

# November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Retirement Locations</b>	<b>Senior Living</b>	<b>Aquafit</b>	<b>Tuck Shop Hours:</b>		<b>1</b>	<b>2</b>
<b>AR - Activity Room</b> <b>D1 - Retirement Dining Rm</b> <b>L1 - Retirement Lounge</b> <b>TH - Theatre</b>	<b>Locations</b> <b>BR - Billiards Room</b> <b>L2 - SL Lounge, 2<sup>nd</sup> Floor</b> <b>D2 - SL Dining Room, 2<sup>nd</sup> Floor</b> <b>PR - Party Room</b>	To attend Aquafit classes, residents MUST Call 8155 to sign up and be able to get in and out of the pool unassisted. If classes are full, you will be put on a temporary wait list.	<b>Sunday, Wednesday and Friday 1-3p.m</b> <b>Call ext. 8200 for up-to-date Shop open hours, or speak to a Tuck Volunteer during open hours.</b>	<b>Every Day in the Party Room</b> <b>10:00-11:30am Coffee Social - Bring Your Own Mug</b> <b>2:00-4:00pm Board Games</b> <b>7:00-9:00pm Board Games</b>	9:45 Strength Exercise (AR) 10:45 Bean Bags (AR) 2:00 Documentary: <b>Vimy Underground (TH)</b> 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Love and Honor (TH)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:15 Colouring & Social (AR) 7:15 Testament of Youth (TH) Turn Your Clocks Back One Hour Before Bed
<b>3 Daylight Savings Ends</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Name That Tune (AR) 3:15 Finish the Lyrics (AR) 7:15 Another Mother's Son (TH)	<b>Trip to Loblaws</b> Lucy Gray Alterations 1-4pm (L1) 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:00 TV Series: <b>All Creatures Great and Small (TH)</b> 2:15 Stretch Exercise (AR) 3:15 Felt Poppy Pin Craft (AR) 7:15 Concert: Nat King Cole (TH)	<b>Medical Transportation 9-4p.m</b> Gemini Jewelry 11am-3pm (L1) 9:45 Strength Exercise (AR) 10:00 A Time of Prayer with St Mary's Volunteers (TH) 10:30 Activity Planning Meeting (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Lounge Social with Cran-Orange Whiskey Sours (L1) 3:30 Activity Planning Meeting (L2) 7:15 Live Music by Providence Road (L1) 7:15 The Princess and the Marine (TH)	9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Clarkson's Farm (TH) 2:15 Pokeno! (AR) 3:15 Virtual Standing Drumfit (L2) 7:15 Courage Under Fire (TH)	<b>Trip to Giant Tiger</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) Ladies Club: Drop in 2:30-4:00 for Nail Painting with Jaiden (AR) 3:00 TV Series: Carol Burnett Show (TH) 7:15 The Windermere Children (TH)	9:45 Strength Exercise (AR) 10:45 Ladder Ball (AR) 2:00 Documentary: <b>Top Secret Rosies (TH)</b> 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 In Harm's Way (TH)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:15 Scrabble and Board Games (AR) 7:15 A League of Their Own (TH)
<b>10</b>	<b>11 Remembrance Day</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Hymn Sing and Inspirational Talk with Pastor Jurgen Rausch (TH) 3:00 Men's Club: Letter's Against Loneliness - Write a Letter to a Lonely Senior (AR) 3:30 Spiritual Reflection (TH) 7:15 Go for Broke (TH)	9:45 Strength Exercise (AR) 10:30 Remembrance Day Ceremony (L1) 2:15 Hand Wax Therapy (AR) 3:15 Stretch Exercise (AR) 7:15 Pearl Harbor (TH)	<b>Medical Transportation 9-4p.m</b> 5 <sup>th</sup> Ave Jewelry 11am-2pm (L1) 9:45 Strength Exercise (AR) 10:30 Book Club Meeting w/ Deb (PDR) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) Euchre (L2) 2:15 Chair Yoga (TH) 3:15 Lounge social with Sparkling Cider Sangria (L1) 7:15 Jeopardy (AR) 7:15 A Hidden Life (TH)	<b>Bank Transportation</b> 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Clarkson's Farm (TH) 2:15 Pokeno! (AR) 3:15 Virtual Standing Drumfit (L2) 6:00 Trip to Kawartha Settlers Village Festival of Trees call 8155 to sign up 7:15 The Book Thief (TH)	<b>Trip to the Lindsay Mall</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 Happy Hour with live music by Bill Dickenson (L1) 7:15 The Age of Reason (TH)	9:45 Strength Exercise (AR) 10:45 Floor Shuffleboard (AR) 2:00 Documentary: <b>Halifax at War (TH)</b> 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 JoJo Rabbit (TH)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:15 Word Games (AR) 7:15 Stone of Destiny (TH)
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Video Sing Along (AR) 3:15 Charades! (AR) 7:15 Mr. Blandings Builds His Dream House (TH)	<b>Trip to Dollarama/Food Basics</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:00 TV Series: <b>All Creatures Great and Small (TH)</b> 2:15 Stretch Exercise (AR) 3:00 November Birthday Party with Live Music by Terry Maxwell (L1) 7:15 Concert: ABBA (TH)	<b>Medical Transportation 9-4p.m</b> 9:45 Strength Exercise (AR) 10:30 St. Mary's Catholic Service (TH) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Lounge Social with Cranberry Gin Fizz (L1) 7:15 Art in the Workshop 7:15 Sister Act (TH)	9:45 Strength Exercise (AR) 10:00 A Time of Prayer with St Mary's Volunteers (TH) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Clarkson's Farm (TH) 2:15 Pokeno! (AR) 3:15 Virtual Standing Drumfit (L2) 7:15 Sister Act 2 (TH)	<b>Indian Lunch by Masala kraft \$15 call 8155 to sign up (D2)</b> Bling It On 11am-2pm (L1) 9:45 Strength Exercise (AR) 10:30 United Church Service (TH) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 TV Series: Carol Burnett Show (TH) 3:15 Where in the World Have You Been? India Edition (AR) 7:15 A Good Woman (TH)	9:45 Strength Exercise (AR) 10:45 Washer Toss (AR) 11:30 Fire Safety Walkthrough (D2) Call 8155 to sign up 2:00 Documentary: <b>First Stripes (TH)</b> 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Turner and Hooch (TH)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:15 Cribbage and Tabletop Games (AR) 7:15 20,000 Leagues Under the Sea (TH)
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Wheel of Fortune (AR) 3:15 Video Hymn Sing (AR) 7:15 Tortilla Soup (TH)	<b>Trip to La Mantia's Country Market</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:15 Stretch Exercise (TH) 3:00 TV Series: <b>All Creatures Great and Small (TH)</b> 3:15 Presentation by Tom Mohr and Ian McKechnie Authors of 'Reflections on Victoria County' (AR) 7:00 Lindsay Community Choir Christmas Music (L1) 7:15 Concert: Buddy Rich Big Band (TH)	<b>Medical Transportation 9-4p.m</b> 9:45 Strength Exercise (AR) 10:30 Anglican Church Service (TH) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (PR) 2pm-11pm Activity Room Closed for Team Training 2:15 Chair Yoga (TH) 7:15 Wheel of Fortune (L1) 7:15 The Princess Bride (TH)	<b>Bank Transportation</b> Mobile Senior Shop 10am-2pm (L1) 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Clarkson's Farm (TH) 2:15 Pokeno! (AR) 3:15 Virtual Standing Drumfit (L2) 7:15 The Greatest Showman (TH)	9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 Happy Hour with Live Music by Darlene and the Shamrockers (L1) 7:15 Eddie the Eagle (TH)	<b>9am-5pm Activity Room Closed for Team Training</b> 9:45 Modified Strength Exercise (TH) 10:45 Bean Bags (L1) 2:15 Modified Stretch Exercise (TH) 3:00 Documentary: <b>The Blue Angels (TH)</b> 7:15 Bruce Almighty (TH)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:15 Riddles and Brain Teasers (AR) 7:15 Wonder Man (TH)