




INSPIRED SENIOR LIVING

November 2023

Orchar Manor



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>National Family Caregivers Month</p>						
			<p>9:30 Dog Therapy with Dawn and Angel (OM) 1</p> <p>1:00 Afternoon Visits and walks (OMLR)</p> <p>1:30 Exercise and Energize (ORC)</p> <p>2:30 Song Bingo (C)</p> <p>3:00 Afternoon Sing A Long (OM)</p> <p>5:00 Bar Cart with Heather! (OM)</p>	<p>9:15 Brain Games- Trivia and more (OM) 2</p> <p>1:00 One on One Visits (OMLR)</p> <p>1:30 Giant Crossword Puzzle (ORC)</p> <p>1:30 Ball Therapy! (OMLR)</p>	<p>National Sandwich Day! 3</p> <p>9:15 Fit Minds Friday! (OM)</p> <p>10:00 Fun Fitness Friday! (OMLR)</p> <p>10:30 Beach Ball Game (OMLR)</p> <p>1:30 Table Top Activities: Coloring (OMLR)</p> <p>3:30 Scattegories! (ORC)</p>	<p>9:00 Morning Movie (OMLR) 4</p> <p>1:30 Table Top Activities: Dominos (OM)</p> <p>4:00 Armchair Travel! (OM)</p>
<p>9:00 Go 4 Life Walking club (OM) 5</p> <p>10:00 Sunday Sing-a-long! (OM)</p> <p>10:45 Giant Crossword Puzzle (ORC)</p> <p>12:30 One on One visits! (OMLR)</p> <p>1:00 Central Okanagan United Church Service (LO)</p> <p>1:30 Let's get Baking! Baking Chocolate Chip Muffins! (ORC)</p> <p>2:15 Reading Short Stories & Reminiscing (OMLR)</p> <p>3:30 Java Music Club (ORC)</p>	<p>9:30 Guess that Tune! (OM) 6</p> <p>10:30 Catholic Communion Service- Everyone Welcome (T)</p> <p>10:30 Morning Exercises and Stretches (OM)</p> <p>11:15 Balloon Toss (OMLR)</p> <p>1:00 Table Top Activities: Yahtzee (OM)</p> <p>1:30 Drumfit with Heather at Hawthorn Park (O)</p> <p>2:00 Afternoon Tea and Trivia (OM)</p> <p>3:00 Afternoon Sing a long (ORC)</p> <p>5:30 Pet Visits with Disney the Dog! (OM)</p>	<p>9:30 Go4Life Walking Club! (OM) 7</p> <p>10:00 Sing-a-long! (OM)</p> <p>10:30 Ball Strength and Fitness (OMLR)</p> <p>12:30 Bus Outing to the Legion! (OML)</p> <p>1:30 Afternoon Movie (OMLR)</p> <p>2:00 Dog Therapy with Jen and Cooper! (LO)</p> <p>3:00 Artful Enrichment- Guided Art (LO)</p> <p>3:30 Snack and Chat! (OM)</p>	<p>National Cappuccino Day! Try one of our specialty coffees today to celebrate! 8</p> <p>1:00 Afternoon Visits and walks (OMLR)</p> <p>1:30 Exercise and Energize (ORC)</p> <p>2:30 Brain Games (C)</p> <p>3:00 Movie Matinee (OM)</p> <p>5:00 Bar Cart with Heather! (OM)</p>	<p>1:30 Giant Crossword Puzzle (ORC) 9</p> <p>3:00 Entertainment with Rolland! (OM)</p>	<p>9:15 Fit Minds Friday! *World Flags* (OM) 10</p> <p>10:00 Fun Fitness Friday (OMLR)</p> <p>10:30 Beach Ball Game (OMLR)</p> <p>1:30 Table Top Activities: Coloring (OMLR)</p> <p>3:30 Scattegories! (ORC)</p>	<p>Remembrance Day 11</p> <p>9:00 Morning Movie (OMLR)</p> <p>9:30 My Blue Planet Series (OM)</p> <p>10:00 Sing-a-long! (OM)</p> <p>10:30 Remembrance Day Hot Chocolate Social with Televised Ceremony (OMLR)</p> <p>1:30 Table Top Activities: Yahtzee (OM)</p> <p>3:00 Picture Bingo (ORC)</p> <p>4:00 Armchair Travel! (OM)</p>
<p>9:00 Go 4 Life Walking club (OM) 12</p> <p>10:00 Piano Music with Beryl (OMLR)</p> <p>10:15 Scenic Drive (OM)</p> <p>1:30 Let's get Baking! (ORC)</p> <p>1:30 Chair Yoga in Hawthorn Park (O)</p> <p>2:15 Current Events & News! (OM)</p> <p>3:30 Java Music Club (ORC)</p>	<p>9:30 Guess that Tune! (OM) 13</p> <p>10:00 Sing-a-long! (OM)</p> <p>10:30 Catholic Communion Service- Everyone Welcome (T)</p> <p>10:30 Morning Exercises and Stretches (OM)</p> <p>11:00 Balloon Badminton (OMLR)</p> <p>1:00 Giant Crossword Puzzle! (ORC)</p> <p>1:30 Drumfit with Heather at Hawthorn Park (O)</p> <p>2:00 Afternoon Tea and Trivia (OM)</p> <p>3:00 Afternoon Sing a long (ORC)</p> <p>5:30 Pet Visits with Disney the Dog! (OM)</p>	<p>National Happy Hour Day! 14</p> <p>9:30 Go4Life Walking Club! (OM)</p> <p>9:30 Outing to Kelowna's CAT CAFE for some kitten cuddles! *Sign up, \$12 (MEE)</p> <p>10:00 Scenic Drive (MEE)</p> <p>1:00 Happy Hour Bar Cart! (OM)</p> <p>2:00 Dog Therapy with Jen and Cooper! (LO)</p> <p>2:00 Afternoon Sing a long (ORC)</p> <p>3:30 Snack and Chat! (OM)</p>	<p>9:30 Dog Therapy with Dawn and Angel (OM) 15</p> <p>10:00 Music Bingo! (OMLR)</p> <p>1:00 Afternoon Visits and walks (OMLR)</p> <p>1:30 Exercise and Energize (ORC)</p> <p>2:30 Brain Games (C)</p> <p>3:00 Movie Matinee (OM)</p> <p>5:00 Bar Cart with Heather! (OM)</p>	<p>9:15 Brain Games- Trivia and more (OM) 16</p> <p>10:00 One on One Visits (OMLR)</p> <p>11:00 Ball Therapy! (OMLR)</p> <p>1:30 Giant Crossword Puzzle (ORC)</p>	<p>9:15 Fit Minds Friday! *Shadow Matching* (OM) 17</p> <p>10:00 Fun Fitness Friday! (OMLR)</p> <p>10:30 Beach Ball Game (OMLR)</p> <p>1:30 Table Top Activities: Coloring (OMLR)</p> <p>3:30 Scattegories! (ORC)</p>	<p>9:00 Morning Movie (OMLR) 18</p> <p>1:30 Table Top Activities: Flower Arranging (OM)</p> <p>4:00 Armchair Travel! (OM)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Go 4 Life Walking club (OM) 19</p> <p>10:00 Sunday Sing-a-long! (OM)</p> <p>10:45 Giant Crossword Puzzle (ORC)</p> <p>1:00 Sunday Sundaes Cart! (ORC)</p> <p>2:00 Afternoon Movie (OMLR)</p> <p>3:30 Java Music Club (ORC)</p>	<p>9:30 Guess that Tune! (OM) 20</p> <p>10:30 Catholic Communion Service- Everyone Welcome (T)</p> <p>10:30 Morning Exercises and Stretches (OM)</p> <p>11:30 Lunch Outing to Smitties! (OM)</p> <p>1:30 Drumfit with Heather at Hawthorn Park (O)</p> <p>2:00 Afternoon Tea and Trivia (OM)</p> <p>3:00 Afternoon Sing a long (ORC)</p> <p>5:30 Pet Visits with Disney the Dog! (OM)</p>	<p>9:30 Go4Life Walking Club! (OM) 21</p> <p>10:00 Scenic Drive (MEE)</p> <p>1:30 Crafty Afternoon (O)</p> <p>2:00 Dog Therapy with Jen and Cooper! (LO)</p> <p>3:30 Snack and Chat! (OM)</p>	<p>9:30 Dog Therapy with Dawn and Angel (OM) 22</p> <p>10:00 Music Bingo! (OMLR)</p> <p>1:00 Afternoon Visits and walks (OMLR)</p> <p>1:30 Exercise and Energize (ORC)</p> <p>2:30 Brain Games (C)</p> <p>3:00 Movie Matinee (OM)</p> <p>5:00 Bar Cart with Heather! (OM)</p>	<p>9:15 Brain Games- Trivia and more (OM) 23</p> <p>10:00 One on One Visits (OMLR)</p> <p>10:30 Sing a long (ORC)</p> <p>11:00 Ball Therapy! (OMLR)</p> <p>1:30 Giant Crossword Puzzle (ORC)</p> <p>3:00 Sing Along With Ria Falkner (OMLR)</p>	<p>9:15 Fit Minds Friday! (OM) 24</p> <p>10:00 Fun Fitness Friday! (OMLR)</p> <p>10:30 Beach Ball Game (OMLR)</p> <p>1:30 Table Top Activities: Coloring (OMLR)</p> <p>3:30 Scattagories! (ORC)</p>	<p>9:00 Morning Movie (OMLR) 25</p> <p>4:00 Armchair Travel! (OM)</p> <p>5:00 Table Top Activities: Photo Reminiscing (OM)</p>
<p>9:00 Go 4 Life Walking club (OM) 26</p> <p>10:00 Piano Music with Beryl (OMLR)</p> <p>10:45 One on One Visits (OMLR)</p> <p>11:30 A&W Luncheon in the Oak Room! (O)</p> <p>1:30 Coloring Group * Poppies (OMLR)</p> <p>3:30 Java Music Club (ORC)</p>	<p>9:30 Guess that Tune! (OM) 27</p> <p>10:30 Catholic Communion Service- Everyone Welcome (T)</p> <p>10:30 Morning Exercises and Stretches (OM)</p> <p>11:00 Balloon Badminton (OMLR)</p> <p>1:00 Giant Crossword Puzzle! (ORC)</p> <p>1:30 Drumfit with Heather at Hawthorn Park (O)</p> <p>2:00 Afternoon Tea and Trivia (OM)</p> <p>3:00 Afternoon Sing a long (ORC)</p> <p>5:30 Pet Visits with Disney the Dog! (OM)</p>	<p>9:30 Go4Life Walking Club! (OM) 28</p> <p>10:00 Scenic Drive (MEE)</p> <p>12:30 One on One visits! (OMLR)</p> <p>1:30 Afternoon Sing a long (ORC)</p> <p>2:00 Dog Therapy with Jen and Cooper! (LO)</p> <p>3:00 Artful Enrichment- Guided Art (LO)</p> <p>3:30 Snack and Chat! (OM)</p>	<p>National Cake Day! 29</p> <p>9:30 Dog Therapy with Dawn and Angel (OM)</p> <p>10:00 Music Bingo! (OMLR)</p> <p>1:00 Afternoon Visits and walks (OMLR)</p> <p>1:30 Birthday Party with Vic & Carol! (OM)</p> <p>1:30 Exercise and Energize (ORC)</p> <p>2:30 Brain Games (C)</p> <p>3:00 Movie Matinee (OM)</p> <p>5:00 Bar Cart with Heather! (OM)</p>	<p>9:15 Brain Games- Trivia and more (OM) 30</p> <p>10:00 One on One Visits (OMLR)</p> <p>11:00 Ball Therapy! (OMLR)</p> <p>1:30 Giant Crossword Puzzle (ORC)</p>	<p>Remembrance Day</p>	

SUNDAY
NOV 12

Diwali

Be Grateful

Locations Legend

Orchard Manor (OM)	Oakroom (O)
Orchard Manor Living Room (OMLR)	Courtyard (C)
Orchard Manor Activity Room (ORC)	Theatre (T)
Lounge (LO)	Meet by bus (MEE)
	Orchard Manor Lobby (OML)

Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program