



November 2023

Tecumseh Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Breakfast 10:30 For the Fun of Fit 12:15 Lunch 2:30 In the Kitchen 5:15 Supper	2 8:30 Breakfast 9:30 Ceramics 10:00 Circle of Friends 12:15 Lunch 1:30 Music with Brent 3:00 Fitness Class 5:15 Supper	3 8:30 Breakfast 10:00 Express Yourself 11:00 Chapel Service 12:15 Lunch 2:30 Musical Moments 5:15 Supper	4 8:30 Breakfast 10:30 For the Fun of Fit 12:15 Lunch 2:30 Brains & Banter 5:15 Supper
5 8:30 Breakfast 10:00 On-line-church 11:00 Hymn Sing 12:15 Lunch 2:00 Afternoon Social 5:15 Supper	6 8:30 Breakfast 10:30 Circle of Friends 12:15 Lunch 2:30 Music Therapy 5:15 Supper 6:00 Evening FUN!	7 8:30 Breakfast 9:30 Fitness Class 10:30 Zumba in BR FR 11:00 You and I 12:15 Lunch 2:30 Brains & Banter 5:15 Supper	8 8:30 Breakfast 10:00 Manicures 12:15 Lunch 2:30 Express Yourself 5:15 Supper 6:00 Evening FUN!	9 8:30 Breakfast 10:00 Fitness Class 10:30 In the Kitchen 2:30 BINGO 5:15 Supper 6:00 Evening FUN!	10 8:30 Breakfast 10:00 Remembrance Day Service 12:15 Lunch 2:00 Brains & Banter	11 8:30 Breakfast 10:30 Express Yourself 12:15 Lunch 2:00 Afternoon Social 5:15 Supper
12 8:30 Breakfast 10:30 Musical Moments 12:15 Lunch 2:30 For the Fun of Fit 5:15 Supper	13 8:30 Breakfast 10:30 Manicures 12:15 Lunch 2:30 Music Therapy 5:15 Supper 6:00 Evening FUN!	14 9:30 Fitness Class 10:30 Zumba (Chapel) 11:00 You and I 12:15 Lunch 2:00 Music in the Chapel 2:30 Brains & Banter 5:15 Supper	15 8:30 Breakfast 10:30 For the Fun of Fit 12:15 Lunch 2:30 Express Yourself 5:15 Supper	16 8:30 Breakfast 9:30 Ceramics 10:00 Circle of Friends 12:15 Lunch 2:30 BINGO 5:15 Supper 6:00 Evening FUN!	17 8:30 Breakfast 10:00 Fitness Class 11:00 Chapel Service 12:15 Lunch 2:30 Express Yourself 5:15 Supper	18 8:30 Breakfast 10:30 For the Fun of Fit 12:15 Lunch 2:30 Brains & Banter 5:15 Supper
19 8:30 Breakfast 10:00 On-line-church 11:00 Hymn Sing 12:15 Lunch 2:00 Afternoon Social 5:15 Supper	2 Italian Week 8:30 Breakfast 10:30 Chapel Music Service 12:15 Lunch 2:30 Music Therapy 5:15 Supper	21 8:30 Breakfast 9:30 Brains & Banter 10:30 Zumba in BR FR 11:00 You and I 12:15 Lunch 2:30 Fitness Class Italian Games	22 8:30 Breakfast 10:00 Manicures 12:15 Lunch 2:00 Celebration of Life 2:30 Express Yourself 5:15 Supper 6:00 Evening FUN!	23 8:30 Breakfast 10:30 In the Kitchen Italian Desert 1:30 Music with Richard 3:00 Fitness Class Italian Games 5:15 Supper	24 8:30 Breakfast 10:00 Brains & Banter 11:00 Chapel Service 12:15 Lunch 2:00 Yoga in the Chapel 5:15 Supper	25 8:30 Breakfast 10:30 Express Yourself 12:15 Lunch 2:00 Afternoon Social 5:15 Supper
26 8:30 Breakfast 10:30 Musical Moments 12:15 Lunch 2:30 For the Fun of Fit 5:15 Supper	27 8:30 Breakfast 10:30 Manicures 12:15 Lunch 2:30 Music Therapy 5:15 Supper 6:00 Evening FUN!	28 9:30 Fitness Class 10:30 Zumba (Chapel) 11:00 You and I 12:15 Lunch 2:00 Catholic Mass 2:30 Brains & Banter 5:15 Supper	29 8:30 Breakfast 10:30 For the Fun of Fit 12:15 Lunch 2:00 Resident Council 2:30 In the Kitchen 5:15 Supper	30 8:30 Breakfast 9:30 Ceramics 10:00 Circle of Friends 12:15 Lunch 2:30 BINGO 5:15 Supper 6:00 Evening FUN!		