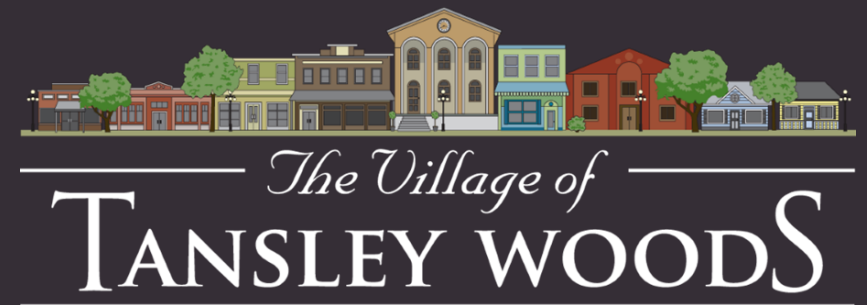




# November 2024

## Brant



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Meal Times</b></p> <p>8:15 Breakfast 12:00 Lunch 5:00 Dinner</p>	<p><b>Legend</b></p> <p>CC- Community Center FC- Fitness Center TH- Town Hall L- Library MS- Main Street SC- Senior Center</p>					
<p><b>3</b></p> <p>9:00 Neighbourhood Time 11:00 For the Fun of Fit 2:15 Church—TH 3:30 Circle of Friends 6:00 For the Fun of Fit</p>	<p><b>4 Veteran's Week</b></p> <p>11:00 Spiritual Visits 1:00 Neighbourhood Time 2:00 Soothing Sensations 3:30 Brains and Banter 6:00 Circle of Friends</p>	<p><b>5</b></p> <p>9:00 Neighbourhood Time 11:00 For the Fun of Fit 2:00 Circle of Friends 3:30 Musical Moments 7:00 Express Yourself</p>	<p><b>6</b></p> <p>9:00 Neighbourhood Time 11:00 For the Soul 1:00 Total Body Fitness 2:00 Brains and Banter 2:30 Music Therapy 3:30 For the Fun of Fit</p>	<p><b>7</b></p> <p>9:00 Neighbourhood Time 11:15 Fun and Fit 2:00 In the Kitchen 3:00 Horticulture Therapy 3:30 Bunny Visit</p>	<p><b>1</b></p> <p>9:00 Neighbourhood Time 10:30 Stepping Out 11:15 Line Dancing—FC 2:00 Musical Moments 3:30 For the Fun of Fit</p>	<p><b>2</b></p> <p>9:00 Neighbourhood Time 11:00 Express Yourself 2:00 Stepping Out 3:00 Paula French—TH 6:00 Brains and Banter</p>
<p><b>10</b></p> <p>9:00 Neighbourhood Time 10:30 Express Yourself 2:15 Church— TH 3:00 Circle of friends 6:00 Neighbourhood Time</p>	<p><b>11 Remembrance Day</b></p> <p>9:00 Neighbourhood Time 10:30 Remembrance Day Ceremony - TS 2:00 Stepping Out 3:30 For the Fun of Fit</p>	<p><b>12</b></p> <p>9:00 Neighbourhood Time 11:00 For the Fun of Fit 2:00 Circle of Friends 3:30 Musical Moments 7:00 Express Yourself</p>	<p><b>13</b></p> <p>9:00 Neighbourhood Time 11:00 For the Soul 1:00 Total Body Fitness 2:00 Brains and Banter 2:30 Music Therapy 3:30 For the Fun of Fit</p>	<p><b>14</b></p> <p>11:15 Fun and Fit 1:00 Neighbourhood Time 2:00 In the Kitchen 3:00 Horticulture Therapy 3:30 Express Yourself 6:00 Musical Moments</p>	<p><b>8</b></p> <p>11:15 Line Dancing- FC 2:00 Art Therapy 2:00 Neighbourhood Time 3:30 For The fun of Fit 6:00 Brains and Banter- CC</p>	<p><b>9</b></p> <p>9:00 Neighbourhood Time 10:30 For The Soul 2:00 Stepping Out 3:00 Natalie Marie 6:00 Neighbourhood Time</p>
<p><b>17</b></p> <p>1:00 Neighbourhood Time 2:15 Church—TH 3:30 Circle of Friends 6:00 For the Fun of Fit</p>	<p><b>18</b></p> <p>10:00 Mother Goose - TH 11:00 Spiritual Visits 1:00 Neighbourhood Time 2:00 Soothing Sensations 3:30 Brains and Banter 6:00 Circle of Friends</p>	<p><b>19</b></p> <p>9:00 Neighbourhood Time 11:00 For the Fun of Fit 2:00 Circle of Friends 3:30 Musical Moments 7:00 Express Yourself</p>	<p><b>20</b></p> <p>9:00 Neighbourhood Time 11:00 Soothing Sensations 1:00 Total Body Fitness 2:00 Brains and Banter 2:30 Music Therapy 3:30 For the Fun of Fit</p>	<p><b>21</b></p> <p>11:15 Fun and Fit 1:00 Neighbourhood Time 2:00 In the Kitchen 3:00 Horticulture Therapy 3:30 Express Yourself 6:00 Musical Moments</p>	<p><b>22</b></p> <p>11:15 Line Dancing- FC 2:00 Art Therapy 2:00 Neighbourhood Time 3:00 Happy Hour Karaoke - TH 6:00 Brains and Banter- CC</p>	<p><b>23</b></p> <p>9:00 Neighbourhood Time 10:30 For The Soul 2:00 Stepping Out 3:00 Escapade Trio Performs - TH 6:00 Neighbourhood</p>
<p><b>24</b></p> <p>9:00 Neighbourhood Time 10:30 Express Yourself 2:15 Church- TH 3:30 Nails 6:00 Neighbourhood</p>	<p><b>25</b></p> <p>1:00 Neighbourhood Time 2:00 Soothing Sensations 3:00 Spiritual Visits 3:30 Brains and Banter 6:00 Circle of Friends</p>	<p><b>26</b></p> <p>9:00 Neighbourhood Time 11:00 For the Fun of Fit 2:00 Circle of Friends 3:30 Musical Moments 7:00 Express Yourself</p>	<p><b>27</b></p> <p>9:00 Neighbourhood Time 11:00 For the Soul 1:00 Total Body Fitness 2:00 Brains and Banter 2:30 Music Therapy 3:30 For the Fun of Fit</p>	<p><b>28</b></p> <p>11:15 Fun and Fit 1:00 Neighbourhood Time 2:00 In the Kitchen 3:00 Horticulture Therapy 3:30 Express Yourself 6:00 Musical Moments</p>	<p><b>29</b></p> <p>9:00 Neighbourhood Time 10:30 Stepping Out 11:15 Line Dancing—FC 2:00 Art Therapy 2:00 Musical Moments 2:30 Birthday Social - CC 3:30 For the Fun of Fit</p>	<p><b>30</b></p> <p>9:00 Neighbourhood Time 10:30 For The Soul 2:00 Stepping Out 3:00 Laura N on Brant 6:00 Neighbourhood Time</p>