



# November 2024

## Emma's Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>November is Falls Prevention Month.</b></p>					<p>1 9:15 Neighbourhood Time 11:00 For the Fun of Fit 1:30 Brains and Banter 3:00 Circle of Friends 6:30 Soothing Sensations</p> <p><b>All Saints' Day</b></p>	<p>2 9:15 Neighbourhood Time 10:00 For the Fun of Fit 11:15 Brains and Banter 1:30 Movie Matinee: "Grease" 3:30 Express Yourself</p> <p><b>All Souls' Day</b></p>
<p>3 9:15 Neighbourhood Time 11:15 Musical Moments 2:00 For the Soul 3:15 Stepping Out</p> <p><b>Daylight Savings Time Ends: Clocks Fall Back 1 Hour</b></p>	<p>4 9:15 Neighbourhood Time 10:15 Musical Moments 11:15 Circle of Friends 2:15 Songbird Music Therapy 3:00 Stepping Out</p>	<p>5 11:00 For the Fun of Fit 2:00 Express Yourself <b>2:30 Country Drive</b> 4:00 Brains and Banter 6:30 Neighbourhood Time</p> <p><b>Veterans' Week</b></p>	<p>6 9:15 Neighbourhood Time 10:15 Tea and Travels 11:15 You and Me 2:45 Java Time 3:45 For the Fun of Fit</p>	<p>7 9:15 Neighbourhood Time 10:15 In the Kitchen 11:15 Stepping Out 1:30 For the Soul 2:30 Happy Hour on Emma's</p>	<p>8 9:15 Neighbourhood Time 11:00 For the Fun of Fit 1:30 Brains and Banter 3:00 Circle of Friends 6:30 Soothing Sensations</p>	<p>9 9:15 Neighbourhood Time 10:00 For the Fun of Fit 11:15 Brains and Banter 1:30 Music Matinee: "Royal Nova Scotia Tattoo" 3:30 Express Yourself</p>
<p>10 9:15 Neighbourhood Time 11:15 Musical Moments 2:00 For the Soul 3:15 Stepping Out</p>	<p>11 9:15 Neighbourhood Time <b>10:15 Remembrance Day Service in Town Hall</b> 10:30 Virtual Concert: Anne Murray <b>2:30 For the Soul: Remembrance Service</b> <b>Remembrance Day</b></p>	<p>12 11:00 For the Fun of Fit 2:00 Express Yourself 3:30 Brains and Banter 6:30 Neighbourhood Time <b>7:30 Live Music with "Just Sing Choir" in Town Hall</b></p>	<p>13 9:15 Neighbourhood Time 10:15 Tea and Travels 11:15 You and Me 2:45 Emms'd Birthday Party 3:45 For the Fun of Fit</p> <p><b>World Kindness Day</b></p>	<p>14 9:15 Neighbourhood Time 10:15 In the Kitchen 11:15 Stepping Out 1:30 For the Soul <b>2:30 Live Music with "Grace Cowley" in Town Hall</b></p> <p><b>World Diabetes Day</b></p>	<p>15 9:15 Neighbourhood Time 11:00 For the Fun of Fit 1:30 Brains and Banter 3:00 Circle of Friends 6:30 Soothing Sensations</p>	<p>16 9:15 Neighbourhood Time 10:00 For the Fun of Fit 11:15 Brains and Banter 1:30 Movie Matinee: "The Odd Couple" 3:30 Express Yourself</p>
<p>17 9:15 Neighbourhood Time 11:15 Musical Moments 2:00 For the Soul 3:15 Stepping Out</p>	<p>18 9:15 Neighbourhood Time 10:15 Musical Moments 11:15 Circle of Friends 1:30 Express Yourself 2:30 For the Fun of Fit</p>	<p>19 11:00 For the Fun of Fit 2:15 Flower Arranging 3:30 Brains and Banter 6:30 Neighbourhood Time</p>	<p>20 9:15 Neighbourhood Time 10:15 Tea and Travels 11:15 You and Me 2:45 Java Time 3:45 Holiday decorating</p>	<p>21 9:15 Neighbourhood Time <b>10:30 Country Drive &amp; Coffee</b> 1:30 For the Soul 2:30 Happy Hour on Egerton</p>	<p>22 9:15 Neighbourhood Time 11:00 For the Fun of Fit 1:30 Brains and Banter 3:00 Circle of Friends 6:30 Soothing Sensations</p>	<p>23 <b>Arbour Trails Christmas Market 10-3</b> <i>Wear Green, Red, and White</i></p> <p>Vendors, Food, Entertainment, and More!</p>
<p>24 9:15 Neighbourhood Time 11:15 Musical Moments 2:00 For the Soul 3:15 Stepping Out</p>	<p>25 9:15 Neighbourhood Time 10:15 Musical Moments 11:15 Circle of Friends 2:15 Songbird Music Therapy <b>2:30 Live Music with "Kevin Coates" in Town Square</b> 3:00 Stepping Out</p>	<p>26 9:15 Neighbourhood Time 2:00 Express Yourself 3:30 Brains and Banter 6:30 Neighbourhood Time</p>	<p>27 9:15 Neighbourhood Time <b>10:30 Stacked Pancake Lunch Outing</b> <b>2:30 Residents' Council Meeting in Town Hall</b> 2:45 Java Time 3:45 For the Fun of Fit</p>	<p>28 9:15 Neighbourhood Time 10:15 In the Kitchen 11:15 Stepping Out 1:30 For the Soul 2:30 Happy Hour on Emma's</p>	<p>29 9:15 Neighbourhood Time 1:30 Brains and Banter 3:00 Circle of Friends 6:30 Soothing Sensations</p>	<p>30 9:15 Neighbourhood Time 10:00 For the Fun of Fit <b>10:30 Guelph Embers Visit in the Main Floor Café</b> 11:15 Brains and Banter 1:30 Music Matinee: "Louis Armstrong" 3:30 Express Yourself</p>