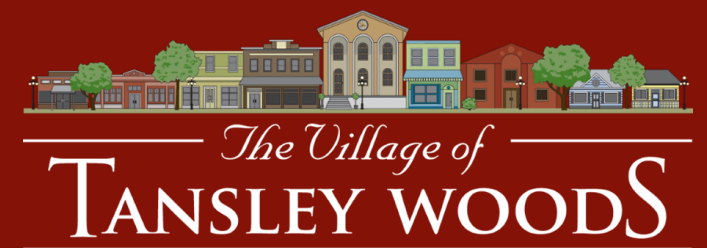




NOVEMBER 2023

APPLEBY NEIGHBOURHOOD



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Residents Bill Of Rights

23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To Develop Their Potential



1
8:15 Breakfast
 9:30 Daily Perk
 10:30 Art Therapy
 11:00 Total Body Fitness
12:00 Lunch
 1:45 Java Music
 3:00 Express Yourself
 4:00 You & Me
5:00 Dinner

2
8:15 Breakfast
 9:30 Daily Perk
 10:15 Basketball & Ball Toss-FC
 11:00 Music Therapy
12:00 Lunch
 1:30 Devotions
 2:00 Bazar Craft-CC
 3:00 Yoga Class
 3:30 Stepping Out
5:00 Dinner

3
8:15 Breakfast
 9:30 Daily Perk
 10:00 Bingo
12:00 Lunch
 1:45 Drum Fit-Appleby Lounge
3:00 Sing A Long Happy Hour-TH
5:00 Dinner

4
8:15 Breakfast
 9:45 Daily Perk
 10:15 Soothing Sensation
 10:30 Tai - Chi - FC
12:00 Lunch
 2:00 For the Fun of Fit
 2:00 Total Body Fitness
3:00 Brent M-TH
 4:00 1:1
5:00 Dinner

5 Daylight Savings Time Ends
8:15 Breakfast
 9:30 Daily Perk
10:00 Bazar Craft-CC
 11:00 Musical Moments
12:00 Lunch
 2:00 Church Service - TH
 3:15 Ball Toss & Basket Ball
 4:00 You & Me
5:00 Dinner

6
8:15 Breakfast
 9:15 Fun & Fit
 10:30 Horticulture Therapy
12:00 Lunch
 1:00 In the Kitchen
 3:00 Sweat Squad-FC
 4:00 You & Me
5:00 Dinner
 6:30 Documentary- L

7
8:15 Breakfast
 9:30 Daily Perk
 10:30 Standing Balance-FC
 11:00 Brains & Banter
12:00 Lunch
 2:00 Group Fitness-FC
 2:30 Bible Study-L
 3:00 Laughter Yoga-TH
 4:00 You & Me
5:00 Dinner

8 Diwali
8:15 Breakfast
 10:00 Java Music
 11:00 Total Body Fitness
12:00 Lunch
 1:45 Soothing Sensations-Nails
 3:30 Circle of Friends
5:00 Dinner

9
8:15 Breakfast
 9:00 Neighborhood Times
 10:15 Basketball & Ball Toss - FC
 11:00 Music Therapy
12:00 Lunch
 1:30 Devotions-L
 2:00 Bazar Craft-CC
 3:00 Yoga Class-FC
 3:30 You & Me
5:00 Dinner

10
8:15 Breakfast
 9:30 Daily Perk
10:00 Soap Making-CC
12:00 Lunch
 1:45 Drum Fit—Appleby Lounge
3:00 Ron Tansley-TH
 4:00 1:1
5:00 Dinner

11 Remembrance Day
8:15 Breakfast
 10:30 Remembrance Day Ceremony-TS
12:00 Lunch
 2:00 Remembrance Day Display-TH
 3:00 Circle of Friends
 4:00 You & Me
5:00 Dinner

12
8:15 Breakfast
 10:00 Fall Decor Takedown
 11:00 Brains & Banter
12:00 Lunch
 2:00 Church Service-TH
 3:00 Musical Moments
 4:00 You & Me
5:00 Dinner

13
8:15 Breakfast
 9:15 Fun & Fit
 10:30 Horticulture Therapy
 11:00 Christmas Decorating
12:00 Lunch
 1:30-4:00 Christmas Decorating
 3:00 Sweat Squad-FC
5:00 Dinner

14
8:15 Breakfast
 9:30 Daily Perk
 10:30 Standing Balance-FC
 11:00 Brains & Banter
12:00 Lunch
 2:00 Group Fitness-FC
 2:30 Bible Study-L
 3:00 Pickle Social-CC
 4:00 You & Me
5:00 Dinner

15
8:15 Breakfast
 10:00 Java Music
 11:00 Total Body Fitness
12:00 Lunch
 1:45 Express Yourself
 3:30 Circle of Friends
5:00 Dinner

16
8:15 Breakfast
 9:30 Daily Perk
 10:00 Brains & Banter
 10:15 Basketball & Ball Toss - FC
 11:00 Music Therapy
12:00 Lunch
 1:45 Circle of Friends
3:00 Blue Eyed Bill-MS
5:00 Dinner

17
8:15 Breakfast
 9:30 Daily Perk
 10:00 Art Therapy
 11:00 Line Dancing
12:00 Lunch
 1:45 Drum Fit—Appleby Lounge
 3:00 Travelogue
 4:00 Friendly Visit
5:00 Dinner

18 Christmas Bazaar
8:15 Breakfast
 10:00-12:00 Christmas Bazaar
12:00 Lunch
 12:00-3:00 Christmas Bazaar
5:00 Dinner

19
8:15 Breakfast
 10:00 Daily Perk
 11:00 Smoothing Sensations
12:00 Lunch
 2:00 Church—TH
 3:00 Chair Dance
 3:15 Basketball & Ball Toss-FC
5:00 Dinner

20
8:15 Breakfast
 9:15 Fun & Fit
 10:30 Horticulture Therapy
12:00 Lunch
 1:00 In the Kitchen
 3:00 Sweat Squad-FC
 4:00 You & Me
5:00 Dinner
 6:30 Table Games

21
8:15 Breakfast
 9:30 Daily Perk
 10:30 Standing Balance-FC
 11:00 Brains & Banter
12:00 Diner's Club Lunch
 2:00 Group Fitness-FC
 2:30 Bible Study-L
 3:00 Geri Defoe-TH
5:00 Dinner

22
8:15 Breakfast
 10:00 Java Music
 11:00 Total Body Fitness
12:00 Lunch
 1:45 Soothing Sensations-Nails
 3:30 Circle of Friends
5:00 Dinner

23
8:15 Breakfast
 9:30 Daily Perk
 10:00 Brains & Banter
 10:15 Basketball & Ball Toss - FC
 11:00 Music Therapy
12:00 Lunch
 1:30 Devotions-L
 2:30 Tea Social-CK
 3:00 Yoga Class-FC
 4:00 You & Me
5:00 Dinner

24
8:15 Breakfast
10:00 Fascinator Creating—CC
 10:00 Art Therapy
 11:00 Line Dancing - FC
12:00 Lunch
 1:45 Drum Fit—Appleby Lounge
 3:00 Bingo Happy Hour-TH
 4:00 1:1
5:00 Dinner

25
8:15 Breakfast
 9:45 Daily Perk
 10:00 Musical Moments
 11:00 For the Fun of Fit
12:00 Lunch
 2:00 Circle of Friends
3:00 Gerry Larkin-TH
5:00 Dinner

26
8:15 Breakfast
 10:00 Movie Matinee: Elf-TH
12:00 Lunch
 2:00 Church Service-TH
 3:00 Musical Moments
 4:00 You & Me
5:00 Dinner

27
8:15 Breakfast
 9:15 Fun & Fit
 10:30 Horticulture Therapy
12:00 Lunch
 1:00 Express Yourself
 3:00 Sweat Squad-FC
 3:00 Stepping Out
 4:00 You & Me
5:00 Dinner
 6:30 Cards

28
8:15 Breakfast
 9:30 Daily Perk
 10:30 Standing Balance-FC
 11:00 Brains & Banter
12:00 Lunch
 2:00 Group Fitness-FC
 2:30 Bible Study-L
 3:00 Ladies High Tea Social-TH
5:00 Dinner

29
8:15 Breakfast
 10:00 Java Music
 11:00 Total Body Fitness
12:00 Lunch
 1:45 Express Yourself
 3:30 Circle of Friends
5:00 Dinner

30
8:15 Breakfast
 10:00 Brains & Banter
 10:15 Basketball & Ball Toss - FC
 11:00 Music Therapy
12:00 Lunch
 1:30 Devotions—L
 2:30 In the Kitchen-CK
 3:00 Yoga Class-FC
 3:00 Resident Council - CC
 4:00 You & Me
5:00 Dinner

