

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

First Floor Neighbourhood

			Music with Jennifer 1 10:00 Tea & Chat 1:00 Stepping Out	2 9:30 Brains & Banter 10:30 Exercise with Jonathan 1:00 Soothing Sensations	National Sandwich Day 3 10:00 For the Fun of Fit 1:30 In the Kitchen 2:00 You & I	4 10:30 BINGO 1:00 Stepping Out
5 10:30 Express Yourself 1:00 Musical Moments	6 10:30 Brains & Banter 1:30 Football Toss 2:00 Zack Erikson Performs	7 1:30 Exercise with Jonathan 2:00 Legion of Mary Visits	8 10:30 For the Fun of Fit 1:30 Express Yourself – Holiday Cards	9 10:30 Soothing Sensations 10:30 Exercise with Jonathan 1:30 BINGO	10 10:30 Neighborhood Time 1:30 Stepping Out	11 10:30 Remembrance Day Service  <small>Veterans Day Remembrance Day (Canada)</small>
12 <small>Diwali (Hindi)</small>	World Kindness Day 13	14 10:30 You & I 10:30 Bible Study with Connie 1:30 Exercise with Jonathan 1:30 Stepping Out	Music with Jennifer 15 10:30 Brains & Banter 11:00 Outing to Walmart 1:30 For the Fun of Fit	16 10:30 Greeting the Day 10:30 Exercise with Jonathan 1:30 Tattoo Parlor	17	18 10:30 BINGO 1:30 You & I 2:00 Grace Cowley Performs
19 10:30 Soothing Sensations 1:30 Java Music Club	20 10:30 Brains & Banter 1:30 Travelling Treat Cart – Pumpkin Pie	21 1:30 Exercise with Jonathan 2:00 Legion of Mary Visits 4:30 Swiss Chalet Outing	22 10:30 You & I 1:30 Holiday Decorating	23 10:30 Soothing Sensations 10:30 Exercise with Jonathan 1:30 BINGO <small>Thanksgiving Day (US)</small>	24 10:30 Paula French Performs 1:30 Football Toss	25 Holiday Market at Wentworth Heights 10:00-3:00
26	27	28 10:30 For the Soul 10:30 Bible Study with Connie 1:30 Exercise with Jonathan 1:30 Brains & Banter – Jeopardy Trivia	Music with Jennifer 29 10:30 Circle of Friends 1:30 In the Kitchen – Cookie Decorating 2:00 Kim Atkins Performs	30 10:30 Soothing Sensations 10:30 Exercise with Jonathan 1:30 Express Yourself – Canvas Painting	Please note that outings are subject to change due to various reasons; e.g., weather. If any changes are made Neighbourhoods will be notified!	