

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

Third Floor Neighbourhood

			Music with Jennifer 1 8:00 Breakfast 12:00 Lunch 4:30 News and Views 5:00 Dinner 6:30 Neighbourhood Time	2 8:00 Breakfast 12:00 Lunch 2:30 Greeting the Day 3:30 Express Yourself 5:00 Dinner 6:30 BINGO	3 8:00 Breakfast 12:00 Lunch 5:00 Dinner	4 8:00 Breakfast 12:00 Lunch 3:15 Stepping Out 4:30 You & I 5:00 Dinner 6:30 Comedy Club
5 8:00 Breakfast 12:00 Lunch 3:30 Java Music Club 4:30 Circle of Friends 5:00 Dinner 6:30 Walking BINGO!	6 8:00 Breakfast 12:00 Lunch 2:00 Zack Erikson Performs 5:00 Dinner	7 8:00 Breakfast 12:00 Lunch 1:30 Exercise with Jonathan 2:00 Legion of Mary Visits 4:30 You & I 5:00 Dinner 6:30 Trivia Hour	8 8:00 Breakfast 12:00 Lunch 4:00 You & I 5:00 Dinner 6:30 Paint and Sip Night	9 8:00 Breakfast 12:00 Lunch 3:00 Greeting the Day 3:15 HCC Hair Salon 5:00 Dinner 6:30 Express Yourself	10 8:00 Breakfast 12:00 Lunch 2:30 Greeting the Day 3:15 Express Yourself 5:00 Dinner 6:30 Neighbourhood Time	11 8:00 Breakfast 10:30 Remembrance Day Service 12:00 Lunch 5:00 Dinner  <small>Veterans Day Remembrance Day (Canada)</small>
12  <small>Diwali (Hindi)</small>	World Kindness Day 13 8:00 Breakfast 12:00 Lunch 2:30 Greeting the Day 3:30 Neighbourhood Time 5:00 Dinner 6:30 BINGO!	14 8:00 Breakfast 10:30 Bible Study with Connie 12:00 Lunch 1:30 Exercise with Jonathan 3:00 Resident Council 4:00 Stepping Out 5:00 Dinner 6:30 Horticulture Time	Music with Jennifer 15 8:00 Breakfast 11:00 Outing to Walmart 12:00 Lunch 3:30 Happy Hour 5:00 Dinner 6:30 For the Fun of Fit	National Button Day 16 8:00 Breakfast 10:30 Exercise with Jonathan 12:00 Lunch 3:00 Express Yourself 4:30 You Be the Judge 5:00 Dinner 6:30 BINGO	17 8:00 Breakfast 12:00 Lunch 5:00 Dinner	18 8:00 Breakfast 12:00 Lunch 2:00 Grace Cowley Performs 4:30 Circle of Friends 5:00 Dinner 6:30 Zumba!
19 8:00 Breakfast 12:00 Lunch 3:15 Tea and Chat 4:30 Soothing Sensations 5:00 Dinner 6:30 Poker Night	20 8:00 Breakfast 12:00 Lunch 5:00 Dinner	21 8:00 Breakfast 12:00 Lunch 1:30 Exercise with Jonathan 2:00 Legion of Mary Visits 3:15 Neighborhood Time 4:30 Swiss Chalet Outing 5:00 Dinner	Holiday Décor Day! 22 8:00 Breakfast 12:00 Lunch 4:00 Neighbourhood Decorating! 5:00 Dinner 6:30 Movie and Munch	23 8:00 Breakfast 10:30 Exercise with Jonathan 12:00 Lunch 3:30 For the Soul 4:30 Circle of Friends 5:00 Dinner 6:30 Comedy Club <small>Thanksgiving Day (US)</small>	Celebrate Unique Talent 24 8:00 Breakfast 10:30 Paula French Performs 12:00 Lunch 3:15 Brains and Banter 5:00 Dinner 6:30 Neighbourhood Time	25 8:00 Breakfast 12:00 Lunch 5:00 Dinner Holiday Market at Wentworth Heights 10:00-3:00 (Sign Up-Only)
26 8:00 Breakfast 12:00 Lunch 5:00 Dinner	Pie in the Face Day! 27 8:00 Breakfast 12:00 Lunch 3:00 You & I 4:30 Circle of Friends 5:00 Dinner 6:30 Walking BINGO!	28 8:00 Breakfast 10:30 Bible Study with Connie 12:00 Lunch 1:30 Exercise with Jonathan 3:15 Pet Therapy Visits 5:00 Dinner 6:30 Karaoke Night	Music with Jennifer 29 8:00 Breakfast 12:00 Lunch 2:00 Kim Atkins Performs 3:00 Circle of Friends 5:00 Dinner 6:30 For the Fun of Fit	30 8:00 Breakfast 10:30 Exercise with Jonathan 12:00 Lunch 3:30 Spa Time 5:00 Dinner 6:30 You & I	Please note that outings are subject to change due to various reasons; e.g., weather. If any changes are made Neighbourhoods will be notified!	