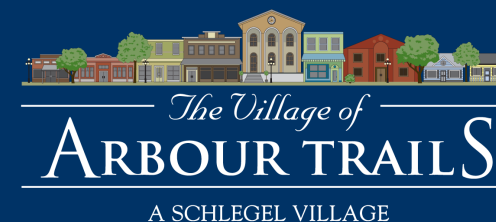




# November 2024

## Neighbourhood of Ailsa Craig

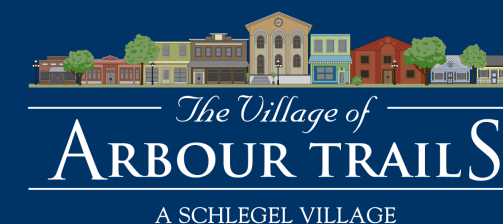


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Where Is The Program?</b></p> <p><b>C</b>—Chapel*      <b>TH</b>—Town Hall*      <b>MF</b>— Main Floor*  <b>TS</b>—Town Square*      <b>FE</b>—Front Entrance*      <b>HS</b>—Hobby Shop*  <b>BP</b>— Back Patio*      <b>FC</b>—Fitness Centre*      <b>L</b>— Library*  <b>JPL</b> — Jack Purcell Lounge      <b>ML</b> — Ailsa Craig Lobby</p> <p>* Indicated Arbour Trails Main Building  <b>NOTE:</b> Programs, their times, and locations are subject to change.</p>					<p>1            9:30 VON Exercise FC            10:30 Morning Stretches JPL            2:30 Corn Hole 4th FL            2:30 Hand Therapy HS  <b>Hapy Hour:</b>            4:00 Happy Hour 3rd FL            4:20 Happy Hour 4th FL            7:15 Popcorn Pick-up TH            7:30 Movie: "Saving Grace" TH</p> <p style="text-align: center;"><b>All Saints' Day</b></p>	<p>2            10:15 Morning Smoothies TS            1:30 Short Stories Pick-up HS            2:00 Knitting Club 4th FL            2:30 Saturday Series: "The Crown" TH            3:00 Happy Hour TS</p> <p style="text-align: center;"><b>All Souls' Day</b></p>
<p>3            10:15 Specialty Coffee TS            10:30 Community of Christ Service C            11:00 DrumFIT FC            2:00 Euchre JPL            2:15 Brain Game Puzzle Pick-up HS            3:00 Chapel Service C            3:45 Fellowship Café TS            4:00 Sunday Series: "One Foot in the Grave" TH</p> <p style="text-align: center;"><b>Daylight Savings Begins</b>  <i>*Clocks fall back one hour*</i></p>	<p>4            10:30 Catholic Communion C            11:00 VON Exercise JPL  <b>1:00 Lunch to Red Lobster</b>            *RSVP on MF            3:00 Better Balance JPL            5:15 Happy Hour 2nd FL            2:30 &amp; 7:30 Movie: "Airplane" TH</p> <p style="text-align: center;"><b>Diwali Ends</b></p>	<p>5            10:30 Meeting of Minds TH            11:00 VON Exercise JPL            2:30 Grief and Loss Seminar: "Understanding the grief experience" TH            2:30 Art Hour: Poppy Pinwheels HS            3:00 Praying the Rosary C            3:30 Stretch Class FC            7:30 Senior Fireside Chat: "What has been the greatest invention?" L            7:30 Trivia Night HS</p> <p style="text-align: center;"><b>Veterans Week</b> — see our display in Town Square</p>	<p>6            9:30 VON Exercise FC            10:30 Docuseries: "Europe from Above: The Netherlands" TH            10:30 Coffee &amp; Baileys 3rd FL            11:00 VON Exercise JPL            3:00 Bookmobile FE            3:00 Get Active JPL            4:00 Jeopardy JPL            7:30 Classical Music on Wednesday: "Hungarian &amp; Romanian Rhapsody" TH</p>	<p>7 <b>10:30-2:30 Mobile Senior Shop HS</b>            10:00 Chair Yoga FC            10:30 Bible Study C            11:00 VON Exercise JPL            3:00 Gentle Exercises FC            7:00 No Stress Bridge JPL            7:30 Movie: "All the President's Men" TH            7:45 Bingo! HS</p>	<p>8            9:30 VON Exercise FC            12:30 Hand Therapy JPL  <i>*please note date/time change for today only</i>            2:30 Corn Hole 4th FL            2:30 Hand Therapy HS  <b>Hapy Hour:</b>            4:00 Happy Hour 3rd FL            4:20 Happy Hour 4th FL            7:15 Popcorn Pick-up TH            2:30 &amp; 7:30 Movie: "Citizen Kane" TH</p>	<p>9  <b>10:30 Excursion to Fashion History Museum &amp; Lunch at Ernie's Roadhouse</b>            *RSVP on MF            1:30 Short Stories Pick-up HS            2:00 Knitting Club 4th FL            2:30 Total Body Bootcamp FC            2:30 Saturday Series: "The Crown" TH            3:00 Happy Hour TS            4:00 Music Singing Group JPL            7:30 Comedy Hour TH</p>
<p>10            10:15 Specialty Coffee TS            10:30 Community of Christ Church C            11:00 DrumFIT FC            2:00 Euchre JPL            2:15 Brain Game Puzzle Pick-up HS  <b>3:00 Hymn Sing with The Salvation Army C</b>            3:45 Fellowship Café TS            4:00 Sunday Series: "One Foot in the Grave" TH</p>	<p>11  <b>10:30 Remembrance Day Service TH</b>            11:00 VON Exercise JPL            2:00 High Tea 2nd FL            2:30 Catholic Communion C            3:00 Better Balance JPL  <b>3:00 Falls Prevention Group Walk TS</b>            4:00 Hand Therapy JPL            5:00 Happy Hour 2nd FL            2:30 &amp; 7:30 Movie: "The Great Escape" TH</p> <p style="text-align: center;"><b>Remembrance Day</b></p>	<p>12 <b>10-3 KMW Clothing HS</b>            10:30 Meeting of Minds TH            11:00 VON Exercise JPL            2:30 Grief and Loss Seminar: "Embracing the memories" TH            3:30 Stretch Class FC  <b>7:30 Entertainment: "Just Sing Choir" TH</b></p>	<p>13            9:30 VON Exercise FC            10:30 Docuseries: "Europe from Above: Italy" TH            10:30 Coffee &amp; Baileys 3rd FL            10:30 Men's Conversation Connection C            11:00 VON Exercise JPL            2:00 Film of Faith: "Friends for Life" TH  <b>2:40 Tour of the McCrae House</b>  <i>*RSVP &amp; admission due Friday Nov 8</i>            3:00 Get Active JPL            6:15 Bookmobile Pre-orders HS            7:30 Music on Wednesday: "Engelbert Humperdinck" TH</p> <p style="text-align: center;"><b>World Kindness Day</b></p>	<p>14            10:30 Bible Study            10:00 Chair Yoga FC            10:30 Bible Study C            11:00 VON Exercise JPL  <b>2:30 Entertainment: "Grace Cowley" TH</b>            3:00 Gentle Exercises FC            7:00 No Stress Bridge JPL            7:30 Movie: "From Russia with Love" TH            7:45 Bingo! HS</p>	<p>15 <b>11-2 Suzanne M Jewelry TS</b>            9:30 VON Exercise FC  <b>10:00 Coffee &amp; Guest Speaker: John Collins with Hope House JPL</b>            2:30 Corn Hole 4th FL            2:30 Hand Therapy HS  <b>Happy Birthday Hour</b>            4:00 Happy Hour 3rd FL            4:20 Happy Hour 4th FL            7:15 Popcorn Pick-up TH            2:30 &amp; 7:30 Movie: "Grapes of Wrath" TH</p>	<p>16            10:15 Morning Smoothies TS            1:30 Short Stories Pick-up HS            2:00 Knitting Club 4th FL            2:30 Saturday Series: "The Crown" TH            2:30 Total Body Bootcamp FC            3:00 Happy Hour TS</p>



# November 2024

## Neighbourhood of Ailsa Craig



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 10:15 Specialty Coffee TS 10:30 Community of Christ Church C 11:00 DrumFIT FC 2:00 Euchre JPL 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café TS 4:00 Sunday Series: "One Foot in the Grave" TH	18 <b>10-2 Creations Boutique HS</b> 10:30 Catholic Communion C 11:00 VON Exercise JPL 2:00 High Tea 2nd FL 3:00 Better Balance JPL 4:00 Hand Therapy JPL 5:00 Happy Hour 2nd FL 2:30 & 7:30 Movie: Fisherman's Friend" TH	19 10:30 Meeting of Minds TH 11:00 VON Exercise JPL 2:30 Grief and Loss Seminar: "The Importance of Self-Care" TH 2:30 Art Hour: Clay Magnets HS 3:30 Stretch Class FC 7:30 Senior Fireside Chat: "What is truth?" L 7:30 Trivia Night HS	20 9:30 VON Exercise FC 10:30 Docuseries: "Europe from Above: Germany" TH 10:30 Coffee & Baileys 3rd FL 11:00 VON Exercise JPL <b>2:15 Therapeutic Paw Visits with Raven HS</b> <b>2:15 Falls Prevention Discussion FC</b> 2:30 Tech Help *Call ext. 836 3:00 Bookmobile FE 3:00 Get Active JPL 4:00 Jeopardy JPL 7:30 Classical Music on Wednesday: "Edvard Grieg & Mendelson" TH	21 10:00 Chair Yoga FC 10:30 Bible Study C 11:00 VON Exercise JPL <b>2:30 Conversation Café: "Aging Positively" JPL</b> 3:00 Gentle Exercises FC 2:30 & 7:30 Movie: "The Woman in the Window" TH 7:00 No Stress Bridge JPL 7:45 Bingo! HS	22 9:30 VON Exercise FC  <p style="text-align: center;"><b>Limited Programming Today due to Christmas Market Set-up</b></p>	23  <p style="text-align: center;"><b>ARBOUR TRAILS CHRISTMAS MARKET 10-3</b></p> <p style="text-align: center;"><i>Wear Green, Red &amp; White!</i></p> <p style="text-align: center;"><i>Vendors, Santa, Food, Entertainment &amp; more!</i></p>
24 10:15 Specialty Coffee TS 11:00 DrumFIT FC 2:00 Euchre JPL 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café TS 4:00 Sunday Series: "One Foot in the Grave" TH	25 10:30 Catholic Communion C 11:00 VON Exercise JPL <b>2:00 Book Club 2nd FL</b> <b>2:30 Entertainment: "Kevin Coates" TS</b> 3:00 Better Balance JPL <b>3:00 Falls Prevention Group Walk TS</b> <b>4:00 Dinner at State &amp; Main</b> *RSVP on MF 7:30 Movie: "Crocodile Dundee" TH	26 10:30 Meeting of Minds TH 11:00 VON Exercise JPL 2:30 Grief and Loss Seminar: "Finding meaning & new hope" TH 2:30 Art Hour: Christmas Cards HS 3:30 Stretch Class FC 7:30 Senior Fireside Chat: "Would you get a tattoo?" L 7:30 Trivia Night HS	27 9:30 VON Exercise FC 10:30 Docuseries: "Europe from Above: Spain" TH 10:30 Coffee & Baileys 3rd FL 10:30 Men's Conversation Connection C 11:00 VON Exercise JPL <b>2:30 Residents' Council Meeting TH</b> 2:30 Tech Help *Call ext. 836 3:00 Get Active JPL 4:00 Jeopardy JPL 6:15 Bookmobile Pre-orders HS 7:30 Music on Wednesday: "Simon & Garfunkel" TH	28 10:00 Chair Yoga FC 10:30 Bible Study C 11:00 VON Exercise JPL 3:00 Gentle Exercises FC 2:30 & 7:30 Movie: "To Kill a Mockingbird" TH 7:00 No Stress Bridge JPL 7:45 Bingo! HS	29 9:30 VON Exercise FC <b>10:00 Excursion to the Research Institute for Aging and Lunch at the Ruby</b> *RSVP on MF 2:30 Hand Therapy HS 7:15 Popcorn Pick-up TH 2:30 & 7:30 Movie: "Twisters" TH	30 <b>10:30-12:00 Guelph Embers — Cookies for Sale in Town Square</b> 10:15 Morning Smoothies TS 1:30 Short Stories Pick-up HS 2:00 Knitting Club 4th FL 2:30 Saturday Series: "The Crown" TH 2:30 Total Body Bootcamp FC 3:00 Happy Hour TS 7:30 Comedy Hour TH

### Where Is The Program?

**C**—Chapel\*      **TH**—Town Hall\*      **MF**— Main Floor\*  
**TS**—Town Square\*      **FE**—Front Entrance\*      **HS**—Hobby Shop\*  
**BP**— Back Patio\*      **FC**—Fitness Centre\*      **L**— Library\*  
**JPL** — Jack Purcell Lounge      **ML** — Ailsa Craig Lobby

\* Indicated Arbour Trails Main Building

**NOTE:** Programs, their times, and locations are subject to change.

### Recreation Contact Information:

arbourtrails.recreation@schlegelvillages.com  
 (226)-251-3065 Extension 836