

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<ul style="list-style-type: none"> Emotional Intellectual Outing Physical Purposeful Social Spiritual Vendor 	10:00 Catholic 1 Communion [CRM] 11:00 Exercises [DR] 2:00 Trivia [DR] 3:30 Happy Hour [FL]	Daylight Savings Time Ends - Turn your Clocks Back Tonight 2 10:00 Modified OsteoFit Exercises [DR] 11:00 Morning Crosswords [DR] 1:30 Go4 Life Walking Club 1:30 Wellness Clinic 2:00 Armchair Travel to Scandinavia - Wendy's Travel Adventure [DR]
The most wasted of days is one without laughter 3 2:00 Presbyterian Church Service [DR] 3:00 Bridge [CRM]	Flu Shots- (9:00-12:00) 4 11:00 Piano Music w/ Diane [FL] 2:00 Name The Tune with Linda [FL] 2:00 Wii Game [DR] 3:30 Giant Crosswords [DR] 6:45 Cribbage [CRM]	10:00 Yoga for Seniors- Video [DR] 5 11:00 Pick up Audio Tapes and Books - Library Outreach Program 2:00 Knit, Stitch and Visit [DR] 2:00 Scenic Drive 3:00 Amplifon Hearing Consultants [CRM] 3:00 Manicures with Sarah 6:45 Rummy [CRM]	10:00 Exercises [DR] 6 11:00 Music Works w/ Lorri [DR] 2:00 Richmond Singers Ensemble [FL] 3:00 Piano Music with Mabon [FL] 4:00 Drop off Audio Tapes and Books 6:45 Pokeno [DR]	Remember to Sign up for Shopping Bus 7 10:00 Go4 Life Walking Club 10:30 Resident Forum & Tea Social [DR] 2:00 Shopping Bus to Dollarama/ Bridgeport 3:30 Tai Chi [DR] 6:45 Bingo (10 quarters) [DR]	9:30 Remembrance Ceremony - Richmond High School 8 10:00 Catholic Mass [CRM] 10:30 Remembrance Ceremony # 2- 10:30 2:00 Trivia [DR] 3:30 Happy Hour w/ Group-Tunemakers performing [DR]	10:00 Modified OsteoFit Exercises [DR] 9 11:00 Morning Crosswords [DR] 1:30 Go4 Life Walking Club 1:30 Wellness Clinic 2:00 Life Stories [DR] 3:30 Bananagrams [DR]
No Breakfast Service Today 10 11:00 Brunch 2:00 Hymn Sing with Linda [DR] 3:00 Bridge [CRM]	Remembrance Day 11 10:00 Exercises [DR] 11:00 Remembrance Day Service - TV in Dogwood Room [DR] 2:00 Remembrance Day Event w/ Matthew Ma performing 3:30 Giant Crosswords [DR] 6:45 Cribbage [CRM]	10:00 Yoga for Seniors- Video [DR] 12 2:30 November Birthday & Welcome Tea [DR] 6:45 Rummy [CRM]	10:00 Exercises [DR] 13 11:00 Music Works w/ Lorri [DR] 2:00 Meet Me at the MoMa Discussion 'J.Y. Jackson' [DR] 3:00 Piano Music with Mabon [FL] 6:45 Pokeno [DR]	Remember to Sign up for Shopping Bus 14 9:00 Foot Care Nurse Services 10:00 Go4 Life Walking Club 10:00 Health Talks- Got the Blues [DR] 10:30 Coffee/ conversation with Amanda [CRM] 2:00 Shopping Bus to Ironwood Plaza 2:00 TED TALKS [DR] 3:30 Tai Chi [DR] 6:45 Bingo (10 quarters) [DR]	10:00 Catholic Communion [CRM] 15 11:00 Exercises [DR] 12:00 Lunch Outing - Tugboat Annie's Pub & Grille 2:00 Trivia [DR] 3:30 Happy Hour [DR]	10:00 Modified OsteoFit Exercises [DR] 16 11:00 Morning Crosswords [DR] 1:00 Private Function 1:30 Go4 Life Walking Club 1:30 Wellness Clinic 2:00 Scenic Drive 3:30 Sing - A - Long with Linda [FL]
Life is like riding a bicycle. To keep your BALANCE, you must keep moving 17 2:00 Lutheran Church Service [DR] 3:00 Bridge [CRM] 3:30 Young Musicians and Artists performing [FL]	10:00 Modified OsteoFit Exercises [DR] 18 11:00 Piano Music w/ Diane [FL] 2:00 Busy Bakers- Shortbread Cookies [DR] 2:00 Wii Game [DR] 3:30 Giant Crosswords [DR] 6:45 Cribbage [CRM]	10:00 Yoga for Seniors- Video [DR] 19 2:00 Health Talks- SLEEP with Bruce Clark [DR] 2:00 Knit, Stitch and Visit [DR] 2:00 Scenic Drive 3:00 Manicures with Sarah 6:45 Rummy [CRM]	10:00 Exercises [DR] 20 11:00 Music Works w/ Lorri [DR] 2:00 Minoru Glee Club Performance [DR] 3:00 Piano Music with Mabon [FL] 6:45 Pokeno [DR]	Remember to Sign up for Shopping Bus 21 10:00 Go4 Life Walking Club 10:30 Food Forum [DR] 2:00 Shopping Bus - Blundell Centre 3:30 Tai Chi [DR] 6:45 Bingo (10 quarters) [DR]	10:00 Catholic Communion [CRM] 22 11:00 Avon Services [FL] 11:00 Exercises [DR] 2:00 Trivia [DR] 3:30 Kurt von Hahn-Pianist performing in the Lounge [FL]	10:00 Modified OsteoFit Exercises [DR] 23 11:00 Morning Crosswords [DR] 1:30 Go4 Life Walking Club 1:30 Wellness Clinic 2:00 Java Music Club [DR] 3:30 Bananagrams [DR]
2:00 United Church Service [DR] 24 3:00 Bridge [CRM] 3:00 Defy Gravity Dance Group Performance [DR]	10:00 Modified OsteoFit Exercises [DR] 25 11:00 Piano Music w/ Diane [FL] 2:00 Wii Game [DR] 3:30 Giant Crosswords [DR] 6:45 Cribbage [CRM]	10:00 Yoga for Seniors- Video [DR] 26 2:00 Kerrisdale Senior Singers [DR] 6:45 Rummy [CRM]	10:00 Exercises [DR] 27 11:00 Music Works w/ Lorri [DR] 2:00 Meet Me at the MoMa 'Painting Class' [DR] 3:00 Piano Music with Mabon [FL] 6:45 Pokeno [DR]	Remember to Sign up for Shopping Bus 28 10:00 Go4 Life Walking Club 10:30 Anglican Church Service [DR] 2:00 Foot Care Nurse Services [CRM] 2:00 Shopping Bus - Ironwood Centre 3:30 Tai Chi [DR] 6:45 Bingo (10 quarters) [DR]	10:00 Catholic Communion [CRM] 29 11:00 Exercises [DR] 2:00 Trivia [DR] 3:30 Happy Hour w/ Jennifer Lauren performing [FL]	10:00 Modified OsteoFit Exercises [DR] 30 11:00 Morning Crosswords [DR] 1:30 Go4 Life Walking Club 1:30 Wellness Clinic 2:00 Scenic Drive 3:30 Bananagrams [DR]