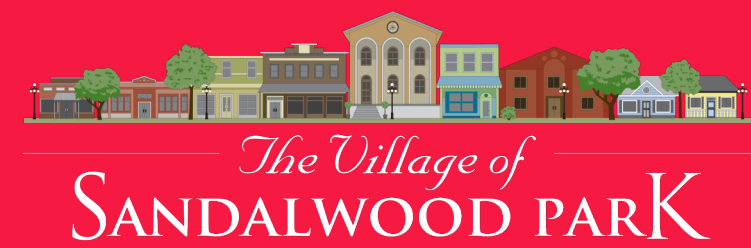





NOVEMBER 2023

Elliot

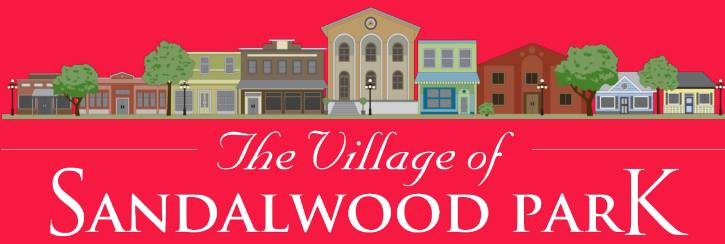


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:30 Breakfast 10:00 Brains and Banter 11:15 Stepping Out 12:00 Lunch 2:15 Bowling 3:15 Bean Bag Toss 5:00 Dinner	2 8:30 Breakfast 10:00 Stepping Out 10:45 Music with Daiva– MT 11:00 you and Me 12:00 Lunch 1:15 Friendly Chats 2:15 For the Fun of Fit 5:00 Dinner 6:30 You and Me	3 8:30 Breakfast 10:00 IN2L games 11:15 Soothing Sensations 12:00 Lunch 2:30 Bingo 3:30 Express yourself 5:00 Dinner	4 8:30 Breakfast 10:00 You & Me 10:30 Pool Noodle exercise 12:00 Lunch 2:30 Express Yourself 5:00 Dinner
5 8:30 Breakfast 10:30 In the Kitchen 12:00 Lunch 2:30 Bingo 3:45 Musical Moments 5:00 Dinner	6 8:30 Breakfast 10:15 You and Me 12:00 Lunch 2:15 Drum Fit 3:00 Musical Moments 5:00 Dinner 6:30 IN2L Games	7 8:30 Breakfast 10:15 Circle of Friends 10:30 Garden Club—Cheese Making 12:00 Lunch 2:15 Ball toss 3:00 Card Games 4:00 Hand Massages 5:00 Dinner	8 8:30 Breakfast 10:00 You and Me 12:00 Lunch 2:15 Sing Along 3:00 Soothing Sensations 5:00 Dinner	9 8:30 Breakfast 10:00 Bean Bag Toss 10:45 Music with Daiva-Mt 11:00 You and Me 12:00 Lunch 2:15 Musical Moments 3:00 Bingo 5:00 Dinner	10 8:30 Breakfast 10:15 Express Yourself 12:00 Lunch 2:30 For the Fun of Fit Games 5:00 Dinner	11 Remembrance Day 8:30 Breakfast 10:30 Remembrance Day Services—MS 12:00 Lunch 2:15 You and Me 3:00 Musical Moments 5:00 Dinner



NOVEMBER 2023

Elliot



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	ThURSDAY	FRIDAY	SATURDAY
12 Diwali 8:30 Breakfast Good Morning Sandalwood 10:15 In the Kitchen 11:00 Worship Hymns 12:00 Lunch 2:00 Musical Moments 2:30 Happy Hour 5:00 Dinner	13 8:30 Breakfast 10:00 Circle of Friends 12:00 Lunch 1:15 Brains and Banter 1:30 Art with Glynis 2:30 Drum Fit 5:00 Dinner 6:30 Circle of Friends	14 8:30 Breakfast 12:00 Lunch 1:15 You and me 2:00 Diwali Celebration—MS 3:30 Musical Moments 5:00 Dinner 6:30 IN2L Games	15 8:30 Breakfast 10:00 You and Me 10:30 Residents Council 11:00 Aroma Touch 12:00 Lunch 2:30 Bean Bag Toss 3:30 Musical Moments 5:00 Dinner	16 8:30 Breakfast 10:15 Stepping Out 10:45 Music with Daiva –MT 12:00 Lunch 2:15 For the Fun of Fit Games 5:00 Dinner 6:30 You and Me	17 8:30 Breakfast 10:00 For the Fun of Fit 11:00 Aroma Touch 12:00 Lunch 2:30 Bingo 4:00 Musical Moments 5:00 Dinner	18 8:30 Breakfast 10:00 Brains & Banter 11:00 Stepping Out 12:00 Lunch 2:30 Express Yourself 5:00 Dinner
19 8:30 Breakfast 10:15 Friendly Chats 10: 30 Express Yourself 12:00 Lunch 2:30 Bingo 3:30 Sing-Along 5:00 Dinner	20 8:30 Breakfast 12:00 Lunch 1:15 In the Kitchen 2:30 Drum Fit 5:00 Dinner 6:30 IN2L Games	21 8:30 Breakfast 10:00 Stepping Out 10:30 Garden Club—Spice up your life 12:00 Lunch 2:15 Musical Moments 3:00 Soothing Sensations 5:00 Dinner	22 8:30 Breakfast 10:00 Circle of Friends 11:00 For the Fun of Fit 12:00 Lunch 2:30 Bowling 3:45 Soothing Sensations 5:00 Dinner	23 8:30 Breakfast 10:15 You and Me 10:45 Music with Daiva –MT 11:00 Stepping Out 12:00 Lunch 2:30 Word Games 5:00 Dinner	24 8:30 Breakfast 10:30 Brains and Banter 11:15 IN2L Games 12:00 Lunch 2:30 Bingo 3:30 In the Kitchen 5:00 Dinner	25 8:30 Breakfast 10:00 Stepping Out 10:30 Pool Noodle Exercise 12:00 Lunch 2:00 Musical Moments 3:00 You and Me 5:00 Dinner
26 8:30 Breakfast 10:15 In the Kitchen 11:00 Worship Hymns 12;00 Lunch 2:00 Musical Moments 3:00 Balloon Tennis 5:00 Dinner	27 8:30 Breakfast 10:00 In the Kitchen 12:00 Lunch 1:30 Art with Glynis 2:30 Drum Fit 5:00 Dinner 6:30 Brains and Banter	28 8:30 Breakfast 10:00 Brains and Banter 12:00 Lunch 1:30 IN2L Games 2:15 For the Fun of Fit 3:15 Musical Moments 5:00 Dinner 6:00 Hand Massage	29 8:30 Breakfast 10:00 Reading Circle 11:00 Circle of Friends 12:00 Lunch 3:00 Birthday Party with David 5:00 Dinner	30 8:30 Breakfast 10:00 You and Me 10:45 Music with Daiva –MT 11:00 Stepping Out 12:00 Lunch 5:00 Dinner Christmas Market 11:00am –7:30pm		