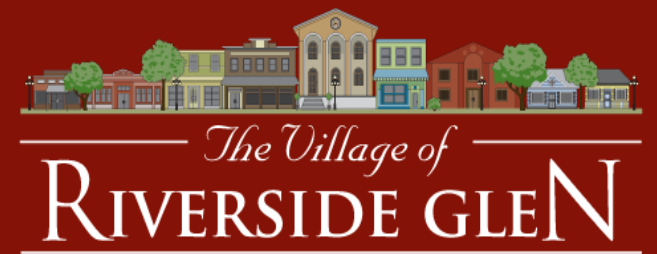




# NOVEMBER 2023

## Emma Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 8:00 Breakfast 10:00 Fitness with Rayyan 10:45 Sing Along 12:00 Lunch 2:00 Brains and Banter 3:00 For the Soul 5:00 Dinner 6:30 You and Me	<b>2</b> 8:00 Breakfast 10:00 Greeting The Day 11:00 Fitness with Rayyan 12:00 Lunch 2:00 Musical Moments 3:00 Golf Cart Rides 3:30 Christmas Market Prep 5:00 Dinner 6:30 Soothing Sensations	<b>3</b> 8:00 Breakfast 10:00 Greeting The Day 11:00 Stepping Out 12:00 Lunch 2:00 In the Kitchen 3:00 Happy Hour 5:00 Dinner 6:30 Movie Night	<b>4</b> 8:00 Breakfast 10:00 Morning Movie 11:00 Soothing Sensations 12:00 Lunch 2:00 Java Music 3:00 For the Fun of Fit 5:00 Dinner
<b>5</b> 8:00 Breakfast 10:00 Church Service 11:00 Brains and Banter 12:00 Lunch 2:00 Musical Moments 3:00 You and Me 5:00 Dinner	<b>6</b> 8:00 Breakfast 10:00 Greeting the Day 11:00 Circle of Friends 12:00 Lunch 2:00 Express Yourself 3:00 Fitness with Rayyan 5:00 Dinner 6:30 Sing Along	<b>7</b> 8:00 Breakfast 10:00 Greeting The Day 11:00 Brains and Banter 12:00 Lunch 1:30 Hymn Sing 3:00 Soothing Sensations 5:00 Dinner 6:30 Movie Night	<b>8</b> 8:00 Breakfast 10:00 Fitness with Rayyan 10:45 Songbirds Choir 12:00 Lunch 2:00 Brains and Banter 3:00 Church Service 5:00 Dinner 6:30 You and Me	<b>9</b> 8:00 Breakfast 10:00 Greeting The Day 11:00 Fitness with Rayyan 12:00 Lunch 2:00 Musical Moments 3:00 Golf Cart Rides 3:30 Christmas Market Prep 5:00 Dinner 6:30 Soothing Sensations	<b>10</b> 8:00 Breakfast 10:00 Greeting The Day 11:00 In the Kitchen 12:00 Lunch 1:30 Dance Party with Hilda 2:00 Christmas Market Prep 3:00 Happy Hour 5:00 Dinner	<b>11 Remembrance Day</b> 8:00 Breakfast 10:45 Remembrance Day 11:00 Soothing Sensations 12:00 Lunch 2:00 Stepping Out 3:00 For the Fun of Fit 5:00 Dinner
<b>12</b> 8:00 Breakfast 10:00 Church Service 11:00 Brains and Banter 12:00 Lunch 2:00 Musical Moments 3:00 You and Me 5:00 Dinner	<b>13</b> 8:00 Breakfast 10:00 Greeting the Day 11:00 Circle of Friends 12:00 Lunch 2:00 Christmas Market Prep 3:00 Fitness with Rayyan 5:00 Dinner 6:30 Sing Along	<b>14</b> 8:00 Breakfast 10:00 Greeting The Day 11:00 Brains and Banter 12:00 Lunch 2:00 Aiden Purnell 3:00 Soothing Sensations 5:00 Dinner 6:30 Movie Night	<b>15</b> 8:00 Breakfast 10:00 Fitness with Rayyan 10:45 Songbirds Choir 12:00 Lunch 2:00 Brains and Banter 3:00 Church Service 5:00 Dinner 6:30 You and Me	<b>16</b> 8:00 Breakfast 10:00 Greeting The Day 11:00 Fitness with Rayyan 12:00 Lunch 1:45 Music with Wendy 3:00 Golf Cart Rides 3:30 Christmas Market Prep 5:00 Dinner	<b>17</b> 8:00 Breakfast  Christmas Decorating Day!  12:00 Lunch  5:00 Dinner	<b>18</b> 8:00 Breakfast 10:00 Morning Movie 11:00 Soothing Sensations 12:00 Lunch 2:00 Stepping Out 3:00 For the Fun of Fit 5:00 Dinner
<b>19</b> 8:00 Breakfast 10:00 Church Service 11:00 Brains and Banter 12:00 Lunch 2:00 Musical Moments 3:00 You and Me 5:00 Dinner	<b>20</b> 8:00 Breakfast 10:00 Greeting the Day 11:00 Circle of Friends 12:00 Lunch 2:00 Express Yourself 3:00 Fitness with Rayyan 5:00 Dinner 6:30 Sing Along	<b>21</b> 8:00 Breakfast 10:00 Greeting The Day 11:00 Brains and Banter 12:00 Lunch 1:30 Hymn Sing 3:00 Soothing Sensations 5:00 Dinner 6:30 Movie Night	<b>22</b> 8:00 Breakfast 10:00 Fitness with Rayyan 10:45 Songbirds Choir 12:00 Lunch 2:00 Brains and Banter 3:00 Church Service 5:00 Dinner 6:30 You and Me	<b>23</b> 8:00 Breakfast 10:00 Greeting The Day 11:00 Fitness with Rayyan 12:00 Lunch 1:45 Music with Wendy 3:00 Golf Cart Rides 3:30 Christmas Market Prep 5:00 Dinner	<b>24</b> 8:00 Breakfast 10:00 Greeting The Day 11:00 In the Kitchen 12:00 Lunch 1:30 Dance Party with Hilda 2:00 Christmas Market Prep 3:00 Happy Hour 5:00 Dinner	<b>25</b> 8:00 Breakfast 10:00 Morning Movie 11:00 Soothing Sensations 12:00 Lunch 2:00 Java Music 3:00 For the Fun of Fit 5:00 Dinner
<b>26</b> 8:00 Breakfast 10:00 Church Service 11:00 Brains and Banter 12:00 Lunch 2:00 Musical Moments 3:00 You and Me 5:00 Dinner	<b>27</b> 8:00 Breakfast 10:00 Greeting the Day 11:00 Circle of Friends 12:00 Lunch 2:00 Christmas Market Prep 3:00 Fitness with Rayyan 5:00 Dinner 6:30 Sing Along	<b>28</b> 8:00 Breakfast 10:00 Greeting The Day 11:00 Brains and Banter 12:00 Lunch 1:30 Hymn Sing 2:30 Birthday Social 3:00 Soothing Sensations 5:00 Dinner	<b>29</b> 8:00 Breakfast 10:00 Fitness with Rayyan 10:45 Songbirds Choir 12:00 Lunch 2:00 Brains and Banter 3:00 Church Service 5:00 Dinner 6:30 You and Me	<b>30</b> 8:00 Breakfast 10:00 Greeting The Day 11:00 Fitness with Rayyan 12:00 Lunch 2:00 Musical Moments 3:00 Golf Cart Rides 3:30 Christmas Market Prep 5:00 Dinner 6:30 Soothing Sensations		