

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER Oaklands						1 9:00 Neighborhood Time 10:30 Express Yourself 2:00 Stepping Out 3:00 Paula French- TH
2 All Saints/ Souls Day Daylight Savings 9:00 Neighborhood Time 10:30 Movie Martine 2:15 Church Service- TH 3:30 Musical Moments	3 9:00 Neighborhood Time 10:30 Express Yourself 12:00 Diner’s Club 2:00 Musical Moments 3:30 For the fun of fit	4 12:00 Neighborhood Time 1:00 Art Therapy 2:00 Stepping Out 2:30 For the fun of fit 3:30 Spiritual Care 6:00 Movie Martine	5 Veterans Week 9:15 Fun & Fit 11:00 Music Therapy 12:00 Neighbourhood Time 2:00 Circle of Friends 3:00 Ron Tansley- TH 6:00 Stepping Out	6 9:00 Neighbourhood Time 10:15 For the Soul 10:30 Horticulture Therapy 2:30 Nachos Social- CC 3:30 Brain and Banters	7 9:00 Neighborhood Time 10:30 Brain and Banters 2:00 Soothing Sensation 3:30 Stepping Out	8 9:00 Neighbourhood Time 10:30 Circle of Friends 2:00 Stepping Out 3:00 Zach Erikson- MS
9 9:00 Neighborhood Time 10:30 Circle of Friends 2:15 Church Service- TH 3:30 You and Me	10 Breakfast Club 8:00 Breakfast Club- CC 9:00 Neighborhood Time 10:30 Mother Goose- TH 1:50 Musical Moments	11 Remembrance Day 10:15 Ceremony - TS 12:30 Neighborhood Time 1:00 Art Therapy 2:00 For the fun of fit 3:00 Circle of Friends 3:30 Spiritual Care	12 Christmas Decorating 9:15 Fun & Fit 11:00 Music Therapy 12:00 Neighborhood Time 2:00 Christmas Decorating 6:00 Stepping Out	13 World Kindness Day 9:00 Neighbourhood Time 10:30 Christmas Decoration 10:30 Horticulture Therapy 2:30 Christmas Decorating	14 World Diabetes Day 9:00 Neighborhood Time 10:30 Brain and Banters 2:00 Soothing Sensation 3:30 Stepping Out	15 9:00 Neighborhood Time 10:00- 3:00 Bazaar 4:00 Musical Moments
16 9:00 Neighborhood Time 10:30 Movie Martine- TH 2:00 For The Soul 3:30 Musical Moments	17 9:00 Neighborhood Time 10:30 Express Yourself 2:30 NuStep-Café 3:30 Musical Moments	18 12:30 Neighborhood Time 1:00 Art Therapy 1:30 Resident Council-CC 2:30 Concerts in Care-TH 2:30 Hockey-SC 6:00 Movie Martine	19 9:15 Fun & Fit 11:00 Music Therapy 12:00 Neighbourhood Time 2:30 Monopoly Social- TH 6:00 Stepping Out	20 9:00 Neighbourhood Time 10:30 Horticulture Therapy 2:30 Birthday Social- CC 2:30 Figure Skating-SC 3:30 Brain and Banters	21 9:00 Neighborhood Time 10:30 Brain and Banters 2:00 Soothing Sensations 3:00 For The Fun of Fit	22 9:00 Neighbourhood Time 10:30 Geri Defoe- TH 2:30 Bingo with Youth Group- TH 3:30 You and Me
23 9:00 Neighborhood Time 10:30 Circle of Friends 2:00 For The Soul 3:30 You and Me	24 9:00 Neighborhood Time 10:30 Express Yourself 2:30 Nerf Gun Shooting-TH 3:30 Musical Moments	25 12:30 Neighborhood Time 1:00 Art Therapy 2:30 Ski Jump-MS 3:30 Circle of Friends 6:00 Movie Martine	26 9:15 Fun & Fit 11:00 Music Therapy 12:00 Neighbourhood Time 2:30 Juke Box Happy Hour-MS 2:30 Snowboarding-SC 6:00 Stepping Out	27 9:00 Neighbourhood Time 10:30 Brad Boland Performs- TH 2:00 Curling-TH 3:30 Brain and Banters	28 9:00 Neighborhood Time 10:30 Brain and Banters 2:00 Soothing Sensation 3:30 Stepping Out	29 9:00 Neighbourhood Time 10:30 Circle Of Friends 2:00 Stepping Out 3:00 Gerry Larkin Performs- TH
30 9:00 Neighborhood Time 10:30 Movie Martine- TH 2:00 For The Soul 3:30 You and Me			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

Pal Programs

Monday

-1:45 Sweat Squad

Tuesday

-10:15 Standing Balance

-1:45 Group Fitness

Thursday

-10:15 Basketball & Ball Toss

-1:45 Yoga

Saturday(Week 1)

-10:15 Tai Chi

Sunday (Week 1)

-1:45 Basketball & Ball Toss

Socials

6-Nacho Social

11-Remembrance Day

15-Monopoly Social

16- Birthday Social

21-Laughter Yoga

22-BINGO with Youth
Group

Movie Day

Popcorn will be provided

Movies

1 The Hoildays

16 Crown for Christmas

30 Bridesmaids

Outing

4- Williams @ 2pm

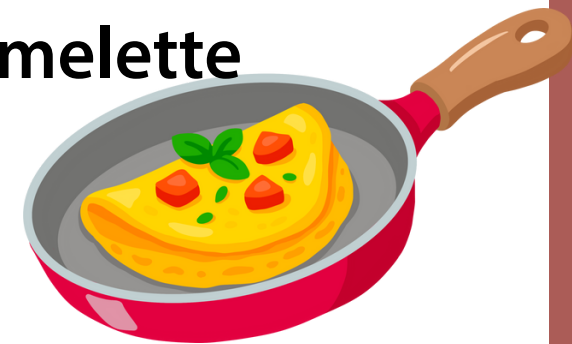
7- Scenic Drive @ 2pm

21- Burlington Mall @ 10:30

25- Scenic Drive@ 2pm

Breakfast Club

10 Cheese omelette



Diners Club

3- Firehouse Subs

26-Juke Box Happy Hour

