NOVEMBER

Matthews

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 9:00 Neighbourhood Time 10:30 Karaoke 2:00 Entertainment with Jim (Po) 3:30 You and Me

Daylight Savings Time Ends

9:00 Weekly Perks 10:00 For the Soul 11:00 Express Yourself 2:00 Card Games

12:30 Greenhouse Drop-In 2:00 Movie Matinee (C) 3:15 Stepping Out 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)

9:30 Rosary (C) 10:15 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)

10:00 Contemplating Life with Mike (C) 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 2:00 PEG Talk - Pirates (C) 3:30 Balance Class (FC) 6:30 Documentary & Popcorn (CC)

9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 You and Me 12:30 Greenhouse Drop-In 2:00 Manicure with Music 3:30 Green Thumbs 6:30 Active Games (MS)

9:00 Outing 10:00 Bingo (Wr) 1-2pm Olympic Events (Ma) 2:30-4pm Olympic Events (MS) 6:30 Crafting Club (CC)

9:30 Morning Stretches 10:30 Coffee and Discussion 2:00 Entertainment with Lillian (MS)

9:30 Morning Stretches 10:00 For the Soul 11:15 Brains and Banter 2:30 Manicures and Music 10

9:00 In the Kitchen 12:30 Greenhouse Drop-In 2:00 Silver Stars (C) 3:30 Aerobics with Abby (FC) 6:30 Game Show Trivia (CC)

Remembrance Day

9:30 Residents Bill of Rights and Calendar Planning Meeting 10:30 Remembrance Day Service (C) 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC)

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9:15 Neighbourhood Time 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 11:15 Stepping Out 2:00 You and Me 3:30 Balance Class (FC) 6:30 Games Night (CC)

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9:30 Chapel Service (Wr) 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 2:00 Resident's Council (C) 3:00 I Saw That on The Internet 3:30 Green Thumbs 6:30 Active Games (MS)

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9:00 Soothing Sensations 10:00 Bingo (Ma) 1-2pm Olympic Events (Ma) 2:30-4pm Olympic Events (MS) 6:30 Crafting Club (CC)

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9:00 Neighbourhood Time 10:30 Card Games 2:00 Entertainment with R&S Country (Do) 3:30 Stepping Out

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L - Library MS - Main Street RH - Retirement

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NA - COL	Ma - Matthews
Matthews	Po - Pollock

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Weekly Perks 10:00 For the Soul 11:00 Express Yourself 2:00 Karaoke	12:30 Greenhouse Drop-In 2:00 Java Music 3:30 Stepping Out 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	9:30 Rosary (C) 10:15 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)	10:00 Create & Connect with KWAG (CC) 10:00 Contemplating Life with Mike (C) 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 2:00 In the Kitchen 3:30 Balance Class (FC) 6:30 Games Night (CC)	9:30 Chapel Service (C) 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 2:00 Brain and Banters 3:30 Green Thumbs 6:30 Active Games (MS)	9:00 Soothing Sensations 10:00 Bingo (Wr) 1-2pm Olympic Events (Ma) 2:30-4pm Olympic Events (MS) 6:30 Crafting Club (CC)	9:30 Morning Stretches 10:30 Coffee and Discussion 2:00 Entertainment with Kevin Coates (Ma) 3:30 Musical Moments
9:30 Morning Stretches 10:00 For the Soul 11:15 For the Fun of Fit 2:30 Manicures and Music	9:00 In the Kitchen 12:30 Greenhouse Drop-In 2:00 Express Yourself 3:30 Aerobics with Abby (FC) 6:30 Game Show Trivia (CC)	9:30 Rosary (C) 10:15 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC)	9:30 Morning Stretches 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 10:45 Stepping Out 1-4pm Deck the Halls (MS) 2:00 Food Committee (Wr) 3:30 Balance Class (FC) 6:30 Games Night (CC)	10:00 Celebration of Life (C) 12:30 Greenhouse Drop-In 1-2pm Olympic Events (Ma) 2:30-4pm Olympic Events (MS) 2:00 Brains and Banter 3:15 Crokinole 3:30 Green Thumbs 6:30 Active Games (MS)	9:00 Soothing Sensations 10:00 Bingo (Ma) Christmas Market Prep 3:30 Banded Strength 6:30 Crafting Club (CC)	29 Christmas Market 10am-3pm
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9:00 Weekly Perks 10:00 For the Soul 11:00 Circle of Friends 2:00 Karaoke

Outings:

November 7: Van outing to Conestoga Mall with Harman

Your Recreation Team:

Full-Time - Harman Part-Time - Jacobi

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.

