




November 2023

Emma's Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Please refer to the "Today's Activity Board" for any program time changes, location changes, or cancellations.</p>		<p>1 8:00 Breakfast 12:00 Lunch 5:00 Dinner 6:15 Neighborhood Time</p>	<p>2 8:00 Breakfast Club 10:30 Brains and Banter 12:00 Lunch 1:30 Tim Hortons Outing - Sign Up 3:45 You and I 5:00 Dinner</p>	<p>3 8:00 Breakfast 10:30 Musical Moments 12:00 Lunch 1:30 Circle of Friends 3:00 Life Mark General Exercise 5:00 Dinner</p>	<p>4 8:00 Breakfast 10:30 For the Fun of Fit 2:00 Entertainment with Ronnie Russell -EG 3:45 You & I 5:00 Dinner</p>
<p>5 Turn Clocks Back 1 Hour 8:00 Breakfast 10:30 Circle of Friends 12:00 Lunch 1:30 You & I 2:30 Church Service with Janet-TH 3:15 Fellowship—CC 5:00 Dinner</p>	<p>6 8:00 Breakfast 9:30 For the Soul with Janet 10:30 You and I visits 12:00 Lunch 1:30 Musical Moments 3:30 Brains and Banter 5:00 Dinner 6:15 Neighborhood Time</p>	<p>7 8:00 Breakfast 10:30 In The Kitchen 12:00 Lunch 1:30 Express Yourself 3:15 Life Mark General Exercise 3:30 Stepping Out 5:00 Dinner</p>	<p>8 8:00 Breakfast 12:00 Lunch 1:15 Music therapy with Jen 3:30 Express Yourself 5:00 Dinner 6:15 Neighborhood Time</p>	<p>9 8:00 Breakfast 9:15 Breakfast Club HS - Sign Up 12:00 Lunch 1:30 Soothing Sensations 3:00 For the Fun of Fit 5:00 Dinner</p>	<p>10 8:00 Breakfast 10:30 Musical Moments 12:00 Lunch 1:30 Circle of Friends 1:30 St. Catherine of Sienna Church Tour & Prayer Service-Sign Up 3:00 Life Mark General Exercise 3:30 Musical Moments 5:00 Dinner</p>	<p>11 Remembrance Day 8:00 Breakfast 10:30 Remembrance Day Service-TS 12:00 Lunch 12:00 Veterans lunch in Ruby 3:30 Java Time 5:00 Dinner</p> 
<p>12 8:00 Breakfast 10:30 Circle of Friends 12:00 Lunch 1:30 You & I 2:30 Church Service with Janet-TH 3:15 Fellowship –CC 5:00 Dinner</p>	<p>13 8:00 Breakfast 9:30 For the Soul with Janet 10:30 Fit for Life : Walking Group 12:00 Lunch 2:00 Country Drive –Sign Up 5:00 Dinner 6:15 Neighborhood Time</p>	<p>14 8:00 Breakfast 10:30 In The Kitchen 12:00 Lunch 1:30 Express Yourself 3:15 Life Mark General Exercise 3:30 Stepping Out 5:00 Dinner</p>	<p>15 Christmas Decorating Day 8:00 Breakfast 12:00 Lunch 5:00 Dinner 6:15 Neighborhood Time</p>	<p>16 Christmas Decorating Day 8:00 Breakfast 12:00 Lunch 5:00 Dinner</p>	<p>17 8:00 Breakfast 10:30 Musical Moments 12:00 Lunch 1:30 Stepping Out 3:00 Entertainment with D deservedly So 5:00 Dinner</p>	<p>18 8:00 Breakfast 10:30 For the Fun of Fit 12:00 Lunch 1:15 You and I Visits 3:30 Java Time 5:00 Dinner</p>
<p>19 8:00 Breakfast 10:30 Circle of Friends 12:00 Lunch 1:30 You & I 2:30 Church Service with Janet-TH 3:15 Fellowship –CC 5:00 Dinner</p>	<p>20 8:00 Breakfast 9:30 For the Soul with Janet 10:30 You and I visits 12:00 Lunch 1:30 Musical Moments 3:30 Brains and Banter 5:00 Dinner 6:15 Neighborhood Time</p>	<p>21 8:00 Breakfast 10:30 In The Kitchen 12:00 Lunch 1:30 Express Yourself 3:15 Life Mark General Exercise 3:30 Stepping Out 5:00 Dinner</p>	<p>22 8:00 Breakfast 12:00 Lunch 1:15 Music therapy with Jen 1:30 Carnegie Art Gallery Trip-Sign Up 5:00 Dinner 5:00 Diners Club :Swiss Chalet -Sign up -\$-H 6:30 Neighborhood Time</p>	<p>23 8:00 Breakfast 10:30 Brains & Banter 12:00 Lunch 1:30 Soothing Sensations 3:30 For The Fun of Fit 5:00 Dinner 7:15 Harlequin Singers of Hamilton– TH</p>	<p>24 8:00 Breakfast 10:30 Musical Moments 12:00 Lunch 1:30 Circle of Friends 3:00 Life Mark General Exercise 3:30 Musical Moments 5:00 Dinner</p>	<p>25 8:00 Breakfast 10-3 Santa's Village Christmas Sale -MS 12:00 Lunch 5:00 Dinner</p>
<p>26 8:00 Breakfast 10:30 Circle of Friends 12:00 Lunch 1:30 You & I 2:30 Church Service with Janet-TH 3:15 Fellowship –CC 5:00 Dinner</p>	<p>27 8:00 Breakfast 9:30 For the Soul with Janet 10:30 Fit for Life : Walking Group 12:00 Lunch 1:30 Musical Moments 3:30 Brains and Banter 5:00 Dinner 6:15 Neighborhood Time</p>	<p>28 8:00 Breakfast 10:30 In The Kitchen 12:00 Lunch 1:30 Express Yourself 3:15 Life Mark General Exercise 3:30 Stepping Out 5:00 Dinner</p>	<p>29 8:00 Breakfast 10:30 For the Fun of Fit 2:30 Magic & Comedy Show (TH) 5:00 Dinner 6:15 Neighborhood Time</p>	<p>30 8:00 Breakfast 10:30 Brains and Banter 12:00 Lunch 1:30 Soothing Sensations 3:30 For the Fun of Fit 5:00 Dinner</p>	<p>CH - Chapel LL - Basement H - Hobby Shop TH -Town Hall MS - Main Street TS - Town Square L - Library SH - School House SC - Social Club WH - Village Wide</p> <p>FC - Fitness Centre A - Art Studio C - Café CC - Community Center EG - Egerton EM - Emma's PS - Pet Shop DK - Demo Kitchen BP - Back Patio</p> <p>* - Independent Program \$ - Money Required</p>	