



# NOVEMBER 2023

## Enhanced Support Neighborhood



**ERIN MILLS**  
*Lodge*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 8:30 Breakfast 10:30 Friendly Visits 12:00 Lunch 1:30 Soothing Sensations 2:30 Brains & Banter 5:00 Dinner 6:30 Musical Moments	<b>2</b> 8:30 Breakfast 10:30 You & I <b>10:30 Resident Council</b> 12:00 Lunch 2:30 Fun & Fitness 5:00 Dinner	<b>3</b> 8:30 Breakfast 10:30 You & I 12:00 Lunch 2:30 Fun & Fitness 3:30 Brains & Banter 5:00 Dinner	<b>4</b> 8:30 Breakfast 10:30 In the Kitchen 11:30 Soothing Sensations 12:00 Lunch 2:30 Express Yourself 5:00 Dinner
<b>5 Clocks Go Back</b> 8:30 Breakfast 10:30 Church Service 12:00 Lunch 2:30 You & I 5:00 Dinner	<b>6</b> 8:30 Breakfast 10:30 Express Yourself 12:00 Lunch 2:30 Fun & Fitness 3:30 Brains and Banter 5:00 Dinner	<b>7</b> 8:30 Breakfast 9:30 Stepping Out 10:30 Java Music 12:00 Lunch 2:30 In the Kitchen 5:00 Dinner	<b>8</b> 8:30 Breakfast <b>10:00 Music with Wendy</b> 11:30 You & I 12:00 Lunch 2:30 Tea & Coffee Social 5:00 Dinner	<b>9</b> 8:30 Breakfast 10:30 Friendly Visits 12:00 Lunch 1:30 Stepping Out 2:30 Brains & Banter 5:00 Dinner 6:30 Circle of Friends	<b>10</b> 8:30 Breakfast 10:30 Musical Moments 11:30 You & I 12:00 Lunch <b>2:30 Bowling in CQ</b> 5:00 Dinner	<b>11 Remembrance Day</b> 8:30 Breakfast 10:30 Fun & Fitness 12:00 Lunch 2:30 Veteran Movie Memories 4:00 You & I 5:00 Dinner
<b>12 Diwali</b> 8:30 Breakfast 10:30 Church Service 12:00 Lunch <b>2:30 Diwali Celebration</b> 4:00 Circle of Friends 5:00 Dinner	<b>13</b> 8:30 Breakfast 10:30 Brains & Banter 11:30 You & I 12:00 Lunch 2:30 In the Kitchen 5:00 Dinner	<b>14</b> 8:30 Breakfast 9:30 Stepping Out 10:30 Java Music 12:00 Lunch <b>2:30 Arm Chair Travel</b> 5:00 Dinner	<b>15</b> 8:30 Breakfast 10:30 Friendly Visits 12:00 Lunch 1:30 Stepping Out 2:30 Brains & Banter 5:00 Dinner 6:30 Musical Moments	<b>16</b> 8:30 Breakfast 10:30 Fun n' Fitness 11:30 Soothing Sensations 12:00 Lunch 2:30 You & I 5:00 Dinner	<b>17</b> 8:30 Breakfast 10:30 Stepping Out 12:00 Lunch 2:30 Fun & Fitness 3:30 Brains & Banter 5:00 Dinner	<b>18</b> 8:30 Breakfast 10:30 Musical Moments 12:00 Lunch 2:30 Circle of Friends 5:00 Dinner
<b>19</b> 8:30 Breakfast 10:30 Church Service 12:00 Lunch <b>2:30 High Tea Social</b> 5:00 Dinner	<b>20</b> 8:30 Breakfast 10:30 You & I 12:00 Lunch 2:30 Stepping Out 3:30 Musical Moments 5:00 Dinner	<b>21</b> 8:30 Breakfast 9:30 Stepping Out 10:30 Java Music 12:00 Lunch 2:30 In the Kitchen 5:00 Dinner	<b>22</b> 8:30 Breakfast <b>10:00 Music with Wendy</b> 12:00 Lunch 1:30 You & I 2:30 Fun n' Fitness 5:00 Dinner 6:30 Soothing Sensations	<b>23</b> 8:30 Breakfast 10:30 Fun n' Fitness 12:00 Lunch <b>2:30 Arm Chair Travel</b> 5:00 Dinner	<b>24</b> 8:30 Breakfast 9:30 Stepping Out 10:30 Musical Moments 12:00 Lunch 2:30 You & I 5:00 Dinner	<b>25 Christmas Market 10-3pm</b> 8:30 Breakfast 10:30 Friendly Visits 12:00 Lunch 2:30 Soothing Sensations 5:00 Dinner
<b>26</b> 8:30 Breakfast 10:30 Church Service 12:00 Lunch 2:30 You & I 3:30 Fun & Fitness 5:00 Dinner	<b>27</b> 8:30 Breakfast 10:30 In the Kitchen 11:30 You & I 12:00 Lunch 2:30 Brains & Banter 5:00 Dinner	<b>28</b> 8:30 Breakfast 9:30 Stepping Out 10:30 Java Music 12:00 Lunch 2:30 In the Kitchen 5:00 Dinner	<b>29</b> 8:30 Breakfast 10:30 Friendly Visits 12:00 Lunch 1:30 Stepping Out 2:30 Holiday Decorating Party 5:00 Dinner 6:30 You & I	<b>30</b> 8:30 Breakfast 10:30 In the Kitchen <b>10:30 Resident Council</b> 11:30 Soothing Sensations 12:00 Lunch <b>2:30 BINGO in CQ</b> 5:00 Dinner		