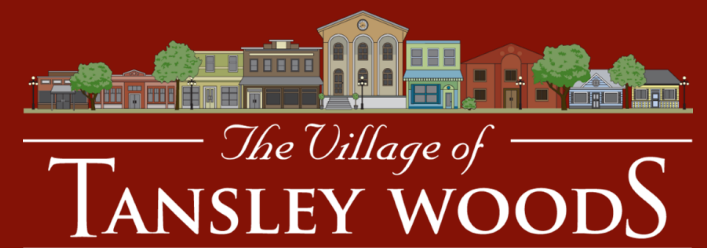




NOVEMBER 2023

NELSON NEIGHBOURHOOD



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Residents Bill Of Rights

23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To Develop Their Potential



1
8:15 Breakfast
10:00 For The Soul
11:00 Brains and Banter
11:15 Fun & Fit
12:00 Lunch
1:30 Music Therapy
2:30 Laughter Yoga- FC
3:30 For The Fun of Fit
5:00 Dinner

2
8:15 Breakfast
10:00 In The Kitchen
10:15 Basketball & Ball Toss
11:00 Horticulture Therapy
11:00 Circle of Friends
12:00 Lunch
2:00 Bazaar Craft- CC
3:00 Yoga Class
3:30 Stepping Out

3 Breakfast Club
8:15 Breakfast
10:00 Circle of Friends
11:00 Musical Moments
11:00 Line Dancing
12:00 Lunch
2:00 Stepping Out
2:30 Standing Balance- FC
5:00 Dinner
6:00 Pub Night- SC

4
8:15 Breakfast
10:00 Soothing Sensations
10:30 Morning Tai Chi- FC
11:00 For The Fun of Fit
12:00 Lunch
2:00 Stepping Out
3:00 Brent M- TH
4:00 You and Me
5:00 Dinner

5
8:15 Breakfast
10:00 Bazaar Craft-CC
11:00 Total Body Fitness
12:00 Lunch
2:00 Church- TH
3:00 Brains and Banter
3:15 Basketball & Ball Toss- FC
4:00 You and Me
5:00 Dinner

6
8:15 Breakfast
10:00 Circle of Friends
11:00 For The Fun of Fit
12:00 Lunch
2:00 Soothing Sensations
3:00 Musical Moments
3:00 Sweat Squad- FC
5:00 Dinner
6:30 Documentary- L

7
8:15 Breakfast
10:30 Standing balance- FC
11:00 Devotions
12:00 Lunch
1:15 Art Therapy
2:00 Stepping Out
2:00 Group Fitness- FC
2:30 Bible Study- L
3:00 Laughter Yoga- TH
5:00 Dinner

8
8:15 Breakfast
10:00 For The Soul
11:00 Brains and Banter
11:15 Fun & Fit
12:00 Lunch
1:30 Music Therapy
2:30 Drum Fit
3:00 For The Fun of Fit
4:00 You and Me
5:00 Dinner

9
8:15 Breakfast
10:00 In The Kitchen
10:15 Basketball & Ball Toss- FC
11:00 Circle of Friends
11:00 Horticulture Therapy
12:00 Lunch
2:00 Bazaar Craft- CC
3:00 Yoga- FC
3:30 Stepping Out
5:00 Dinner

10
8:15 Breakfast
10:00 Soap Making- CC
11:00 Musical Moments
12:00 Lunch
1:30 Stepping Out
3:00 Ron Tansley- TH
4:00 You and Me
5:00 Dinner

11 Remembrance Day
8:15 Breakfast
10:00 Neighbourhood Time
11:00 Remembrance Day Ceremony
12:00 Lunch
2:00 Stepping Out
3:00 You and Me
5:00 Dinner

12
8:15 Breakfast
10:00 Christmas Decorating
11:00 You and Me
12:00 Lunch
2:00 Church- TH
3:00 Christmas Decorating
4:00 Musical Moments
5:00 Dinner

13
8:15 Breakfast
10:00 Christmas Decorating
11:00 Express Yourself
12:00 Lunch
2:00 Soothing Sensations
3:00 Sweat Squad- FC
4:00 You and Me
5:00 Dinner

14
8:15 Breakfast
11:15 Fun & Fit
12:00 Lunch
1:30 Music Therapy
3:00 Pickle Social- CC
4:00 Stepping Out
5:00 Dinner
6:30 You and Me

15
8:15 Breakfast
10:00 For The Soul
11:00 Brains and Banter
11:15 Fun & Fit
12:00 Lunch
1:30 Music Therapy
2:30 Laughter Yoga- FC
3:15 For The Fun of Fit
4:00 You and Me
5:00 Dinner

16
8:15 Breakfast
10:00 Soothing Sensations
10:15 Basketball & Ball Toss- FC
11:00 Musical Moments
11:00 Horticulture Therapy
12:00 Lunch
2:00 Stepping Out
3:00 Blue Eyed Bill- TH
5:00 Dinner

17
8:15 Breakfast
10:00 You and Me
11:00 Musical Moments
11:00 Line Dancing- FC
12:00 Lunch
2:00 In the Kitchen
3:00 Circle of Friends
5:00 Dinner

18 Christmas Bazaar
8:15 Breakfast
10:00 Neighbourhood Time
10:00 Bazaar
12:00 Lunch
2:00 Bazaar
3:00 Neighbourhood Time
5:00 Dinner

19
8:15 Breakfast
10:00 Circle of Friends
11:00 Musical Moments
11:00 Total Body Fitness
12:00 Lunch
2:00 Church- TH
3:00 Stepping Out
3:15 Basketball & Ball Toss- FC
4:00 You and Me
5:00 Dinner

20
8:15 Breakfast
10:00 Soothing Sensations
11:00 For The Fun of Fit
12:00 Lunch
2:00 Brains and Banter
3:00 Musical Moments
3:00 Sweat Squad- FC
4:00 You and Me
5:00 Dinner
6:30 Table Games- CC

21 Diner's Club
8:15 Breakfast
10:00 Circle of Friends
10:30 Standing Balance- FC
11:00 Stepping Out
11:00 Devotions
12:00 Lunch
1:15 Art Therapy
2:00 Group Fitness
2:30 You and Me
2:30 Bible Study- L
3:30 Musical Moments
5:00 Dinner

22
8:15 Breakfast
10:00 For The Soul
11:00 Brains and Banter
11:15 Fun & Fit
12:00 Lunch
1:30 Music Therapy
2:30 Drum Fit- FC
3:30 Stepping Out
5:00 Dinner

23
8:15 Breakfast
10:00 Soothing Sensations
11:00 Musical Moments
11:00 Horticulture Therapy
12:00 Lunch
2:00 In The Kitchen
3:00 Circle of Friends
3:00 Yoga- FC
5:00 Dinner

24
8:15 Breakfast
11:00 Line Dancing- FC
12:00 Lunch
2:00 Stepping Out
3:00 Musical Moments
4:00 You and Me
5:00 Dinner
6:00 Pub Night- Bingo CC

25
8:15 Breakfast
10:00 Soothing Sensations
11:00 For The Fun Of Fit
12:00 Lunch
2:00 Stepping Out
3:00 Gerry Larkin- TH
4:00 You and Me
5:00 Dinner

26
8:15 Breakfast
10:00 Movie Matinee- TH
12:00 Lunch
2:00 Church- TH
3:00 Stepping Out
4:00 Musical Moments
5:00 Dinner

27
8:15 Breakfast
10:15 Music with Celine- L
11:15 Stepping Out
12:00 Lunch
2:00 Soothing Sensations
3:00 Sweat Squad- FC
3:00 Express Yourself
4:00 You and Me
5:00 Dinner
6:30 Cards- CC

28
8:15 Breakfast
10:30 Standing Balance- FC
11:00 Devotions
12:00 Lunch
1:15 Art Therapy
2:00 Stepping Out
2:00 Group Fitness
2:30 Bible Study- L
3:00 Tea Social- TH
4:00 Stepping Out
5:00 Dinner
6:30 You and Me

29
8:15 Breakfast
10:00 For The Soul
11:00 Brains and Banter
11:15 Fun & Fit
12:00 Lunch
2:30 Laughter Yoga- FC
3:30 Stepping Out
4:00 You and Me
5:00 Dinner

30
8:15 Breakfast
10:00 Soothing Sensations
10:15 Basketball & Ball Toss-FC
11:00 Musical Moments
11:00 Horticulture Therapy
12:00 Lunch
2:00 In The Kitchen
3:00 Circle of Friends
3:00 Yoga- FC
4:00 You and Me
5:00 Dinner

