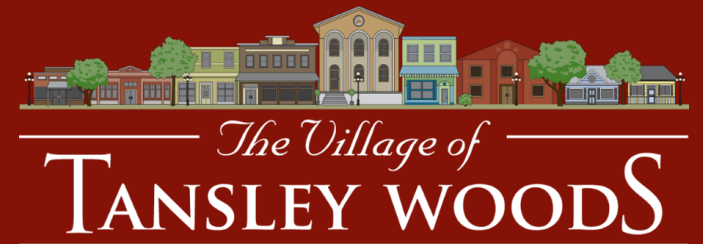




NOVEMBER 2023

BRANT NEIGHBOURHOOD



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
8:00 Breakfast
10:00 Bazaar Craft
11:00 Music Therapy
12:00 Lunch
2:00 Brains and Banter
2:30 Laughter Yoga - FC
3:00 For the Fun of Fit
5:00 Dinner

2
8:00 Breakfast
10:00 Bazaar Craft
10:15 Basketball and Ball Toss—FC
12:00 Lunch
1:15 Horticulture Therapy
2:15 Drum Fit
3:00 Yoga
3:15 Soothing Sensations
5:00 Dinner

3
8:00 Breakfast
9:15 Fun and Fit
11:00 Balloon Tennis
12:00 Lunch
1:15 Art Therapy
2:30 Brains and Banter
3:00 Sing Along Happy Hour—TH
5:00 Dinner

4 **Veterans Week**
8:00 Breakfast
10:00 Bazaar Crafts
10:30 Tai Chi—FC
12:00 Lunch
2:00 For The Fun of Fit
3:00 Brent Meidinger Performs—TH
5:00 Dinner

5 **Veterans Week**
8:00 Breakfast
10:00 Bazaar craft
12:00 Lunch
2:00 Church
3:00 Remembrance Day Display
Set up on LTC MS
3:15 Basketball and Ball Toss
5:00 Dinner

6
8:00 Breakfast
12:00 Lunch
1:30 Daily Perk
2:00 Java Time
3:00 Bazaar craft
3:00 Sweat Squad - FC
5:00 Dinner
6:30 Documentary—L

7
8:00 Breakfast
10:00 Brains and Banter
10:30 Standing Balance—FC
12:00 Lunch
2:00 Bazaar Crafts
2:00 Group Fitness—FC
2:30 Bible Study—L
3:00 Laughter Yoga—TH
5:00 Dinner

8 **Diwali**
8:00 Breakfast
10:00 Bazaar Craft
11:00 Music Therapy
12:00 Lunch
1:30 Warplane Heritage Museum Outing
2:30 Drum Fit—FC
5:00 Dinner

9
8:00 Breakfast
9:00 Neighbourhood Time
10:15 Basketball and Ball Toss
12:00 Lunch
1:15 Horticulture Therapy
2:15 Drum Fit
3:00 Yoga
3:15 Brains and Banter
5:00 Dinner

10
8:00 Breakfast
9:15 Fun and Fit
10:00 Soap Making with Lindsay—MS
12:00 Lunch
1:15 Art Therapy
2:00 For the Fun of Fit
3:00 Ron Tansley Performs—TH
5:00 Dinner

11 **Remembrance Day**
8:00 Breakfast
10:30 Remembrance Day Service—TS
12:00 Lunch
2:00 Remembrance Day Display—TH
5:00 Dinner

12
8:00 Breakfast
10:00 Fall Décor Take Down
12:00 Lunch
2:00 Church—TH
3:00 For the Fun of Fit
4:00 You & Me
5:00 Dinner

13
8:00 Breakfast
10:00 Christmas Decorating
12:00 Lunch
3:00 Sweat Squad - FC
5:00 Dinner

14
8:00 Breakfast
10:00 Devotions
11:00 Circle of Friends
12:00 Lunch
2:00 Bazaar Craft
3:00 Pickle Social - CC
4:00 Soothing Sensations

15
8:00 Breakfast
10:00 Bazaar Craft
11:00 Music Therapy
12:00 Lunch
2:00 Stepping Out
2:30 Laughter Yoga—FC
3:15 For the Fun of Fit

16
8:00 Breakfast
10:00 Bazaar Craft
10:15 Basketball and Ball Toss
12:00 Lunch
1:15 Horticulture Therapy
2:15 Drum Fit—FC
3:00 Blue Eyed Bill Performs—MS
3:15 Musical moments
5:00 Dinner

17
8:00 Breakfast
9:15 Fun and Fit
11:00 Line Dancing
12:00 Lunch
1:15 Art Therapy
2:00 Circle of Friends
3:00 Brains and Banter
3:00 5:00 Dinner

18
8:00 Breakfast
10:00 Christmas Bazaar
12:00 Lunch
1:00 Christmas Bazaar
5:00 Dinner

19
8:00 Breakfast
10:00 Daily Perk
11:00 Brains and Banter
12:00 Lunch
2:00 Church—Th
3:15 Basketball and Ball Toss—FC
3:30 For the Fun of Fit
4:00 You & Me
5:00 Dinner

20
8:00 Breakfast
12:00 Lunch
2:00 Java Time
3:00 For the Fun of Fit
3:00 Sweat Squad—FC
4:15 Soothing Sensations
5:00 Dinner
6:30 Table Games - CC

21
8:00 Breakfast
10:00 Devotions
11:00 Brains and Banter
12:00 Lunch
2:00 Group Fitness—FC
3:00 Musical Moments
4:15 Soothing Sensations
5:00 Dinner

22
8:00 Breakfast
10:00 For the Fun of Fit
11:00 Music Therapy
12:00 Lunch
2:30 Drum Fit - FC
3:00 For the Soul
5:00 Dinner

23
8:00 Breakfast
10:00 Soothing Sensations
11:00 Musical Moments
12:00 Lunch
1:15 Horticulture Therapy
2:15 Drum Fit
3:00 Yoga—FC
3:15 Brains and Banter
5:00 Dinner

24
8:00 Breakfast
9:15 For the Fun of Fit
11:00 Line Dancing
12:00 Lunch
1:15 Art Therapy
2:00 Brains and Banter
3:00 Bingo Happy Hour—TH
5:00 Dinner

25
8:00 Breakfast
10:00 Short Stories
11:00 Brains and Banter
12:00 Lunch
1:30 Friendly Visits
2:00 Gerry Larkin Performs—SC
3:00 Express Yourself
4:00 Musical Moments
5:00 Dinner

26
8:00 Breakfast
10:00 Movie Matinee: Elf—TH
12:00 Lunch
2:00 Church—TH
3:00 For the Fun of Fit
4:00 You & Me
5:00 Dinner

27
8:00 Breakfast
12:00 Lunch
2:00 Brains and Banter
3:00 Java Time
3:00 Sweat Squad - FC
5:00 Dinner
6:30 Card Games - CC

28
8:00 Breakfast
10:00 Devotions
10:30 Sweat Squad
12:00 Lunch
2:00 Group Fitness—FC
2:30 Bible Study
3:30 Brains and Banter
5:00 Dinner

29
8:00 Breakfast
10:00 Ball Toss
11:00 Music Therapy
12:00 Lunch
2:30 Laughter Yoga—FC
3:00 Brains and Banter
5:00 Dinner

