


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Living Loving Local Salmon		<ul style="list-style-type: none"> 😊 Emotional 🧠 Intellectual 🌿 Physical 👤 Purposeful 👥 Social ☀️ Spiritual 	<p><i>"It is not happy people who are thankful, it is thankful people who are happy."</i></p> <p>— Unknown</p>	<p>Living Loving Local Monthly Dinner *Featuring Salmon* 1</p> <p>9:15 🌿 Morning Exercises and Stretches</p> <p>10:30 🎨 Painting Group</p> <p>1:15 🕒 Afternoon Visits</p> <p>2:00 🎉 Happy Hour & Social with The Old Time Fiddlers</p> <p>3:00 🧠 LLL: Go Fish game and Salmon Trivia</p>	<p>10:00 😊 Piano Music with Beryl 2</p> <p>2:00 🎉 Musical Performance by Doug Lobay</p> <p>3:15 🎉 Movie Feature and snacks Ft. Audrey Hepburn in "Charade"</p>
<p>Daylight Savings! * Turn your clock back one hour 3</p> <p>Katie is in this morning</p> <p>9:00 🌿 <i>Morning Exercises and Stretches</i></p> <p>10:00 😊 Shake Loose a Memory + Card Games</p> <p>11:15 🕒 One on One Visits</p> <p>2:00 🕒 Coffee time and visits</p>	<p>Katie is in today 4</p> <p>9:00 🌿 Bean Bag Toss Game</p> <p>10:15 🧠 Word Games & Trivia</p> <p>11:00 🎉 Current Events & News!</p> <p>1:30 🕒 Krafts with Katie!</p> <p>2:30 🧠 Reading Short Stories & Poems</p> <p>3:30 🎉 Manicures</p>	<p>9:00 🌿 <i>Go4Life Walking Club</i> 5</p> <p>9:45 🕒 Pet Visits with Sparkles and Winston</p> <p>10:45 😊 Music therapy with Ipods + Hand Massages</p> <p>1:00 🧠 Chronic Pain Workshop- Sign up at reception for this six week program</p> <p>1:00 🎉 <i>Legion Outing *Sign up</i></p> <p>3:30 😊 Afternoon Visits</p> <p>6:15 🎉 Games Night</p> <p>7:00 🕒 Sensory Visits</p>	<p>Laura's Planning Day 6</p> <p>9:00 😊 Visits with Amaljeet!</p> <p>10:30 🕒 Movie Feature: Andre Rieu live in Concert!</p> <p>2:00 🎉 Veterans tea in Hawthorn Park</p>	<p>9:00 😊 Morning Visits 7</p> <p>9:45 😊 Java Music Club</p> <p>10:45 ☀️ Communion</p> <p>1:30 🕒 LLL: Making Smoked Salmon and dill scones</p> <p>2:30 🧠 LLL: Learning all about Salmon!</p>	<p>10:30 🕒 Visits and Trivia! 8</p> <p>2:00 🎉 Happy Hour & Social with Ria Falkner</p>	<p>10:00 😊 Piano Music with Beryl 9</p> <p>2:30 🎉 Coffee Time!</p> <p>3:15 🎉 Movie Feature and snacks, Ft. " The Glen Miller Story"</p>
<p>Laura is in today 10</p> <p>Remembrance Day Brunch</p> <p>9:15 🧠 <i>Reading War Stories and Reminiscing</i></p> <p>1:15 🕒 Baking Poppy seed Cookies for Remembrance Day</p> <p>3:00 🎉 Sunday Pub in HP Lounge</p>	<p>Remembrance Day 11</p> <p>10:00 🕒 Remembrance Day Ceremony live on TV</p> <p>1:30 🎉 Remembrance Day Social with Ria Falkner</p> <p>2:30 🕒 Afternoon coffee and tea</p>	<p>9:00 🌿 <i>Go4Life Walking Club</i> 12</p> <p>9:45 🕒 Pet Visits with Sparkles and Winston</p> <p>10:45 🕒 Lunch at Montana's!</p> <p>1:00 🧠 Chronic Pain Workshop- Sign up at reception for this six week program</p> <p>2:45 🕒 Manicures with Laura</p> <p>6:15 🧠 Book Club</p> <p>7:00 🕒 Sensory Visits</p>	<p>9:00 😊 Visits with Amaljeet! 13</p> <p>9:15 🎉 Morning Sing A Long</p> <p>10:00 🎉 Pet Visits with Nina and Oakley</p> <p>11:00 ☀️ Anglican Church Service Laura away this afternoon (ACT Meeting)</p> <p>12:00 🎉 Musical Performance by Memory Lane</p>	<p>Janet here today 14</p> <p>9:00 😊 Morning Visits</p> <p>9:45 😊 Java Music Club</p> <p>10:45 ☀️ Communion</p> <p>1:15 🕒 Music therapy with Ipods + Hand Massages</p> <p>2:30 🧠 Reading Poems and Stories</p> <p>3:30 🧠 Shake Loose a Memory</p>	<p>Janet here today 15</p> <p>9:00 🕒 Go4Life Walking Club</p> <p>10:30 🕒 Bean Bag Toss Game</p> <p>11:15 🕒 News and Current Events</p> <p>1:00 🌿 Afternoon Visits</p> <p>2:00 🎉 Happy Hour & Social with Rolland Quesseth</p> <p>3:30 🌿 Balloon Toss game</p>	<p>10:00 😊 Piano Music with Beryl 16</p> <p>2:30 🎉 Coffee Time!</p> <p>3:15 🎉 Movie Feature and snacks " Driving Miss Daisy"</p>
<p>Katie is in this morning 17</p> <p>9:00 🌿 <i>Go4Life Walking Club</i></p> <p>10:00 😊 Shake Loose a Memory + Card Games</p> <p>11:15 🕒 One on One Visits</p>	<p>Katie is in today 18</p> <p>9:00 🌿 Bean Bag Toss Game</p> <p>10:15 🧠 Word Games & Trivia</p> <p>11:00 🎉 Current Events & News!</p> <p>1:30 🕒 Krafts with Katie!</p> <p>2:30 🧠 Reading Short Stories & Poems</p> <p>3:30 🎉 Manicures</p>	<p>9:00 🌿 <i>Go4Life Walking Club</i> 19</p> <p>9:45 🕒 Pet Visits with Sparkles and Winston</p> <p>10:45 😊 Music therapy with Ipods + Hand Massages</p> <p>1:00 🧠 Chronic Pain Workshop- Sign up at reception for this six week program</p> <p>2:30 🎉 TALENT SHOW at Hawthorn Park!</p> <p>3:30 😊 Afternoon Visits</p> <p>6:15 🎉 Games Night</p> <p>7:00 🕒 Sensory Visits</p>	<p>Decorating for Christmas 20</p> <p>9:00 😊 Visits with Amaljeet!</p> <p>1:30 🕒 LLL *Making Salmon Pinwheel Sandwiches</p> <p>2:30 🕒 Afternoon Movie</p>	<p>9:00 😊 Morning Visits 21</p> <p>9:45 😊 Java Music Club</p> <p>10:45 ☀️ Communion</p> <p>1:30 🕒 Baking Program</p> <p>2:45 🎨 Painting Group! *Painting fish scales</p>	<p>10:30 🕒 Visits and Trivia! 22</p> <p>2:00 🎉 Happy Hour & Social with Mar Manongdo</p>	<p>10:00 😊 Piano Music with Beryl 23</p> <p>2:30 🎉 Coffee Time!</p> <p>3:15 🎉 Movie Feature and snacks " Sherlock Holmes Mysteries"</p>
<p>Laura is in today 24</p> <p>9:00 🌿 <i>Go4Life Walking Club</i></p> <p>10:15 🎉 Scenic Drive</p> <p>2:00 🎉 Musical Performance by Doug Lobay</p> <p>3:00 🎉 Grey Cup Party in Hawthorn Park!</p> <p>4:00 🕒 Afternoon Visits</p>	<p>Katie is in today 25</p> <p>9:00 🌿 Bean Bag Toss Game</p> <p>11:00 🎉 Current Events & News!</p> <p>1:30 🕒 Krafts with Katie!</p> <p>2:30 🧠 Reading Short Stories & Poems</p> <p>3:30 🎉 Manicures</p>	<p>9:00 🌿 <i>Go4Life Walking Club</i> 26</p> <p>9:45 🕒 Pet Visits with Sparkles and Winston</p> <p>10:45 😊 Music therapy with Ipods + Hand Massages</p> <p>1:00 🧠 Chronic Pain Workshop- Sign up at reception for this six week program</p> <p>1:30 🎉 Scenic Drive ft. Hot Chocolate!</p> <p>3:00 🎨 Painting Group!</p> <p>3:30 😊 Afternoon Visits</p> <p>6:30 🕒 Belles of the Okanagan Choir in Hawthorn Park [LO]</p>	<p>9:00 😊 Visits with Amaljeet! 27</p> <p>10:00 🎉 Pet Visits with Nina and Oakley</p> <p>1:30 ☀️ November Fun Facts & News</p> <p>3:45 🎉 Afternoon Sing A Long</p>	<p>9:00 😊 Morning Visits 28</p> <p>9:45 😊 Java Music Club</p> <p>10:45 ☀️ Communion</p> <p>11:00 ☀️ Catholic Mass</p> <p>2:00 🎉 Birthday Party with Ria Falkner</p> <p>3:00 🌿 Bean Bag Toss Game</p>	<p>8:00 🎉 Breakfast Club *Featuring French Maple Banana French Toast</p> <p>9:30 🌿 Active Games & Stretch</p> <p>10:30 🕒 Visits and Trivia!</p> <p>10:30 🧠 Word Games & Trivia</p> <p>1:30 🎉 Happy Hour & Social with Vic Ukrainetz</p> <p>2:30 🕒 One on One Visits</p>	<p>10:00 😊 Piano Music with Beryl 30</p> <p>2:30 🎉 Coffee Time!</p> <p>3:15 🎉 Movie Feature and snacks "Hairspray"</p>