

NOVEMBER

Pollock

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 Calendar Hang-up 10:00 Weekend Perks 10:30 Brains & Banter 2:00 Entertainment with Jim (Po)
2 Daylight Savings Time Ends 10:00 For the Soul 2:00 In the Kitchen: Cookies! 4:00 Hello Pollock!	3 12:30 Greenhouse Drop-In 2:00 Movie Matinee (C) 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	4 9:30 Rosary (C) 10:00 Brains & Banter 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)	5 10:00 Contemplating Life with Mike (C) 11:00 Card Bingo 1:15 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) 12:30 Greenhouse Drop-In 2:00 Green Thumbs 6:30 Active Games (MS)	7 9:00 Neighbourhood Time 11:00 Stepping Out 1-2pm Olympic Events (Po) 2:30-4pm Olympic Events (MS) 6:30 Crafting Club (CC)	8 9:00 Brains & Banter 10:00 Stepping Out 11:00 Hello Pollock! 2:00 Entertainment with Lillian (MS)
9 10:00 For the Soul 1030 Weekend Perks 2:00 Stepping Out 4:00 Hello Pollock!	10 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 10:30 Remembrance Day Service (C) 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC)	12 9:00 Neighbourhood Time 11:00 Card Bingo 1:15 Art with Sonal 2:00 Java Music 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 Green Thumbs 2:00 Resident's Council (C) 6:30 Active Games (MS)	14 9:00 Neighbourhood Time 11:00 Stepping Out 1-2pm Olympic Events (Po) 2:30-4pm Olympic Events (MS) 6:30 Crafting Club (CC)	15 9:00 Brains & Banter 10:00 Stepping Out 2:00 Entertainment with R&S Country (Do)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:00 For the Soul 1030 Weekend Perks 2:00 In the Kitchen: Cookies! 4:00 Hello Pollock!	17 12:30 Greenhouse Drop-In 2:00 Calendar Planning & Bill of Rights Meeting 3:30 Manicures 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	18 9:30 Rosary (C) 10:00 Active Games 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)	19 10:00 Create & Connect with KWAG (CC) 10:00 Contemplating Life with Mike (C) 1:15 Art with Sonal 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 Green Thumbs 2:30 Card Bingo 6:30 Active Games (MS)	21 9:00 Van Outing 1-2pm Olympic Events (Po) 2:30-4pm Olympic Events (MS) 6:30 Crafting Club (CC)	22 9:00 Brains & Banter 10:00 Express Yourself 11:00 Manicures 2:00 Entertainment with Kevin Coates (Ma)
23 10:00 For the Soul 1030 Weekend Perks 2:00 Stepping Out 4:00 Hello Pollock!	24 12:30 Greenhouse Drop-In 2:00 Manicures 3:00 Soothing Sensations 3:30 Aerobics with Abby (FC) 6:30 Game Show Trivia (CC)	25 9:30 Rosary (C) 10:00 Neighbourhood Time 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC)	26 9-10am Olympic Events (Po) 1-4pm Deck the Halls (MS) 1:15 Art with Sonal 2:00 Food Committee (Wr) 3:30 Balance Class (FC) 6:30 Games Night (CC)	27 10:00 Celebration of Life (C) 12:30 Greenhouse Drop-In 1:00 Van Outing 2:30-4pm Olympic Events (MS) 2:00 Green Thumbs 6:30 Active Games (MS)	28 8:00 Neighbourhood Time 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	29 Christmas Market 10am-3pm 
30 10:00 For the Soul 1030 Weekend Perks 2:00 Stepping Out 3:00 Holiday Movie Time!	Outings: Friday, November 21st 9:00am – LTC Giant Tiger with Summit (VAN) Thursday, November 27th 1:00pm – LTC Fireside Grill with Summit (VAN) Your Recreation Team: Full-Time - Summit Part-Time - 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. 					