

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
2 Daylight Savings Time Ends 9:00 Weekly Perks 10:00 For the Soul 11:00 Express Yourself 2:00 Card Games	3 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)	4 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)	5 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)	6 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)	7 9:00 Outing 10:00 Bingo (Wr) 1-2pm Olympic Events (Ma) 2:30-4pm Olympic Events (MS) 6:30 Crafting Club (CC)	8 9:30 Morning Stretches 10:30 Coffee and Discussion 2:00 Entertainment with Lillian (MS)
9 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)	11 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)	12 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)	13 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)	14 9:00 Soothing Sensations 10:00 Bingo (Ma) 1-2pm Olympic Events (Ma) 2:30-4pm Olympic Events (MS) 6:30 Crafting Club (CC)	15 9:00 Neighbourhood Time 10:30 Card Games 2:00 Entertainment with R&S Country (Do) 3:30 Stepping Out

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A stylized illustration of several red poppies with dark blue centers, growing on green stems with long, thin leaves. Some flowers are fully open, while others are buds. The background is white.