



November 2023

Downey Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Johnston: Jo Matthews: Ma Pollock: Po Hagey: Ha Wright: Wr Downey: Do	Main Street: MS Community Centre: CC Chapel: C Library: L Fitness Centre: FC Courtyard: CY		1. 1:00 Greenhouse Drop-in 2:00 Food Committee Meeting (C) 3:30 Circle of Friends 3:30 Balance Class (FC) 6:30 Documentary & Popcorn	2. 9:30 Church Service 1:00 Greenhouse Drop-in 2:30 Travelling Hot Chocolate Cart 3:30 Green Thumbs 6:30 Brains & Banter (CC)	3. 8:30 Good Morning Downey 10:30 Circle of Friends 2:00 Bingo with Pollock 6:30 Knitting Club (L)	4. 9:30 Soothing Sensations 10:30 Stepping Out 2:00 Entertainment with Dynamic Duo (Ma)
5. Daylight Savings Time Ends 9:30 You & Me 10:30 Neighbourhood Time 2:00 For the Fun of Fit	6. 9:30 Daily Perk 10:30 Manicures & Nail Care 2:30 In the Kitchen 3:30 Total Body Fitness (FC) 6:30 Musical Moments (CC)	7. 9:30 Rosary (C) 2:00 Bingo (MS) 2:00 Greenhouse Drop-in 3:30 Tai Chi (FC) 6:30 Circle of Friends (CC)	8. 1:00 Greenhouse Drop-in 2:00 Resident Bill of Rights & Calendar Meeting 3:30 You & Me 3:30 Balance Class (FC) 6:30 Board Games (C)	9. 9:30 Church Service 11:00 Java Music Club 1:00 Greenhouse Drop-in 2:00 Residents' Council (C) 2:00 Express Yourself 3:30 Green Thumbs 6:30 Brains & Banter (CC)	10. 8:30 Good Morning Downey 10:30 Sit N Get Fit with PAL 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Knitting Club (L)	11. REMEMBRANCE DAY 9:00 You & Me 10:30 Remembrance Day Service (C) 2:30 In the Kitchen
12. Diwali 8:30 Good Morning Downey 10:30 Neighbourhood Time 2:30 For the Soul	13. World Kindness Day 9:30 Daily Perk 10:00 Manicures & Nail Care 2:15 Aquatic Therapy 6:30 Musical Moments (CC)	14. 9:30 Rosary (C) 10:30 For the Fun of Fit 2:00 Bingo (MS) 2:00 Greenhouse Drop-in 3:30 Tai Chi (FC) 6:30 Circle of Friends (CC)	15. 10:00 Waterloo Art Gallery Class (CC) 1-3:30 Outing: Anna Mae's Restaurant & Bakery *Sign Up Required 3:30 Balance Class (FC) 6:30 Board Games (C)	16. 9:30 Church Service 11:00 You & Me 1:00 Greenhouse Drop-in 3:30 Green Thumbs 6:30 Brains & Banter (CC)	17. 8:30 Good Morning Downey 10:30 Sit N Get Fit with PAL 10:30 Village Updates (C) 2:00 Bingo with Pollock 3:30 Active Games (FC) 6:30 Knitting Club (L)	18. 9:30 Daily Perk 10:30 Musical Moments 2:00 Entertainment with Gary Broderick (Do)
19. 9:30 For the Soul 10:30 Neighbourhood Time 2:30 Travelling Cart: Hot chocolate	20. 8:30 Good Morning Downey 10:30 Manicures & Nail Care 2:30 Tim Hortons Social 3:30 Total Body Fitness (FC) 6:30 Musical Moments (CC)	21. 9:30 Rosary (C) 10:30 Xmas Market Prep 2:00 Bingo (MS) 2:00 Greenhouse Drop-in 3:30 Tai Chi (FC) 6:30 Circle of Friends (CC)	22. 1:00 Greenhouse Drop-in 1:00 Deck the Halls (MS) 3:00 Xmas Market Prep 3:30 Balance Class (FC) 6:30 Board Games (C)	23. 9:30 Church Service 10:30 You & Me 1:00 Greenhouse Drop-in 2:00 Happy Hour with Kevin Coates (MS) 3:30 Green Thumbs 6:30 Brains & Banter (CC)	24. 8:30 Pancake Breakfast 10:30 Sit N Get Fit with PAL 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Knitting Club (L)	25. 10-3 CHRISTMAS MARKET (RIA Discovery Hall)
26. 9:30 Stepping Out 10:30 Neighbourhood Time 2:30 Travelling Cart	27. 9:30 Daily Perk 10:30 Brains & Banter 2:15 Aquatic Therapy 2:30 Manicures & Nail Care 6:30 Musical Moments (CC)	28. French Toast Day 9:30 Rosary (C) 12:15 French Toast Lunch 2:00 Bingo (MS) 2:00 Greenhouse Drop-in 3:30 Tai Chi (FC) 6:30 Circle of Friends (CC)	29. 1:00 Greenhouse Drop-in 1:30 Stepping Out 2:30 Movie & Popcorn 3:30 Balance Class (FC) 6:30 Board Games (C)	30. 8:30 Good Morning Downey 10:00 Celebration of Life (C) 1:00 Greenhouse Drop-in 3:30 Green Thumbs 6:30 Brains & Banter (CC)		