



INSPIRED SENIOR LIVING

November 2023

Gardenside



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>National Family Caregivers Month</p>						
			<p>10:00 Balloon Badminton 1</p> <p>11:00 Morning Word Games</p> <p>2:00 Bingo</p> <p>2:00 1 on 1 visits with Life Enrichment Staff</p> <p>3:30 Java Music Club with Mona</p>	<p>9:30 Helping Hands 2</p> <p>10:00 Gentle Exercise Class</p> <p>2:00 Let's play Bocce</p>	<p>9:45 Music Therapy Session 1 with Lorri 3</p> <p>10:45 Music Therapy Session 2 with Lorri</p> <p>11:00 Ring Toss Game</p> <p>2:00 Live Music w/ The Shoe Shakers</p> <p>2:30 Large Scale Adult Colouring</p> <p>3:30 Bocce</p>	<p>10:00 Piano Music with Mabon 4</p> <p>11:00 Fit Minds- True or False</p> <p>2:30 Happy Hour & Appies (Non-Alcoholic)</p>
<p>10:00 Catholic Mass on TV 5</p> <p>10:30 Piano with Thelma</p>	<p>9:30 1 on 1 Mobility Program 6</p> <p>10:00 Chair Exercise</p> <p>11:00 Let's Play Dominoes</p> <p>2:00 Autumn Craft - Apple Decoration</p> <p>3:30 1 on 1 visits with Mona</p>	<p>10:00 Noodle Hockey 7</p> <p>10:30 Finish the Lines</p> <p>2:00 Short Story Time</p> <p>6:30 Evening Manicures</p>	<p>10:00 Roll O Trump 8</p> <p>11:00 Morning Word Games</p> <p>2:00 Bingo</p> <p>2:00 1 on 1 visits with Life Enrichment Staff</p> <p>3:30 Adult Colouring</p>	<p>10:00 Garden Group Gathers - Last of the Spring Bulb Planting! 9</p> <p>2:00 Let's Play Petanque!</p> <p>3:30 Never Have I Ever Game</p>	<p>10:00 Remembrance Day Ceremony with Lorri 10</p> <p>11:00 News and Views</p> <p>2:00 Bowling</p> <p>3:30 1:1 Shadow Box Project</p>	<p>10:00 Piano Music with Mabon 11</p> <p>11:00 Discussion: The Poppy</p> <p>2:30 Remembrance Day Sing-a-Long with Music of the 40's</p> <p>4:00 Balloon Badminton</p>
<p>10:00 Catholic Mass on TV 12</p> <p>10:30 Piano with Thelma</p> <p>2:00 What is Diwali?- Documentary (Virtual)</p> <p>2:00 Lutheran Church Service - In Person</p> <p>3:00 Flavors of India- Chai Tea & Indian Sweets</p>	<p>10:00 Gentle Exercises 13</p> <p>11:00 Word Games</p> <p>2:00 Bingo</p>	<p>10:00 Sit and Fit 14</p> <p>10:30 You be the Judge!</p> <p>2:00 Lets Play Pentanque!</p> <p>3:00 In Room Visits with Wendy J</p> <p>3:30 Penny Ante Group Game</p> <p>6:30 Evening Manicures</p>	<p>10:00 Gentle Movement 15</p> <p>10:30 Sing-Along with Suzie Q!</p> <p>2:00 Bingo</p> <p>2:00 1 on 1 visits with Life Enrichment Staff</p> <p>3:30 Balloon Badminton</p>	<p>9:30 Helping Hands 16</p> <p>10:00 Gentle Fit Exercise</p> <p>11:00 Word Game</p> <p>2:00 Christmas Tile Workshop</p> <p>4:00 Room to Room Plant Care</p>	<p>9:45 Music Therapy Session 1 with Lorri 17</p> <p>10:45 Music Therapy Session 2 with Lorri</p> <p>11:00 Pumpkin Mocha & Cream Social</p> <p>2:00 Live music with the Fera Brothers</p> <p>2:30 Scenic Drive</p> <p>4:00 1 on 1 Visits</p>	<p>10:00 Piano Music with Mabon 18</p> <p>11:00 Finish the Lines</p> <p>2:00 Karaoke with Instruments</p> <p>3:30 Poems From The Heart</p>
<p>10:00 Catholic Mass on TV 19</p> <p>10:30 Piano with Thelma</p> <p>2:30 Hawaii Travelogue & Pineapple Milkshakes</p> <p>3:30 Caption The Pictures</p>	<p>9:30 1 on 1 Mobility Program 20</p> <p>10:00 Chair Exercise</p> <p>11:00 Who or What Am I?</p> <p>2:00 Java Music Club with Mona</p> <p>3:30 Spa Time Hand Massages</p>	<p>10:00 Move your body through song! 21</p> <p>10:30 Word Ladder Game</p> <p>3:00 Busy Bakers: Shortbread Cookies</p> <p>6:30 Evening Manicures</p>	<p>10:00 Gentle Exercises 22</p> <p>10:30 Build A Marshmallow Structure!</p> <p>2:00 Bingo</p> <p>2:00 Fabric Painting Class Continues</p> <p>3:30 Hot Chocolate & Whipped Cream Social</p>	<p>10:00 Let's Play Cornhole! 23</p> <p>11:00 News and Views</p> <p>2:30 Sensory Stimulation- 1:1 Visits with Life Enrichment</p> <p>3:30 Afternoon Classic Movie with snacks!</p>	<p>9:45 Music Therapy Session 1 with Lorri 24</p> <p>10:45 Music Therapy Session 2 with Lorri</p> <p>11:00 Reading The Daily Chronicles</p> <p>2:00 Live Music w/ Martin Adcock</p> <p>3:30 1 on 1 Visits</p>	<p>10:00 Piano Music with Mabon 25</p> <p>11:00 Short Story Time</p> <p>2:00 Carpet Bowling</p> <p>3:30 Warm Drink Social</p>
<p>10:00 Catholic Mass on TV 26</p> <p>10:30 Piano with Thelma</p> <p>11:00 Hot Apple Cider Group Sing A - Long</p> <p>2:00 Christmas Hand Chime Choir Practice</p> <p>4:00 1:1 Shadow Box Project</p>	<p>9:30 1 on 1 Mobility Program 27</p> <p>10:00 Horseshoes in the Round</p> <p>11:00 Never Have I Ever Game</p> <p>2:30 Monthly Birthday Party and Welcome Tea</p>	<p>10:00 Poems From The Heart 28</p> <p>11:00 Balloon Volleyball</p> <p>2:30 Tea & Trumpets- Vancouver Symphony Orchestra- Virtual "Peter The Rabbit"</p> <p>6:30 Evening Manicures</p>	<p>10:00 Gentle Exercises 29</p> <p>11:00 Helping Hands</p> <p>1:30 1 on 1 Visits</p> <p>2:00 Bingo</p> <p>3:30 Johnny Appleseed- Trivia, Facts</p>	<p>10:00 Chair Exercise 30</p> <p>11:00 Finish the Lines</p> <p>2:00 Artfull Enrichment</p> <p>3:30 Spa Time Hand Massages</p>	 <p>Diwali (Sunday Nov 12)</p> <p>Remembrance Day (Saturday Nov 11)</p>	