cafe 12:00 Lunch 2:00 For the Soul 3:00 Chapel Service in the Chapel 3:15 Neighbourhood Time 5:00 Dinner Daylight Savings Ends—Set Clocks Back 1 Hour Veterans' Week</p>	<p>6</p> <p>8:30 Breakfast 10:15 Circle of Friends 11:00 Musical Moments 12:00 Lunch 2:00 Brains and Banter 3:30 DrumFit Exercise Group 5:00 Dinner</p>	<p>7</p> <p>8:30 Breakfast 10:15 Express Yourself 12:00 Lunch 2:30 For the Fun of Fit 3:30 Java Time 5:00 Dinner 6:30 Neighbourhood Time</p>	<p>8</p> <p>8:30 Breakfast 10:15 You and Me 11:00 Hallway Mini Golf 12:00 Lunch 2:30 Tea and Travels 3:30 Stepping Out 5:00 Dinner</p>	<p>9</p> <p>8:30 Breakfast 10:15 Flower Arranging 10:30 Pet Therapy 11:15 Musical Moments 12:00 Lunch 1:30 Neighbourhood Time 2:30 For the Soul 3:30 Brains and Banter 5:00 Dinner</p>	<p>10</p> <p>8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Happy Birthday Hour 5:00 Dinner 6:30 Soothing Sensations</p>	<p>11</p> <p>8:30 Breakfast 10:00 For the Fun of Fit 10:30 Remembrance Day Service in Town Hall 12:00 Lunch 1:30 Virtual Concert: "Basel National Tattoo Concert" 2:45 Express Yourself 5:00 Dinner</p>
<p>12</p> <p>8:30 Breakfast 11:15 Vinyl Cafe 12:00 Lunch 2:00 For the Soul 3:00 Chapel Service in the Chapel 3:15 Neighbourhood Time 5:00 Dinner Diwali</p>	<p>13</p> <p>8:30 Breakfast 11:00 Brains and Banter 12:00 Lunch 2:30 Songbird Music Therapy 4:30 You and Me 5:00 Dinner</p>	<p>14</p> <p>8:30 Breakfast 10:15 Express Yourself 12:00 Lunch 2:30 For the Fun of Fit 3:30 Java Time 5:00 Dinner 7:30 Live Music with: "James Skarnikat" in Town Hall</p>	<p>15 Ask a Foodie Event 11:15—1:15 in Town Square</p> <p>8:30 Breakfast 10:30 Stepping Out 12:00 Lunch 2:30 Tea and Travels 3:30 Holiday Decorating 5:00 Dinner</p>	<p>16</p> <p>8:30 Breakfast 10:15 In the Kitchen 10:30 Pet Therapy 11:15 Musical Moments 12:00 Lunch 2:30 For the Soul: Hymn Sing 3:30 Brains and Banter 5:00 Dinner</p>	<p>17</p> <p>8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Happy Hour on Egerton 2:30 Live Music with: "Grace Cowley" in Town Hall 5:00 Dinner 6:30 Soothing Sensations</p>	<p>18</p> <p>8:30 Breakfast 10:00 For the Fun of Fit 11:15 Musical Moments 12:00 Lunch 1:30 Matinee: "The Wizard of Oz" 2:45 Express Yourself 5:00 Dinner</p>
<p>19</p> <p>8:30 Breakfast 11:15 Vinyl Cafe 12:00 Lunch 2:00 For the Soul 3:00 Chapel Service in the Chapel 3:15 Neighbourhood Time 5:00 Dinner</p>	<p>20</p> <p>8:30 Breakfast 10:15 Circle of Friends 11:00 Musical Moments 12:00 Lunch 2:00 Brains and Banter 3:30 DrumFit Exercise Group 5:00 Dinner</p>	<p>21</p> <p>8:30 Breakfast 10:15 Express Yourself 12:00 Lunch 2:30 For the Fun of Fit 3:30 Java Time 5:00 Dinner 6:30 Neighbourhood Time</p>	<p>22</p> <p>8:30 Breakfast 10:30 Tim Hortons Outing 12:00 Lunch 2:30 Tea and Travels 3:30 Stepping Out 5:00 Dinner</p>	<p>23</p> <p>8:30 Breakfast 10:15 In the Kitchen 10:30 Pet Therapy 11:15 Musical Moments 12:00 Lunch 2:30 For the Soul 3:30 Brains and Banter 5:00 Dinner</p>	<p>24</p> <p>8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Happy Hour 5:00 Dinner 6:30 Soothing Sensations</p>	<p>25</p> <p>8:30 Breakfast 10:00 For the Fun of Fit 12:00 Lunch 5:00 Dinner Arbour Trails Christmas Market 10-3</p>
<p>26</p> <p>8:30 Breakfast 11:15 Vinyl Cafe 12:00 Lunch 2:00 For the Soul 3:00 Chapel Service in the Chapel 3:15 Neighbourhood Time 5:00 Dinner</p>	<p>27</p> <p>8:30 Breakfast 11:00 Musical Moments 12:00 Lunch 2:30 Songbird Music Therapy 4:30 You and Me 5:00 Dinner</p>	<p>28</p> <p>8:30 Breakfast 10:15 Express Yourself 12:00 Lunch 2:30 For the Fun of Fit 3:30 Java Time 5:00 Dinner 6:30 Movie and Popcorn Night</p>	<p>29</p> <p>8:30 Breakfast 10:15 You and Me 11:00 Hallway Mini Golf 12:00 Lunch 2:30 Tea and Travels 3:30 Stepping Out 5:00 Dinner</p>	<p>30</p> <p>8:30 Breakfast 10:15 in the Kitchen 10:30 Pet Therapy 11:15 Musical Moments 12:00 Lunch 2:30 For the Soul 2:30 Live Music with: "Dave Thierry" in Town Square 3:45 Brains and Banter 5:00 Dinner</p>		