

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER APPLEBY					1 1:00 Neighborhood Time 2:00 Circle of Friends 3:00 Paula French Performs-TH 6:00 Musical Moments	
2 Daylight Saving/All Saints/Souls Day 1:00 Neighborhood Time 2:15 Church Service –TH 3:30 For the Fun of Fit 6:00 Musical Moments	3 9:15 Fun & Fit 12:00 Diners Club 2:00 For the Fun of Fit 3:30 Musical Moments 6:00 Circle of Friends	4 9:00 Neighborhood Time 11:00 Brains & Banter 1:00 Spiritual Care 2:00 Circle of Friends 3:30 For the Fun of Fit	5 Veterans Week 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 1:30 Horticulture Therapy 2:00 Stepping Out 3:00 Ron Tanlsey Performs-TH	6 9:00 Neighborhood Time 11:00 Music Therapy 2:30 Nacho Social-CC 3:30 Stepping Out	7 10:00 Art Therapy 1:00 Neighborhood Time 2:00 For the Soul 3:30 Brains & Banter 6:00 Musical Moments	8 9:00 Neighborhood Time 11:00 In the Kitchen-CK 2:00 Stepping Out 2:00 Total Body Fitness 3:00 Zach Erikson Performs-MS
9 9:00 Neighborhood Time 10:00 Movie Matinee-L 2:15 Church Service –TH 3:30 Circle of Friends	10 9:15 Fun & Fit 10:30 Mother Goose-TH 1:00 Neighborhood Time 2:00 Express Yourself 3:30 Musical Moments 6:00 Circle of Friends	11 Remembrance Day 9:00 Neighborhood Time 11:00 Ceremony-TS 1:00 Spiritual Care 2:00 In the Kitchen-CK 3:30 You & Me	12 9:00 Neighborhood Time 10:30 Christmas Decorating 11:00 Total Body Fitness 1:30 Horticulture Therapy 2:00 Christmas Decorating 3:30 You & Me	13 World Kindness Day 9:00 Neighborhood Time 11:00 Music Therapy 11:00 Christmas Decorating 2:00 Christmas Decorating 3:30 You & Me	14 World Diabetes Day 10:00 Art Therapy 1:00 Neighborhood Time 2:00 Circle of Friends 3:30 Brains & Banter 6:00 Musical Moments	15 9:00 Neighborhood Time 10:00-3:00 Bazaar 3:30 Musical Moments
16 1:00 Neighborhood Time 2:00 For the Soul 3:30 For the Fun of Fit 6:00 Musical Moments	17 9:15 Fun & Fit 1:00 Neighborhood Time 2:00 In the Kitchen-CK 2:30 NuStep-Café 3:30 Musical Moments 6:00 Circle of Friends	18 9:00 Neighborhood Time 11:00 Brains & Banter 2:30 Concerts in Care-TH 2:30 Hockey-SC 3:30 You & Me	19 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 1:30 Horticulture Therapy 2:30 Monopoly Social -TH 3:30 You & Me	20 9:00 Neighborhood Time 11:00 Music Therapy 11:00 You & Me 2:30 Birthday Social-CC 2:30 Figure Skating-SC 3:30 Stepping Out	21 10:00 Art Therapy 1:00 Neighborhood Time 2:00 For the Soul 3:30 Brains & Banter 6:00 Musical Moments	22 9:00 Neighborhood Time 10:30 Geri Defoe-TH 2:00 Total Body Fitness 2:30 Bingo Youth Group-TH
23 9:00 Neighborhood Time 10:00 Movie Matinee-L 2:00 For the Soul 3:30 Circle of Friends	24 9:15 Fun & Fit 1:00 Neighborhood Time 2:30 Shooting-TH 3:30 Musical Moments 6:00 Circle of Friends	25 9:00 Neighborhood Time 11:00 Brains & Banter 2:00 Stepping Out 2:30 Ski Jump-MS 3:30 You & Me	26 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 2:30 Happy Hour-MS 2:30 Snowboarding-SC 3:30 You & Me	27 9:00 Neighborhood Time 10:30 Brad Boland Performs 11:00 Music Therapy 2:00 Curling-TH 3:00 Resident Council-CC 3:30 Stepping Out	28 10:00 Art Therapy 1:00 Neighborhood Time 2:00 Circle of Friends 3:30 Soothing Sensations 6:00 Musical Moments	29 1:00 Neighborhood Time 2:00 Circle of Friends 3:00 Gerry Larkin Performs-TH 6:00 Musical Moments
30 1:00 Neighborhood Time 2:00 For the Soul 3:30 For the Fun of Fit 6:00 Musical Moments	Legend L- Library TH—Town Hall MS- Main Street CC- Community Center FC- Fitness Center Residents Bill Of Rights 23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To Develop Their Potential Note/Announcement: Programs subject to change					

NOVEMBER

In the Kitchen

8- Coffee and Cookies

11- Coffee/Tea & Scones

17- Shake Awake Your Taste Game

Socials/Events

6- Nacho Social-CC

10- Mother Goose-TH

11- Remembrance Day Ceremony-TS

15- Bazaar

18- Concerts in Care-TH

19- Monopoly Social-TH

20- Birthday Social-CC

22- Bingo with Youth Group-TH

26- Happy Hour-TH

Movies

Popcorn will be provided

Movies for the month:

9- The Holiday

23- The Grinch

Pal Group Programs

Monday

Sweat Squad 1:30

Tuesday

Group Fitness 1:45

Thursday

Basketball 11:30

Yoga 1:45

Outings

4- Williams Cafe- 2:00pm

7-Scenic Drive-2:00pm

21- Burlington Mall and Lunch-1030am

25- Scenic Drive 2:00pm

Lunch Diner's Club

3- Firehouse Subs