

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
						1 10:00 Circle of Friends 11:00 Stepping Out 2:00 Entertainment with Jim (Po) 3:15 You and Me
2 Daylight Savings Time Ends 10:00 For the Soul 11:00 Dominos/Card Games 2:00 Sandwich Making 3:00 Soothing Sensations	3 10:00 Group Exercise 12:30 Greenhouse Drop-In 2:00 Movie Matinee (C) 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	4 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You & Me 6:30 In The Kitchen: Making Maple Peanut Butter Cookies (CC)	5 10:00 Contemplating Life with Mike (C) 2:00 PEG Talk - Pirates (C) 3:15 In the Kitchen 3:30 Balance Class (FC) 6:30 Documentary & Popcorn (CC)	6 9:30 Chapel Service (C) 10:30 Java Music 10:30 Zumba (FC) 1:00 Bus Outing 12:30 Greenhouse Drop-In 6:30 Active Games (MS) 	7 9:30 You & Me 10:30 Sit 'N Get Fit 11:00 Dominoes 1-2pm Olympic Events (Do) 2:30-4pm Olympic Events (MS) 2:00 Bingo on Pollock 6:30 Crafting Club (CC)	8 9:30 Morning Stretches 10:30 Express Yourself 2:00 Entertainment with Lillian (MS) 3:15 Calendar Planning & Residents' Bill of Rights Meeting
9 10:00 For the Soul 11:00 Weekend Walks 2:00 In the Kitchen: Brownies 2:30 Travelling Cart: Brownies	10 9:30 Short Stories 10:30 Card Games 12:30 Greenhouse Drop-In 2:00 Silver Stars (C) 3:30 Aerobics with Abby (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	11 Remembrance Day 10:30 Remembrance Day Service (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Brain Games 6:30 Devotions (CC)	12 2:00 Canada Remember 3:00 In the Kitchen 3:30 Balance Class (FC) 6:30 Games Night (CC)	13 9:30 Chapel Service (Wr) 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 2:00 Resident's Council (C) 6:30 Active Games (MS)	14 10:00 Pumpkin Spice Day 10:30 Sit 'N Get Fit 2:00 Bingo on Downey 1-2pm Olympic Events (Do) 2:30-4pm Olympic Events (MS) 6:30 Crafting Club (CC)	15 10:00 Circle of Friends 11:00 Dominos/Card Games 2:00 Entertainment with R&S Country (Do) 3:00 Stepping Out 

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16 10:00 For the Soul 11:00 Brain Games 2:00 Travelling Cart: Sugar Cookies 3:00 Java Music Club	17 10:00 Circle of Friends 11:00 Brains and Banter 12:30 Greenhouse Drop-In 2:00 Travelling Cart: Hot Chocolate 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	18 9:30 Rosary (C) 10:45 Art with Sonal 1:00 Bus Outing 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Neighbourhood Time 6:30 In The Kitchen: Xmas Market Nuts & Bolts (CC)	19 10:00 Create & Connect with KWAG (CC) 10:00 Contemplating Life with Mike (C) 2:00 In the Kitchen 3:30 Balance Class (FC) 6:30 Games Night (CC)	20 9:30 Chapel Service (C) 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 2:00 Travelling Cart: Sundaes 6:30 Active Games (MS)	21 9:30 Stepping Out 10:30 Sit 'N Get Fit 11:00 You & Me 1-2pm Olympic Events (Do) 2:30-4pm Olympic Events (MS) 2:00 Bingo on Pollock 6:30 Crafting Club (CC)	22 10:00 The Weekend Perk 11:00 Circle of friends 2:00 Entertainment with Kevin Coates (Ma) 3:15 You and Me
23 10:00 For the Soul 11:00 Soothing Sensations 2:00 Wrap Unwrap Game 3:00 Stepping Out	24 10:00 Group Exercise 11:00 Domino/Card Games 12:30 Greenhouse Drop-In 2:00 Travelling Cart: General Store 3:00 Warm and Cozy Social 3:30 Aerobics with Abby (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC) 	25 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You & Me 6:30 Devotions (CC)	26 1-4pm Deck the Halls (MS) 2:00 Food Committee (Wr) 3:30 Balance Class (FC) 6:30 Games Night (CC)	27 10:00 Celebration of Life (C) 11:00 Stepping Out 12:30 Greenhouse Drop-In 1-2pm Olympic Events (Do) 2:30-4pm Olympic Events (MS) 2:00 Tim Hortons Social 3:00 Photo Reminiscence 6:30 Active Games (MS)	28 10:30 Sit 'N Get Fit Christmas Market Prep 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	29 Christmas Market 10am-3pm 
30 10:00 For the Soul 11:00 The Weekend Perk 2:00 Exercise with Danica 3:00 Manicures & Nail Care	Outings: November 6th - Giant Tiger November 18th - Dairy Queen Your Recreation Team: Full-Time - Pearl Part-Time - Danica 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. 					