

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12:15 Early Tuck Shop 1:30 Horseshoes 2:45 Sing a-long 3:30 Word Game Daylight Saving Time Ends	**2** "Erika" Jeweler 9:30 Morning Walk 10:00 Small Group Exercise Aid will select group 1:30 BINGO 3:00 Hearing Clinic Line up by TV Rm. 3:30 Tuck Shop	**3** 9:30 Morning Walk 10:00 Stretch & Strengthen Exercise 1:30 Bocci 2:45 Word Game 3:30 Tuck Shop	**4** 9:30 Mass TV Room 10:00 Small Group Exercise Aid will select group 1:30 Bingo 2:45 Trivia 3:30 Tuck Shop 6:30pm Games Night	**5** 9:30 Morning Walk 10:00 Small Group Exercise Aid will select group 1:30 Bean Bag Toss 2:45 Word Game 3:30 Tuck Shop	**6** 9:30 Morning Walk 10:00 Wendy Water Colour 10:00 Relaxation Reiki With Carmelita 1:30 BINGO 2:45 Word Game 3:30 Tuck Shop	**7** 10:30 Chair Yoga with Katalin – Activity Lounge 11:15 Sing-along TV Rm 1:30 Ladder Ball 2:45 Boggle 3:30 Tuck Shop
8 12:15 Early Tuck Shop 1:30 Bean Bag Toss 2:45 Sing a-long 3:30 Trivia Diwali (Hindi)	**9** 9:30 Morning Walk 10:00 Small Group Exercise Aid will select group 1:30 BINGO 2:45 Word Game 3:30 Tuck Shop	**10** 9:30 Morning Walk 10:00 Stretch & Strengthen Exercise 1:30 Ladder Ball 2:45 Boggle 3:30 Tuck Shop	**11** "Honour Our Veterans" 9:30 Morning Walk 10:00 Small Group Exercise Aid will select group 2:00 Mass with Father Jose Activity Side Veterans Day Remembrance Day (Canada)	**12** Cloverdale Mall Sign up with Karen Meet in the lobby at 930 1:30 Bean Bag Toss 2:45 Words in Words 3:30 Tuck Shop	**13** 9:30 Morning Walk 10:00 Relaxation Reiki With Carmelita 1:30 BINGO 2:45 Jeopardy Game 3:30 Tuck Shop	**14** 10:30 Chair Yoga with Katalin – Activity Lounge 11:15 Sing-along TV Rm 1:30 Horseshoes 2:45 Trivia 3:30 Tuck Shop
15 12:15 Early Tuck Shop 1:30 Ring Toss 2:45 Sing a-long 3:30 Word Game	**16** 9:30 Morning Walk 10:00 Small Group Exercise Aid will select group 1:30 BINGO 2:45 Word Game 3:30 Tuck Shop	**17** "Avon" Vendor 9:30 Morning Walk 10:00 Stretch & Strengthen Exercise 1:30 Bocci 2:45 Word Game 3:30 Tuck Shop	**18** "Inga" Vendor 9:30 Mass TV Room 10:00 Small Group Exercise Aid will select group 1:30 Bingo 2:45 Trivia 3:30 Tuck Shop	**19** 9:30 Morning Walk 10:00 Small Group Exercise Aid will select group 2pm Concert with "Jay & Shannon" Main lounge	**20** 9:30 Morning Walk 10:00 Wendy Water Colour 10:00 Relaxation Reiki With Carmelita 1:30 BINGO 2:45 Word Game 3:30 Tuck Shop	**21** 10:30 Chair Yoga with Katalin – Activity Lounge 11:15 Sing-along TV Rm 1:30 Ladder Ball 2:45 Boggle 3:30 Tuck Shop
22 12:15 Early Tuck Shop 1:30 Horseshoes 2:45 Sing a-long 3:30 Trivia	**23** 9:30 Morning Walk 10:00 Small Group Exercise Aid will select group 1:30 BINGO 2:45 Word Game 3:30 Tuck Shop	**24** 9:30 Morning Walk 10:00 Stretch & Strengthen Exercise 1:30 Bullseye 2:45 Words in Words 3:30 Tuck Shop	**25** 9:30 Mass TV Room 10:00 Small Group Exercise Aid will select group 1:30 Bingo 2:45 Trivia 3:30 Tuck Shop	**26** 9:30 Morning Walk 10:00 Small Group Exercise Aid will select group Lunch Club Outing "East Side Mario's" Sign up with Karen Thanksgiving Day (U.S)	**27** 9:30 Morning Walk 10:00 Relaxation Reiki With Carmelita 1:30 BINGO 3:00 Resident & Management Mgt. Main Lounge	**28** 10:30 Chair Yoga with Katalin – Activity Lounge 11:15 Sing-along TV Rm 1:30 Horseshoes 2:45 Trivia 3:30 Tuck Shop
29 12:15 Early Tuck Shop 1:30 Ladder Ball 2:45 Sing a-long 3:30 Word Game	**30** Christmas Plus Sale Main Lounge 9:30 Morning Walk 10:00 Small Group Exercise Aid will select group 1:30 BINGO					