November Recreation Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Tuck Shop 1-3pm Turn Clocks Back One Hour Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social in the Café Loung 10:30 + 2pm Spiritual Reflection (TH) 2:15 Ladder Ball (AR) 3:00 Name That Tune (AR) 7:15 Taking Sides (TH)	**2 Loblaws** Lucy Gray Alterations 1-4pm (L1) 9:45 Strength Exercise (AR) 10:30 Coffee Social in the Café Lounge 10:45 Hand Wax Therapy (AR) 1:45 Bingo 50¢/card (PR) 2:15 Gentle Seated Exercise (AR) 3:00 Show Rehearsal (TH) 7:00Farkle(L1) 7:15 Simon & Garfunkel Central Park 1981	**3 Medical transport 9-4pm** 9:45 Strength Exercise (TH) 10:00-3:00p.m. Holistic Health Fair(I1) 2:00 Euchre/Scrabble(AR)Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Play Card Games with LCVI Students (AR) 3:15 Cocktails Mocktails Social (CL) 7:00 Set Design Project with Adrienne (AR) 7:15 Green Fingers (TH)	**4 Tuck Shop 1-3:00pm** 9:45 Strength Exercise (AR) 10:30 Coffee Social in the Café Lounge 10:45 Name That Tune (AR) 12:00-4:00 Knit Witts Raffle Sale (L1) 1:45 Bingo50¢/card(PR) 2:00 Pokeno (AR) 3:15 Music & Seated Exercise (AR) 3:00 Un-Christmas Show Rehearsal(TH) 7:15 A Dog's Journey (TH)	**5** Shopper's Drug Mart 9:45 Strength Exercise (AR) 10-11:00 Party Rm Closed for Meeting 10:45 Hand Wax Therapy (AR 2:00 LargePrint Book Exchange 2:15 Tai Chi 2:15 Tai Chi (TH) 3:00 Thirsty Thursday with John Turner (L1) 7:15 Against Their Will (TH)	**6 Tuck Shop 1-3pm** 9:45 Strength Exercise (AR) 10:30 Upcoming Activities Information(AR) 11:45 Upcoming Activities Information (L2) 2:00 Euchre(PR) 2:15 Advanced Darts! (AR) 2:15 Gentle Seated Exercise (TH) 3:00 Documentary:Audrey (TH) Netflix 3:15 BeginnerDarts!(AR) 7:00 SkipBo(AR) 7:15 Purple Hearts (TH)	**7** 9:30 & 10:15 Aquafit (PL) 10:15 Seated Strength Exercise (AR) 11:00 News & Coffee Social (CL) 2:00 Dollar $ Bingo(AR) 3:15 Music and Trivia (AR) 3:15 Sing Along (L2) 7:15 The Guernsey Literary and Potato Peel Pie Society (TH)
8 1-3:00p Tuck Shop Open Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social in the Café Loung 10:30 + 2pm Spiritual Reflection (TH) 2:15 Indoor Suffleboard (AR) 3:00 Sing Along with Grace (AR) 7:15 Valiant Hearts (TH)	**9 Dollarama/Food Basics** 9:45 Strength Exercise (AR) 10:30 Coffee Social in the Café Lounge 10:45 Hand Wax Therapy (AR) 1:45 Bingo 50¢/card (PR) 2:15 Gentle Seated Exercise (TH) 3:00 Un-Christmas Show Rehearsal(TH) 7:00 Farkle(AR) 7:15 Double Concert: Vera Lynn (TH)	**10 Medical transport 9-4pm** 9:45 Strength Exercise(AR) 10:30 BookClub (PDR) 2:00 Euchre/Scrabble(AR)Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Resident Social with Students from LCVI LCVI (L1) 7:00 Word Games with Colleen (AR) 7:15 Rescued by Ruby (TH)	**11 Remembrance Day** *exercises cancelled this morning* 10:30 Remebrance Day Ceremony (L1) 1:45 Bingo 50¢/card (PR) 2:00 Pokeno (AR) 3:15 Music & Seated Exercise (AR) 3:00 Un-Christmas Rehearsal(TH) 7:15 Betrayed (TH)	**12** Bank Trip and Shoreline Casino 9:45 Strength Exercise (AR) 10:30 Coffee Social in the Café Lounge 10:45 Hand Wax Therapy (AR 2:15 Tai Chi (TH) 3:00 Guest Speaker: Local Historian Ian McK McKechnie (AR) 7:15 Just Like Heaven (TH)	**13 Festival of Trees $ 1-3 Tuck** 9:45 Strength Exercise (AR) 10:30 Res.Satisfaction Survery Results (L1) 2:00 Euchre(PR) 2:15 Advanced Darts! (AR) 2:15 Gentle Seated Exercise (TH) 3:00 Documentary: Misha & the Wolves (TH) N 3:30 Reiki Information Session with Marie from 7:00 Skip-Bo (AR) 7:15 The Starling (TH)	**14** Academy: Kenny and Dolly $53 9:30 & 10:15 Aquafit (PL) 10:15 Seated Strength Exercise (AR) 11:00 News & Coffee Social (CL) 2:00 Bingo (AR) 3:15 Finish the Lyrics (AR) 3:15 Sing Along (L2) 7:15 The Heart Knows (TH)
15 1-3:00p Tuck Shop Open Church Transportation Weekly Puzzle in the Café Alestea Mobile Fashion 10-430pm (L1 10:30 Spiritual Reflection (TH) 2:00 Calvary Church Service and and Hymn Sing (TH) 2:15 Bean Bags(AR) 3:00 Music and Trivia (AR) 7:15 The Adam Project (TH)	**16 Giant Tiger AR Closed at 3p.n** Mobile Senior Shop 10-2pm (L1) 9:45 Strength Exercise (AR) 10:30 Coffee Social in the Café Lounge 10:45 Hand Wax Therapy (AR) 1:45 Bingo 50¢/card (PR) 2:00 Food Forum with Jess and Mark (AR) 2:15 Gentle Seated Exercise (TH) 3:00 Show Rehearsal (TH) 7:00Farkle(L1) 7:15 Quincy (TH)	**17 Medical transport 9-4pm** AR Closed for Team Training until 5:00p.m. 9:45 Seated Strength Exercise (TH) 10:30 Coffee Social in the Café Lounge 10:30 St.Mary's Catholic Service(TH) 2:00 Euchre/Scrabble(AR)Euchre (PR) 2:15 Chair Yoga(TH) 3:00Bible Study (TH) 3:00 Cam's Nashville Country Music Program Mocktails, Cocktails & Music! (L1) 7:00 Jeopardy (AR) 7:15 Twister (TH)	**18 1-3:00p Tuck Shop Open** Fifth Ave. Jewelry 11-2pm (L1) Lindsay Little Theatre: Misery $ 9:45 Strength Exercise (AR) 10:45 Name That Tune (L1) 1:30 Knit Witts (D1)1:45 Bingo 50¢/card (PI 2:00 Pokeno (AR) 3:15 Music & Seated Exercise (AR) 3:00 Un-Christmas Show Rehearsal(TH) 7:15 Enola Holmes (TH)	**19** Whitney Town/Tim Hortons 9:45 Strength Exercise (AR) 10:30 Coffee Social in the Café Lounge 10:30 United Church Service (TH) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 Thirsty Thursday! Happy Hour with Rob Murray (L1) 7:15 Wicked (TH)	**20 1-3:00p Tuck Shop Open** 9:45 Strength Exercise (AR) 10:30 Coffee Social in the Café Lounge 10:45 Ladder Ball (AR) 11:30 FireSafety (L2) 2:00 Euchre(PR) 2:15 Advanced Darts! (AR) 2:15 Gentle Seated Exercise (TH) 3:00 Documentary:Grace Kelly (TH)YouTube 3:15 BeginnerDarts!(AR) 7:00 SkipBo(AR) 7:15 Field of Dreams (TH)	**21** 9:30 & 10:15 Aquafit (PL) 10:15 Seated Strength Exercise (AR) 11:00 News & Coffee Social (CL) 2:00 Dollar$ Bingo (AR) 3:15 Scrabble and Board Games (AR) 3:15 Sing Along (L2) 7:15 Blue Jay (TH)
22 1-3:00p Tuck Shop Open Church Transportation Gary's Garden Centre Christmas Mark Weekly Puzzle in the Café 10:30 + 2pm Spiritual Reflection (TH) 2:15 Comedy Hour (L1) 3:00 Hymn Sing with Grace (AR) Dinnertime Music with Don.V (RC) 7:15 The Unforgivable (TH)	**23** 9:45 Strength Exercise (AR) 10:30 Coffee Social in the Café Lounge 10:45 Hand Wax Therapy (AR) 2:30 UnChristmas Christmas Show (L1) Get your ticket from front desk! 7:00 Farkle(AR) 7:15 Sinatra: All or Nothing Part One (TH)	**24 Medical transport 9-4pm** 9:45 Strength Exercise (AR) 10:30 Coffee Social in the Café Lounge 10:30 St.Paul's Anglican Service (TH) 2:00 Euchre/Scrabble(AR)Euchre (PR) 2:15 Chair Yoga(TH) 3:15 Cocktails Mocktails Social (L1) 7:00 Wheel of Fortune(L1) AR Closed at 4pm 7:15 The Last Song (TH)	**25 Bank Transport 1-3:00p Tuck** AR Closed for Team Training until 5:00p.m. 9:45 Seated Strength Exercise (TH) 10:45 Name That Tune (L1) 1:30 Knit Witts (D1) 1:45 Bingo 50¢/card (PR) 3:15 Music & Seated Exercise (AR) 3:00 Un-Christmas Show Rehearsal(TH) 7:15 Catch and Release (TH)	Loblaws 9:45 Strength Exercise (AR) 10:30 Coffee Social in the Café Lounge 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 Thirsty Thursday! with DarleneMcGuine 7:30 UnChristmas Christmas Show reservation needed	**27 1-3:00p Tuck Shop Open** 9:45 Strength Exercise (AR) 10:30 Coffee Social in the Café Lounge 10:45 Giant Bean Bags (AR) 2:15 Gentle Seated Exercise (TH) 2:00 Euchre(PR) 2:15 Advanced Darts! (AR) 3:00 Doc: Bogart-Life comes in Flashes (TH) N 3:15 BeginnerDarts!(AR) 7:00 SkipBo(AR) 7:15 My Father's Violin (TH)	**28** 27-30 Resident Swap/Giveaway 9:30 & 10:15 Aquafit (PL) 10:15 Seated Strength Exercise (AR) 11:00 News & Coffee Social (CL) 2:00 Bingo (AR) 3:15 Sing That Song (AR) 3:15 Sing Along (L2) 7:15 The Bodyguard (TH)
29 1-3:00p Tuck Shop Open Church Transportation Cottage Country Christmas Craft Show Weekly Puzzle in the Café 10:30 + 2pm Spiritual Reflection (TH) 2:15 Washer Toss (AR) 3:00 Doc: Chasing Coral (L1) Dinnertime Music with David.T (SLC) 7:15 Persuasion (TH)	**30 Lindsay Mall** 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 Chef Demo with Mark (AR) 2:15 Gentle Seated Exercise (TH) 3:15 New Resident Social (AR) 7:00 Farkle(A 7:15 Sinatra: All or Nothing Part Two (TH)					

Retirement Community
AR- Activity Room
CL- Café Lounge
DL- Retirement Dining Lounge
L1- Retirement Lounge
PL- Pool
TH- Theatre

Senior Living Community
BR- Billiards Room
L2- SL Lounge, 2nd Floor
D2- SL Dining Rm 2nd Flr
PR- Party Room, 2nd Flr

Everyday in the Party Room
10am Coffe Social
(Bring your own mug)
2-4pm Board Games
7-9pm Board Games
Everyone is Welcome!!

Colour Coding:
IN THE THEATRE
IN THE SENIOR LIVING COMMUNITY
VAN OUTINGS
IN-HOUSE SHOPPING or CLINIC
SPECIAL EVENT!!