



NOVEMBER 2023

ERINDALE PLACE & SHERIDAN WAY



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|---|
| | | | 1 8:30 Breakfast 10:30 Group Exercise 11:00 Musical Moments 12:00 Lunch 2:30 Brains and Banter 5:00 Dinner 6:30 Travelogue | 2 8:30 Breakfast 10:30 Resident's council and Food committee 12:00 Lunch 2:30 BINGO 5:00 Dinner 6:30 Book Club | 3 8:30 Breakfast 10:30 Group Exercise 11:00 Bean Bag Toss 12:00 Lunch 2:30 Flower Arranging 5:00 Dinner 6:30 I Love Lucy Show | 4 8:00 Breakfast 10:30 You & Me 11:00 For the Fun of Fit 12:00 Lunch 2:30 Movie Afternoon 5:00 Dinner |
| 5 Clocks go back 8:30 Breakfast 10:30 Church Service 11:00 Hymn Sing 12:00 Lunch 2:30 BINGO 5:00 Dinner | 6 8:00 Breakfast 10:30 Group Exercise 11:00 Balloon Tennis 12:00 Lunch 2:30 Movie Afternoon 5:00 Dinner 6:30 Soothing Sensations | 7 8:30 Breakfast 10:30 You & Me 12:00 Lunch 2:30 Poppy Wreath Workshop 5:00 Dinner 6:30 Stepping out | 8 Cappuccino Day 8:30 Breakfast 10:30 Group Exercise 11:00 Music with Wendy 12:00 Lunch 2:30 Tea/ Coffee Travelling Cart 5:00 Dinner 6:30 Travelogue | 9 8:30 Breakfast 10:30 Communion 12:00 Lunch 2:30 BINGO 5:00 Dinner 6:30 Book Club | 10 8:30 Breakfast 10:30 Group Exercise 11:00 Bean Bag Toss 12:00 Lunch 2:30 Express Yourself 5:00 Dinner | 11 Remembrance Day 8:00 Breakfast 10:30 Remembrance Ceremony 12:00 Lunch 2:30 Java Music Club 5:00 Dinner 6:30 Brains and Banter |
| 12 Diwali 8:30 Breakfast 10:30 Church Service 11:00 Hymn Sing 12:00 Lunch 2:30 Diwali Celebrations 5:00 Dinner | 13 8:30 Breakfast 10:30 Group Exercise 11:00 Balloon Tennis 12:00 Lunch 2:30 Entertainment w/ Michael 5:00 Dinner 6:30 Soothing Sensations | 14 8:00 Breakfast 10:30 You & Me 11:00 Stepping Out 12:00 Lunch 2:30 Arm-Chair Travel 5:00 Dinner | 15 8:30 Breakfast 10:30 Group Exercise 12:00 Lunch 2:30 Bowling (CQ) 5:00 Dinner 6:30 Travelogue | 16 8:30 Breakfast 10:30 You & Me 10:30 Roman Catholic Communion 11:00 Brains and Banter 12:00 Lunch 2:30 BINGO 5:00 Dinner | 17 8:30 Breakfast 10:30 Group Exercise 11:00 Bean Bag Toss 12:00 Lunch 2:30 Bowling (NH) 5:00 Dinner 6:30 I Love Lucy Show | 18 8:00 Breakfast 10:30 You & Me 11:00 For the Fun of Fit 12:00 Lunch 2:30 Java Music Club 5:00 Dinner |
| 19 8:30 Breakfast 10:30 Church Service 11:00 Hymn Sing 12:00 Lunch 2:30 High Tea Social (CQ) 5:00 Dinner 6:30 Stepping Out | 20 8:30 Breakfast 10:30 Group Exercise 11:00 Balloon Tennis 12:00 Lunch 2:30 Movie Afternoon 5:00 Dinner 6:30 Soothing Sensations | 21 8:30 Breakfast 10:30 You & Me 11:00 Board Games 12:00 Lunch 2:30 Flower Arranging 5:00 Dinner 6:30 Stepping out | 22 8:30 Breakfast 10:30 Group Exercise 11:00 Musical Moments 12:00 Lunch 2:30 Brains and Banter 5:00 Dinner 6:30 Travelogue | 23 8:30 Breakfast 10:30 You & Me 12:00 Lunch 2:30 Arm-Chair Travel 5:00 Dinner 6:30 Book Club | 24 8:30 Breakfast 10:30 Group Exercise 11:00 Bean Bag Toss 12:00 Lunch 2:30 Express Yourself 5:00 Dinner | 25 Christmas Market (10am-3pm) 8:00 Breakfast 10:00 Christmas Market 12:00 Lunch 5:00 Dinner |
| 26 8:30 Breakfast 10:30 Church Service 11:00 Hymn Sing 12:00 Lunch 2:30 Baking 5:00 Dinner 6:30 Express Yourself | 27 8:30 Breakfast 10:30 Art Class with Glynnis 12:00 Lunch 2:30 Christmas Decorations 5:00 Dinner 6:30 Soothing Sensations | 28 8:00 Breakfast 10:30 You & Me 11:00 Stepping Out 12:00 Lunch 2:30 Hot chocolate Cart 5:00 Dinner | 29 8:30 Breakfast 10:30 Group Exercise 11:00 Musical Moments 12:00 Lunch 2:30 Birthday Social 5:00 Dinner 6:30 Travelogue | 30 8:30 Breakfast 10:30 Resident's council and Food committee 12:00 Lunch 2:30 BINGO (CQ) 5:00 Dinner 6:30 Book Club | Recreation Team Members Ankita and Jashan Neighborhood Coordinator Ferdie Gonzales | |