

NOVEMBER

Pollock

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>3 Daylight Savings Time Ends 10:00 For the Soul 11:00 Hello Pollock 2:00 In the Kitchen: Snickerdoodles!</p>	<p>4 10:30 Village Updates (C) 12:30 Greenhouse Drop-In 3:00 Soothing Sensations 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)</p>	<p>5 Neighbourhood Training Roadshow (RIA) 9:30 Rosary (C) 9:30-1 Living In My Today Training 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 4:00 Stepping Out 6:30 Devotions (C)</p>	<p>6 10am-12pm Baby Bunny Visits (C) 10:00 Contemplating Life with Mike (C) 11:00 Stepping Out 1:15 Art with Sonal 2:30 Hello Pollock 3:30 Balance Class (FC) 6:30 Popcorn & Documentary (CC)</p>	<p>7 9:30 Chapel Service (C) 11:00 Brains and Banter 12:30 Greenhouse Drop-In 2:00 Green Thumbs 3:00 Hello Pollock 6:30 Active Games (MS)</p>	<p>1 1-4 KmW Clothing Sale (CC) 1-4 Massage Therapy Students 1:00 Hello Pollock 2:30 Calendar Hang-up 3:30 Active Games (FC) 6:30 Crafting Club (CC)</p>	<p>2 9:00 Weekend Perk 10:00 Stepping Out 2:00 Entertainment (Ma)</p>
<p>10 11:00 Stepping Out 1:30 In the Kitchen 5:15 Diner's Club</p>	<p>11 Remembrance Day 10:30 Remembrance Day Service (C) 12:30 Greenhouse Drop-In 2:30 Calendar Planning and Resident Bill of Rights 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)</p>	<p>12 9:30 Rosary (C) 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 In the Kitchen (CC)</p>	<p>13 9:30 Daily Perk 1-4 Deck the Halls (MS) 1:15 Art with Sonal 3:30 Balance Class (FC) 6:30 Games Night (CC)</p>	<p>14 10-3 Back to Basics 9:30 Chapel Service (Do) 11:00 Brains and Banter 12:30 Greenhouse Drop-In 2:00 Green Thumbs 3:00 Hello Pollock 6:30 Active Games (MS)</p>	<p>8 9:30 Daily Perk 10:30 Karaoke 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club</p>	<p>9 9:30 Word Games 11:00 Brains & Banter 2:00 Entertainment (Jo)</p>
					<p>15 2:00 Bingo on Downey 2:00 Bus Outing 3:30 Active Games (FC) 6:30 Crafting Club(CC)</p>	<p>16 Christmas Market 10am-3pm Long Term Care and Retirement Main Streets</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>10:00 For the Soul 11:00 Hello Pollock 2:00 In the Kitchen: Pumpkin Loaf</p>	<p>18</p> <p>12:30 Greenhouse Drop-In 3:00 Soothing Sensations 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)</p>	<p>19</p> <p>9:30 Rosary (C) 10:00 Stepping Out 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 Devotions (C)</p>	<p>20</p> <p>9:30 Daily Perk 10:00 Contemplating Life with Mike (C) 1:15 Art with Sonal 3:00 Brains and Banter 3:30 Balance Class (FC) 6:30 Games Night (CC)</p>	<p>21</p> <p>9:30 Chapel Service (C) 11:00 Brains and Banter 12:30 Greenhouse Drop-In 2:00 Bus Outing 2:00 Residents' Council (C) 2:00 Green Thumbs 6:30 Active Games (MS)</p>	<p>22</p> <p>9:30 Daily Perk 10:30 Karaoke 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club</p>	<p>23</p> <p>9:30 Word Games 11:00 Brains & Banter 2:00 Family Games Afternoon (MS)</p>
<p>24</p> <p>11:00 Stepping Out 2:00 Neighbourhood Time 3:00 Holiday Decorating 5:15 Diner's Club</p>	<p>25</p> <p>12:30 Greenhouse Drop-In 3:00 Soothing Sensations 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)</p>	<p>26</p> <p>9:30 Rosary (C) 10:00 Stepping Out 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 In the Kitchen (CC)</p>	<p>27</p> <p>9:30 Daily Perk 1:15 Art with Sonal 2:00 Food Committee (C) 3:00 Brains and Banter 3:30 Balance Class (FC) 6:30 Games Night (CC)</p>	<p>28</p> <p>10:00 Celebration of Life (C) 11:00 Brains and Banter 12:30 Greenhouse Drop-In 2:00 Green Thumbs 3:00 Hello Pollock 6:30 Active Games (MS)</p>	<p>29</p> <p>2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club</p>	<p>30</p> <p>9:00 Weekend Perk 10:00 Stepping Out 2:00 Entertainment (Po)</p>

November Entertainment

November 2nd - Kevin Coates on Matthews

November 9th - Henry Winter on Johnston

November 30th - Lynne & Rick on Pollock

Outings

Friday, November 15th: Tim Hortons

Thursday, November 21st: Fairview Mall

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 - Summit

Part-Time - Julia

