

NOVEMBER

Johnston

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 9:30 Calendar Hang Up and Newsletter Delivery 11:00 You and Me 2:00 Entertainment with Jim (Po)
2 Daylight Savings Time Ends 11:00 Weekend Perks 2:00 Bingo 5:00 Diner’s Club: Make Your Own Pizza (sign up required)	3 9:30 Guess What I Am? 10:30 Sit ‘N Get Fit 11:00 Stepping Out 12:30 Greenhouse Drop-In 2:00 Movie Matinee (C) 3:30 Total Body Fitness (FC) 4:00 Express Yourself 6:30 Game Show Trivia (CC)	4 9:30 Rosary (C) 10:30 Group Exercise 1:00 Bus Outing 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)	5 9:15 Art with Sonal 9:30 Neighbourhood Time 10:00 Contemplating Life with Mike (C) 10:00 In The Kitchen 2:00 PEG Talk - Pirates (C) 3:30 Balance Class (FC) 6:30 Documentary & Popcorn ~ Shark Whisperer (CC)	6 9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 1:30 Neighbourhood Time 2:30 Express Yourself: Remembrance Day Stained Glass 6:30 Active Games (MS)	7 9:00 Short Stories 11:00 Neighbourhood Time 1-2pm Olympic Events (Jo) 2:30-4pm Olympic Events (MS) 6:30 Crafting Club (CC)	8 10:00 Keep It Up 11:00 Guess The Phrase 2:00 Entertainment with Lillian (MS)
9 10:00 For The Soul 11:00 Finn Walk 2:00 Bingo	10 9:00 In The Kitchen 10:30 Sit ‘N Get Fit 12:30 Greenhouse Drop-In 2:00 Silver Stars (C) 3:30 Aerobics with Abby (FC) 6:30 Game Show Trivia (CC)	11 Remembrance Day 9:00 You and Me 10:30 Remembrance Day Service (C) 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC)	12 9:15 Art with Sonal 2:00 Java Music 3:30 Balance Class (FC) 4:00 Muscle Relaxation 6:30 Games Night (CC)	13 9:30 Chapel Service (Wr) 10:00 Green Thumbs 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 2:00 Resident’s Council (C) 2:30 Express Yourself: Woodland Printmaking 4:00 Colour Creations 6:30 Active Games (MS)	14 1-2pm Olympic Events (Jo) 2:30-4pm Olympic Events (MS) 6:30 Crafting Club (CC)	15 9:00 Weekend Perks 10:00 In the Kitchen 2:00 Entertainment with R&S Country (Do)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 11:00 You and Me 2:00 Bingo 5:30 In the Kitchen: Make Your Own Quesadilla (sign up required)	17 10:00 Muscle Relaxation 10:30 Sit 'N Get Fit 11:00 Steping Out 12:30 Greenhouse Drop-In 2:00 Java Music 3:30 Total Body Fitness (FC) 4:00 Express Yourself 6:30 Game Show Trivia (CC)	18 9:30 Rosary (C) 11:00 Swan Races 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 4:00 Yahtzee 6:30 In The Kitchen (CC)	19 9:15 Art with Sonal 9:30 Neighbourhood Time 10:00 Create & Connect with KWAG (CC) 10:00 Contemplating Life with Mike (C) 2:00 Calendar Planning and Bill of Rights Meeting 3:30 Balance Class (FC) 6:30 Games Night (CC)	20 9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 1:00 Outing 3:30 Manicures 6:30 Active Games (MS)	21 9:00 Short Stories 10:00 Neighbourhood Time 11:00 Colour Creations 1-2pm Olympic Events (Jo) 2:30-4pm Olympic Events (MS) 6:30 Crafting Club (CC)	22 10:00 Drum Fit 2:00 Entertainment with Kevin Coates (Ma)
23 10:00 For The Soul 11:00 Finn Walk 2:00 BINGO!	24 9:00 In the Kitchen 10:30 Sit 'N Get Fit 12:30 Greenhouse Drop-In 1:30 Manicures 3:00 Colour Creations 3:30 Aerobics with Abby (FC) 6:30 Game Show Trivia (CC)	25 9:30 Rosary (C) 10:00 Neighbourhood Decorating! 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC)	26 9:15 Art with Sonal 10:30 Tim Hortons Traveling Cart 1-4pm Deck the Halls (MS) 2:00 Food Committee (Wr) 3:30 Balance Class (FC) 6:30 Games Night (CC)	27 10:00 Green Thumbs 10:00 Celebration of Life (C) 12:30 Greenhouse Drop-In 1-2pm Olympic Events (Jo) 2:30-4pm Olympic Events (MS) 6:30 Active Games (MS)	28 Christmas Market Prep 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	29 Christmas Market 10am-3pm 
30 11:00 You and Me 2:00 Bingo 5:30 Movie Night: Miracle on 34th Street	Outings: November 4th - Walmart with Sydney (Bus) November 20th - Williams Fresh Cafe with Julia (Van) Your Recreation Team: Full-Time - Julia Part-Time - Sydney 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. 					