


| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   |
|---|--|---|---|--|--|--|
|    | <b>Resident Birthdays</b><br>Dinah R. 11/1<br>Dale H. 11/1<br>Norm R. 11/4<br>John R. 11/5<br>Ettie L. 11/12<br>Mary L. 11/13<br>John V. 11/14<br>Joe S. 11/19<br>Conner C. 11/20          | <p><b>"It is not happy people who are thankful, it is thankful people who are happy."</b></p> <p>— Unknown</p>  |  <p><b>LEST WE FORGET</b></p>  | ☺ Emotional<br>🧠 Intellectual<br>🚗 Outing<br>🌿 Physical<br>📖 Purposeful<br>👥 Social<br>☀️ Spiritual<br>🛒 Vendor  | 9:30 🌿 Sit and Be Fit <b>1</b><br>10:30 🧠 Roll-O-Trump<br>2:00 👥 <b>Happy Hour with Gillian Russel</b><br>6:30 🧠 Bingo!                            | 9:30 🚗 Shopping Shuttle: Cherry Lane Mall *sign-up <b>2</b><br>3:00 🌿 Bowling<br>6:30 👥 <b>Saturday Night Movie</b><br>— <b>Set your clocks back one hour tonight...</b> |
| 9:30 🌿 Go4Life Walking Club <b>3</b><br>10:30 👥 <b>Coffee &amp; Conversation in the Lounge</b><br>1:30 🧠 Crib in Lounge<br>2:00 🧠 Reading with Jan [AR]<br>3:00 ☀️ United Church service  | 9:30 🧠 Go4Life Walking Club <b>4</b><br>1:30 ☺️ Parkinson Society Meeting<br>6:30 👥 <b>Movie Night</b>   | 9:30 🌿 Go4Life Walking Club <b>5</b><br>9:30 🌿 Volleyball Game<br>11:00 📖 Cooking Up Connections with Seniors Wellness Society<br>2:00 🧠 Salmon Word Scrabble<br>3:30 🧠 Crossword Puzzles<br>6:15 🧠 Bookworms   | 11:00 🛒 Order Purdy's Chocolates from Sylvia <b>6</b><br>1:30 🧠 <b>Resident's Forum</b><br>3:00 🧠 Bridge in Lounge<br>6:30 👥 An evening with Rick VanCampe  | 9:30 🌿 Go4Life Walking Club <b>7</b><br>9:30 🌿 Roll-O-Trump<br>11:00 🧠 Mental Aerobics [AR]<br>1:30 🧠 <b>Meet Me at the MOMA: Paint &amp; Sip (first glass of wine FREE)</b><br>3:30 🧠 Pokeno  | 9:30 🌿 Sit and Be Fit <b>8</b><br>10:30 🧠 Chicken soup for the Soul Reading Group<br>2:00 👥 <b>Happy Hour with Don McNair</b><br>6:30 🧠 Bingo!     | 9:30 🚗 Go4Life Walking Club <b>9</b><br>3:00 🌿 Bowling<br>6:30 👥 <b>Saturday Night Movie</b>   |
| 9:30 🌿 Go4Life Walking Club <b>10</b><br>10:30 👥 <b>Coffee &amp; Conversation in the Lounge</b><br>— <b>Remembrance Day Brunch Buffet *Invite your family and friends!</b><br>1:30 🧠 Crib in Lounge<br>2:00 🧠 Reading with Jan [AR] | <b>Remembrance Day 11</b><br>9:30 🌿 Go4Life Walking Club<br>1:30 ☺️ <b>Remembrance Day Service</b><br>6:30 👥 <b>Movie Night</b>  | 9:30 🌿 Go4Life Walking Club <b>12</b><br>9:30 🌿 Volleyball Game<br>10:30 🧠 Current Events with Kathy [AR]<br>3:30 📖 Magnificent Manicures<br>6:15 📖 Adult Coloring  | 9:30 🌿 Sit and Be Fit <b>13</b><br>10:00 🛒 5th Ave Jewelry and 31 Totes<br>10:30 🐕 Dog visit with "Fat Toni" and her handler Carol<br>2:00 👥 <b>Birthday Party with Sax Among Friends- "Music that got us through WWII"</b><br>3:00 🧠 Bridge in Lounge<br>6:00 📖 Robbie's Rock n' Roll DJ | 9:30 🌿 Go4Life Walking Club <b>14</b><br>11:00 🌿 Move to Music<br>1:30 ☺️ <b>Meet Me at the MOMA: Lecture</b><br>3:30 🧠 Pokeno   | 2:00 👥 <b>Happy Hour with Paul James 15</b><br>6:30 🧠 Bingo!   | 9:30 🚗 Shopping Shuttle: Walmart *sign-up <b>16</b><br>3:00 🌿 Bowling<br>6:30 👥 <b>Saturday Night Movie</b>  |
| 9:30 🌿 Go4Life Walking Club <b>17</b><br>10:30 👥 <b>Coffee &amp; Conversation in the Lounge</b><br>1:30 🧠 Crib in Lounge<br>2:00 🧠 Reading with Jan [AR]<br>3:00 ☀️ St.Andrews Presbyterian Church Serice                           | 9:30 🌿 Chair Yoga <b>18</b><br>10:30 👥 Java Music Club<br>1:30 🧠 Monday Bingo!<br>2:00 🚗 <b>Countryside Scenic Drive *sign-up</b><br>6:30 👥 <b>Movie Night</b>                             | 9:30 🌿 Go4Life Walking Club on the indoor track at the SOEC *sign-up <b>19</b><br>11:00 📖 Cooking Up Connections with Seniors Wellness Society<br>1:30 ☺️ <b>Story Telling with Brian Wilson from the Historical Society</b><br>3:00 🧠 Current Events with Kathy<br>3:30 🧠 Crib with Lori<br>6:15 🧠 20 Questions Game | 9:30 🌿 Sit and Be Fit <b>20</b><br>10:30 🌿 Roll-O-Trump<br>1:30 📖 Make a Salmon Appetizer<br>3:00 🧠 Bridge in Lounge<br>6:00 📖 Robbie's Rock n' Roll DJ   | 9:30 🌿 Go4Life Walking Club <b>21</b><br>9:30 🚗 <b>Shopping Shuttle: Cherry Lane Mall *sign-up</b><br>1:30 🧠 <b>Meet Me at the MOMA: Paint &amp; Sip (first glass of wine FREE)</b><br>3:00 🧠 Mental Aerobics<br>3:30 🧠 Pokeno   | 9:30 🌿 Sit and Be Fit <b>22</b><br>10:30 🧠 Chicken soup for the Soul Reading Group<br>2:00 👥 <b>Happy Hour with Lakeside Jazz</b><br>6:30 🧠 Bingo! | 9:30 🌿 Move & Mingle <b>23</b><br>10:30 🧠 Horse Races<br>3:00 🌿 Bowling<br>6:30 👥 <b>Saturday Night Movie</b>  |
| 9:30 🌿 Go4Life Walking Club <b>24</b><br>10:30 👥 <b>Coffee &amp; Conversation in the Lounge</b><br>1:30 🧠 Crib in Lounge<br>2:00 🧠 Reading with Jan [AR]<br>3:00 ☀️ Worship with Walter - Interdenominational                       | 9:30 🌿 Chair Yoga <b>25</b><br>10:30 👥 Java Music Club<br>11:30 🛒 Avon with Sharon<br>1:30 🧠 Monday Bingo!<br>2:00 🚗 <b>Countryside Scenic Drive *sign-up</b><br>6:30 👥 <b>Movie Night</b> | <b>Decorate for Christmas 26</b><br>9:30 🌿 Go4Life Walking Club<br>1:30 📖 Resident Food Forum<br>4:30 👥 <b>Living Loving Local Dinner - Salmon</b><br>6:15 ☺️ Bookworms   | <b>Decorate for Christmas 27</b><br>9:30 🌿 Sit and Be Fit<br>3:00 🧠 Bridge in Lounge<br>6:00 📖 Robbie's Rock n' Roll DJ   | 9:30 🌿 Go4Life Walking Club <b>28</b><br>9:30 🚗 <b>Shopping Shuttle: Walmart *sign-up</b><br>11:00 🛒 Seacret<br>1:30 ☺️ <b>Meet Me at the MOMA: Lecture</b><br>1:30 🛒 Nex Gen Hearing Clinic<br>2:00 📖 United Church Knitting Group (all residents welcome)<br>3:30 🧠 Pokeno | 9:30 🌿 Sit and Be Fit <b>29</b><br>10:30 🧠 Chicken soup for the Soul Reading Group<br>2:00 👥 <b>Happy Hour with Mike Bugyi</b><br>6:30 🧠 Bingo!    | 9:30 🌿 Move & Mingle <b>30</b><br>10:30 🧠 Talk & Salmon Trivia<br>3:00 🌿 Bowling<br>6:30 👥 <b>Saturday Night Movie</b>   |