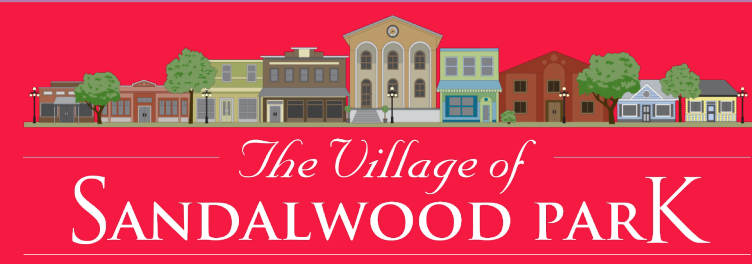




NOVEMBER 2023

Sanders

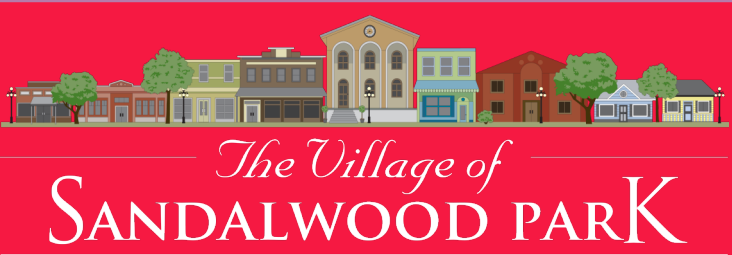


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:30 Breakfast 10:00 You & Me 11:00 In the Kitchen— Group Colouring 12:00 Lunch 1:30 Card Games 3:00 Brains & Banter 5:00 Dinner 6:30 1:1 Bingo + The Price is Right	2 8:30 Breakfast 10:00 11:30 Word Games 12:00 Lunch 2:00 Active Games 3:00 Music with Daiva 5:00 Dinner	3 8:30 Breakfast 10:00 You & Me 11:00 Crafts 12:00 Lunch 2:30 Musical Moments 5:00 Dinner	4 8:30 Breakfast 10:00 Express Yourself 11:00 In the Kitchen 12:00 Lunch 2:30 Card Games 4:00 Walk & Talk 5:00 Dinner
5 8:30 Breakfast 10:30 musical moments 11:00 you and me 12:00 Lunch 2:30 Active Games 3:00 Express yourself 5:00 Dinner	6 8:30 Breakfast 10:30 Soothing Sentations 11:00 Musical Moments 12:00 Lunch 2:30 Brains & Banter 3:30 Walk & Talk 5:00 Dinner	7 8:30 Breakfast 10:30 You and Me 10:30 Garden Club— Cheese Making 12:00 Lunch 1:30 Manicure/ Hand Massage 3:00 Musical Moments 5:00 Dinner 6:30 Card Games	8 8:30 Breakfast 10:30 Word Games 11:00 Musical Moments 12:00 Lunch 2:00 Brains and Banter 3:00 Circle of Friends 5:00 Dinner 6:30 Card Games	9 8:30 Breakfast 10:00 November Poem Readings 12:00 Lunch 1:30 Express Yourself 2:30 Active Games 3:00 Music with Daiva 5:00 Dinner	10 8:30 Breakfast 10:15 You & Me 12:00 Lunch 2:30 Village Walks 3:30 Ball Toss 5:00 Dinner 6:30 Card Games / Movie Night	11 Remembrance Day 8:30 Breakfast 9:30 Friendly Visits 10:30 Remembrance Day Service 11:30 Reading Together 12:00 Lunch 2:30 Balloon Tennis 4:00 You and I 5:00 Dinner



NOVEMBER 2023

Sanders



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 Happy Diwali 8:30 Breakfast 9:30 Sunday Church Service 10:00 Fun for the Fit 12:00 Lunch 2:15 Diwali Social 3:15 Express Yourself 4:00 Brains & Banter 5:00 Dinner	13 8:30 Breakfast 10:00 Soothing Sensations 11:15 Poem Readings 12:00 Lunch 1:30 Art with Glynis 2:30 Village Walks 3:00 Word Games 5:00 Dinner	14 8:30 Breakfast 10:30 Express Yourself 12:00 Lunch 2:00 Diwali Celebration-MS 3:00 Brains & Banter 5:00 Dinner	15 8:30 Breakfast 10:00 You & Me 10:30 Residents Council 11:00 Towel Folding 12:00 Lunch 1:30 Card Games 2:30 Active Games 5:00 Dinner 6:00 Brains and Banter	16 8:30 Breakfast 10:30 You & Me 11:00 Fun for the Fit 12:00 Lunch 2:30 Brains and Banter 3:00 Music with Daiva 3:30 Card Games 5:00 Dinner	17 8:30 Breakfast 10:30 You & Me 12:00 Lunch 2:30 Soothing Sensations 4:00 Village walks 5:00 Dinner	18 8:30 Breakfast 10:00 Puzzles 11:00 Express Yourself Group 12:00 Lunch 2:15 You and Me 5:00 Dinner
19 8:30 Breakfast 10:30 You and Me 12:00 Lunch 2:15 Ball Toss 3:15 Brains and Banter 5:00 Dinner	20 8:30 Breakfast 10:30 You & Me 11:00 Express Yourself 12:00 Lunch 2:15 Card Games 3:15 Mix and Match 5:00 Dinner	21 8:30 Breakfast 10:30 You & Me 10:30 Garden Club—Spice up your life 12:00 Lunch 2:30 Bean Bag Toss 3:00 Soothing Sensations 5:00 Dinner 6:00 Water Painting Group	22 8:30 Breakfast 10:00 Musical Moments 11:00 Word Games 12:00 Lunch 2:15 Village Walks 3:15 In The Kitchen 5:00 Dinner 6:00 The Price is Right — Word Games	23 8:30 Breakfast 12:00 Lunch 1:30 You and me 2:45 Brains and banter 3:00 Music with Daiva 5:00 Dinner 6:30 Brains & Banter	24 8:30 Breakfast 10:30 You & Me 10:30 Active Games 12:00 Lunch 2:30 Brains and Banter 3:30 Village Walks 5:00 Dinner 6:00 Card Games	25 8:30 Breakfast 9:30 Friendly Visits 10:00 Brains & Banter 11:00 express yourself 12:00 Lunch 2:15 You & I 4:00 Ball Toss 5:00 Dinner
26 8:30 Breakfast 9:30 Sunday Church Service 10:30 Walk & Talk 12:00 Lunch 2:15 You & Me 3:15 Bean Bag Toss 5:00 Dinner	27 8:30 Breakfast 10:30 You & Me 11:00 In the kitchen 12:00 Lunch 1:30 Art with Glynis 2:30 fun for the fit 3:30 express yourself 5:00 Dinner	28 8:30 Breakfast 10:00 In the Kitchen 11:00 You and me 12:00 Lunch 4:00 Circle of friends 5:00 Dinner	29 8:30 Breakfast 10:15 Towel Folding 11:00 Musical Moments 12:00 Lunch 1:30 Balloon Tennis 3:00 Birthday Party with David—Elliot OA 5:00 Dinner 6:00 The Price is Right — Word Games	30 Mini Christmas Market 11:00am—7:30pm 8:30 Breakfast 12:00 Lunch 1:30 You and me 3:00 Music with Daiva 5:00 Dinner	