

# NOVEMBER

Downey

### Legend

Do - Downey

Ha - Hagey

Jo - Johnston

Ma - Matthews

Po - Pollock

Wr - Wright

C - Chapel

CC - Community Centre

CY - Courtyard

FC - Fitness Centre

L - Library

MS - Main Street

RH - Retirement



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p><b>1</b> 10:30 Sit 'N Get Fit 1-4pm KmW Clothing Sale (CC) 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club (CC)</p>
<p><b>3</b> <b>Daylight Savings Time Ends</b> 9:30 For the Soul 10:30 Music on Demand 2:00 Travelling Cart 3:00 You &amp; Me</p>	<p><b>4</b> 9:30 Manicures &amp; Nail Care 10:30 Village Updates (C) 11:00 You and Me 12:30 Greenhouse Drop-In 2:00 Brains and Banter 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)</p>	<p><b>5</b> Neighbourhood Training Roadshow 9:30 -1 (RIA) 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Calendar Planning &amp; Bill of Rights Meeting 6:30 Devotions (C)</p>	<p><b>6</b> 10am-12pm Baby Bunny Visits (C) 10:00 Contemplating Life with Mike (C) 1:30 Brains &amp; Banter 3:00 For the Fun of Fit 3:30 Balance Class (FC) 6:30 Popcorn &amp; Documentary (CC)</p>	<p><b>7</b> 9:30 Chapel Service (C) 10:30 Baby Jamboree 1:30 Making Poppy Arts for Remembrance Day 3:00 Travelogue 12:30 Greenhouse Drop-In 6:30 Active Games (MS)</p>	<p><b>8</b> 9:30 You &amp; Me 10:30 Sit 'N Get Fit 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC)</p>	<p><b>9</b> 9:30 You &amp; Me 11:00 The Weekend Perk 2:00 Entertainment (Jo) 3:15 Word Games</p>
<p><b>10</b> 9:30 For the Soul 10:00 Neighbourhood Time 2:00 Travelling Cart: Hot Chocolate 3:00 Short Stories</p>	<p><b>11</b> <b>Remembrance Day</b> 9:30 Daily Perk 10:30 Remembrance Day Service (C) 12:30 Greenhouse Drop-In 2:00 Card Games 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)</p>	<p><b>12</b> 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 You &amp; Me 6:30 In the Kitchen (CC)</p>	<p><b>13</b> 1-4 Deck the Halls (Main St.) 1:30 Stepping Out 3:00 Card Deck Bingo 3:30 Balance Class (FC) 4:00 Java Music 6:30 Games Night (CC)</p>	<p><b>14</b> <b>10-3 Back to Basics</b> 9:30 Chapel Service (Do) 10:30 Baby Jamboree 12:30 Greenhouse Drop-In 2:00 Outing Van 6:30 Active Games (MS)</p>	<p><b>15</b> 9:30 You &amp; Me 10:30 Sit 'N Get Fit 2:00 Bingo on Downey 3:15 Fall Reminiscing 3:30 Active Games (FC) 6:30 Crafting Club (CC)</p>	<p><b>16</b> Christmas Market 10am-3pm Long Term Care and Retirement Main Streets</p>



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<p><b>17</b></p> <p>9:30 For the Soul 10:30 Neighbourhood Time 2:00 Corn Hole 3:00 Circle of Friends</p>	<p><b>18</b></p> <p>9:30 Manicures &amp; Nail Care 11:00 Soothing Sensation 12:30 Greenhouse Drop-In 1:30 Stepping Out 2:30 Social Cafe: Tim Hortons 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)</p>	<p><b>19</b></p> <p>9:00 Outing Bus 9:30 Rosary (C) 10:45 Art with Sonal 11:00 Daily Perk 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Brains &amp; Banter 6:30 Devotions (C)</p>	<p><b>20</b></p> <p>10:00 Contemplating Life with Mike (C) 1:30 In the Kitchen 3:00 Brains &amp; Banter 3:30 Balance Class (FC) 6:30 Games Night (CC)</p>	<p><b>21</b></p> <p>9:30 Chapel Service (C) 10:30 Baby Jamboree 12:30 Greenhouse Drop In 2:00 Residents' Council (C) 2:00 Stepping Out 3:00 For Fun of Fit 6:30 Active Games (MS)</p>	<p><b>22</b></p> <p>9:30 Daily Perk 10:30 Sit 'N Get Fit 1-4 Massage Therapy Students 3:30 Active Games (FC) 6:30 Crafting Club (CC)</p>	<p><b>23</b></p> <p>9:30 The Weekend Perk 10:30 Express Yourself 2:00 Family Games Afternoon (MS) 3:15 Brains and Banter</p>
<p><b>24</b></p> <p>9:30 For the Soul 10:30 Neighbourhood Time 1:30 Soothing Sensation 3:00 Travelogue and Trivia</p>	<p><b>25</b></p> <p>9:30 Manicures &amp; Nail Care 11:00 Express Yourself 12:30 Greenhouse Drop-In 2:00 Stepping Out 3:00 Circle of Friends 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)</p> 	<p><b>26</b></p> <p>9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 You &amp; Me 6:30 In the Kitchen (CC)</p>	<p><b>27</b></p> <p>1:30 Daily Perk 2:00 Food Committee (C) 1:00 Deck the Halls 3:00 Movie &amp; Popcorn 3:30 Balance Class (FC) 6:30 Games Night (CC)</p>	<p><b>28</b></p> <p>9:00 You Be The Judge 10:00 Celebration of Life (C) 12:30 Greenhouse Drop-In 2:00 Stepping Out 3:00 Soothing Sensation 6:30 Active Games (MS)</p>	<p><b>29</b></p> <p>9:30 You &amp; Me 10:30 Sit 'N Get Fit 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club (CC)</p>	<p><b>30</b></p> <p>9:30 Stepping Out 10:30 Card Games 2:00 Entertainment (Po) 3:15 You and Me</p>

### November Entertainment

November 2nd - Kevin Coates on Matthews  
November 9th - Henry Winter on Johnston  
November 30th - Lynne & Rick on Pollock

### Outing

Thursday November 14th - Tim Hortons  
Tuesday November 19th - Country Drive  
Please speak to your Recreation Team Member if you are interested in joining an outing.

### Calendar Planning and Resident Bill of Rights

We invite you to attend this meeting on your neighbourhood. Learn about your Bill of Rights. Have your input as we plan next month's activities, programs, and outings!  
Hosted by your Recreation Team Member.

### Your Recreation Team:

Full-Time - Pearl  
Part-Time - Danica

