Hearing & Balance Clinic

Coming to Adelaide Place on **Dec 8th**.
Call 705-340-5050 to book your appointment.

AVAILABLE SERVICES:

- COMPLIMENTARY HEARING TESTS EVERY 5 YEARS
- COMPLIMENTARY CLEAN & CHECK HEARING AIDS
- COMPLIMENTARY HEARING AID DISCUSSION
- HEARING AID & BATTERY SALES
- WAX REMOVAL
- VERTIGO / DIZZINESS ASSESSMENT



Brent Robinson
Registered Audiologist



Anne Marie Sinasac-Roy
Doctor of Audiology

Fees apply to some services: DVA, WSIB, ADP - Ontario

LINDSAY EAR CLINIC

Health & Safety protocols in place: mandatory masks, screening, disinfection between patients

CALL BEFORE YOU COME - 705-340-5050

www.LindsayEarClinic.com

Adelaide Place



Celebrated this Month...

Movember!
Grow a Moustache Month

Family Christmas Sponsorship
NOW!
Until Dec. 6th

Daylight Savings Time
Nov. 1st

Remembrance Day
Nov. 11th

World Peace Day
Nov. 17th

UnChristmas Christmas Show
Nov 23 & 26th
Ticket needed

Live Music
Nov 5, 19, 26th

Bank Trips
Nov. 12th & 25th

Remembrance Day is the day when we all pay tribute to the people who have fought and fallen to protect our freedom. Adelaide Place is honoured to still have veterans living here with us. We thank all the veterans and are sincerely grateful for their service and sacrifice. Please take a moment this month and come by the Wall of Honour in the Activity Room to gaze among the faces of the amazing Veterans of Adelaide Place, past and present.

We honour these veterans, not only in our Remembrance Day Service on November 11th, but also by proudly wearing a poppy from Nov. 1st through the 11th. Pick yours up at the front desk. After the ceremony, residents are welcome to place their poppy on the wreath by the fireplace.



LEST WE FORGET

Our Ceremony at Adelaide will be in the Retirement Lounge on Wednesday, November 11th at 10:30am.

If you are interested in being a part of the service, or are a veteran attending the service, please speak with Kathryn at ext. 8155 as soon as possible.

If you are a veteran, please call Recreation at ext. 8155, even if you cannot attend our ceremony. Our local Legion branch has asked us to provide them with the number of veterans living at Adelaide Place.

What's Inside...

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****NEW**** Dial ext. "8 66 66" to hear the daily program schedule, including changes to program timing or locations (due to inclement weather for example). Dial ext. "8155" and leave a message to sign up for programs and outings, ask questions, become a volunteer, or anytime you need to speak to someone in the Recreation Department!

Resident Satisfaction Survey Results are in!

Thank you to everyone who participated in our Annual Resident Satisfaction Survey. Your feedback has provided valuable insights that will help guide future improvements and enhance life at Adelaide Place.

We are pleased to invite all residents to attend a special presentation where we will share the survey results, discuss key themes that emerged from your feedback, and outline the action plan developed in response to your comments and suggestions. Please join us on November 13th at 1:00p.m. in the Senior Living Community Dining Room. This is a great opportunity to learn how your feedback is making a difference and to hear about the initiatives planned for the coming months.

See you there!

Adrienne

smiles to you

Meet our team



Trudi Martin-Tate, RDH
Registered
Dental Hygienist

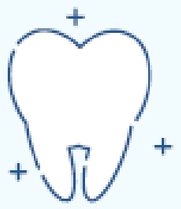


Russell Tate, DD
Denturist

Dental Cleaning and Polishing



Coming to Adelaide on December 10th
Call us to book your appointment! 705 775-5575



Trudi, our Dental Hygienist can assist you in:

Scaling and Polishing
Tooth Whitening
Tooth Desensitizing
Temporary Fillings

(705) 775-5575

No travel. No stress. We come to you.

We accept insurance and CDCP

Wondering if dentures could be right for you?

Contact us today for a free consultation!



(705) 775-5575 www.smilestoyou.com

Un-Christmas Christmas Show is Here!

This year's Un-Christmas Christmas Show is shaping up to be an unforgettable variety show, and you won't want to miss it! Over the past three months, residents and team members have been working hard to prepare an entertaining lineup featuring skits, singing, comedy, poetry, piano performances, and more. There will be two opportunities to enjoy the show:

Monday, November 23 at 2:30 p.m. or Thursday, November 26 at 7:30 p.m.

To allow as many people as possible the chance to attend, we kindly ask that you choose only one performance. Family and friends are welcome! Complimentary tickets are available in advance through the Recreation Department, the Front Desk, or from Marion at ext. 4411. While tickets are free, we encourage guests to make a donation to the Lindsay Little Theatre. All proceeds from donations and 50% of snack and beverage sales during the performances will be donated to support the theatre. Tickets are needed to determine the seating plan for each show.

As an added bonus, everyone who picks up a ticket will be automatically entered into a door prize draw. There will be one winner at each performance. The prize includes two tickets to the Lindsay Little Theatre in 2027, along with a concession voucher to enjoy during the show.

Back by Popular Demand: Christmas Decoration & Item Swap: From Nov. 27-30, tables will be set up in the Lounge for residents to place unwanted items for others to browse and take home. It's a great opportunity to share holiday decorations and household treasures while finding something new for yourself. Accepted items include clothing, household items, books, seasonal decorations, and other small reusable items. Any items remaining at the end of the event on Nov.23 will be boxed up and donated to charity. Please note that DVDs, VHS tapes, televisions, radios, and other electronics cannot be accepted as part of the swap.



On Monday, November 17th, join Mark and Jess for our Food Forum meeting. They want to hear your honest feedback and suggestions for meals at Adelaide Place. They will also provide details and go over any changes or updates in the kitchen.

This is an open food forum; all residents are welcome to attend and participate in the discussion. If you have anything specific you would like them to examine for this meeting, contact Jess or Mark in advance with your recommendations.

Knit Wits Collection Draw!

Once again, the Knit Wits have been hard at work knitting and donating for charity!

On November 4th and 5th from 12p.m. until 4:00p.m, the Knit Wits will be in the Retirement Lounge selling Raffle tickets for the chance to win one of various prizes made by the Knit Wits (just in time for Christmas gifts!). 50% of the proceeds will be donated to the Christmas Family Sponsorship (information on page 8) and the other 50% will be used to purchase more yarn.

Cash Only!! 3 tickets for $5. 00.
There will be 3 draws

Holistic Health FAIR

NEW! Holistic Fair Coming to You on November 3rd from 10am-3pm

In the Retirement Lounge, several local clinics and practitioners are coming to Adelaide Place this Tuesday, including Three Sixty Health, Transitional Whispers and the Horizon Family Naturopathic Clinic. We hope you will stop by and learn more about the health services in your community.



Our Annual Christmas Bazaar coming on TUESDAY, December 8th from 10:00a.m. until 3:00p.m. in the Retirement Lounge and Activity Room

We will have lots of vendors, as well as hot chocolate (with a donation to the Christmas Family Sponsorship) and Christmas music! Don't finish your Christmas shopping without stopping here first! Support local vendors and fellow residents, all while also scratching items off your own to-do list!

Other options for In-House Shopping in November

Lucy Gray Alterations – On Monday, Nov. 2nd and Nov. 30th from 1-4:00p.m. Need a quick fix or alterations to your holiday outfit? Don't leave it to the last minute!

Just in time for any last min wardrobe additions and gifts:
Alestea Mobile Fashion – On Sunday, Nov. 15th, from 10:00a.m. until 4:30p.m.
Mobile Senior Shop – On Monday, Nov. 16th from 10:00a.m. until 2:00p.m.

5th Ave. Jewelry – Wednesday, Nov. 18th from 11-2:00p.m. shop for that perfect piece of jewelry or accessory for that special someone, or to complete your outfit!

The Nashville Sound

Great Music from a Memorable Time

Tuesday, November 17th, at 3:00p.m.
In the Retirement Community Lounge

It was in the 1950s and 60s that guitarist, Chet Atkins and record producer, Owen Bradley introduced the Nashville sound to country music, creating a new, softer sound.

Performers include Glen Campbell, Patsy Cline, Merle Haggard, Johnny Cash, Anne Murray, Roger Miller, Bobby Bare, Ray Price and Willie Nelson.

Country rock is the current western music sound. The Nashville sound was a unique and major change in country music and still has its fans.

We hope you're among them.

Free Mocktails and $4 Cocktails will be available in the Activity room, should you like to sip on something sweet while you enjoy the music!



Animals on a Short Leash: For safety, pets must be kept on a leash at all times when out of your suite. PLEASE keep your pets on a short leash. This includes animals who live here and who are just visiting. When allowed a long leash, it can become a tripping hazard. We ask you to inform your visitors before they come about this, as they may not realize the potential risks.

Upcoming at Academy Theatre!

ELF The Musical – Nov. 26th at 7:30p.m. Packed with laughs, heart, dazzling musical numbers, and plenty of holiday spirit, *ELF The Musical* is a festive treat for the whole family. Whether you're a longtime fan of the movie or discovering Buddy's story for the first time, this joyful production is sure to become part of your holiday traditions. $39.00 per ticket and selling out FAST!

Kenny and Dolly – Nov. 14th at 7:30p.m. – Get ready for an unforgettable evening of country music magic! "Real Love" the world's #1 Kenny Rogers and Dolly Parton Tribute Show is performed by award-winning country artists Alan Turner and Laurie Lynn. This concert promises to be a night filled with classic hits and the timeless charm of two country music legends. $53.00 per ticket.

Elvis' Wonderful World of Christmas - DEC. 13th at 7:30p.m. - Featuring Steve Michaels CELEBRATE CHRISTMAS MAGIC! Steve Michaels returns in The Wonderful World of Christmas: Legacy Tour, a powerful and heartfelt holiday tradition celebrating the world's very first icon - Elvis Presley. $53.00 per ticket

Call 8155 to reserve your ticket for the Academy Theatre NOW! All three shows begin at 7:30p.m., so we will plan to leave at 7p.m. We purchase tickets from the theatre. You have the option to pay in cash or have us add the cost to your monthly bill.

Transitional Whispers

transitionalwhispers.com
(705) 879-2954
info@transitionalwhispers.com



Have you always wondered "What is Reiki?"

Reiki is a gentle, non-invasive, energy healing practice that encourages relaxation and supports your body's natural ability to restore balance.

Through light touch or hands held just above the body, Reiki helps calm the nervous system and ease stress. It can be done sitting in a chair or laying down, no clothing needs to be removed.

Reiki is not affiliated with any religions but neither is it opposing any religions.

- Gentle Pain Management
- Promote Relaxation
- Support Emotional Connection
- Increase Mental Clarity

Peace. Balance. Renewal.

Coming up Information Session with Marie South!
Watch for the Poster with the date and time

Meet Marie at the Holistic Health Fair on Nov. 3rd or contact her to book an in-house Reiki Session

Adelaide Gives Back

Our Adelaide Place community once again has come together to do great things! We are so proud to call Adelaide OUR PLACE! Our home, and our place of work. Our place to meet new people, make new friends. Our place to chat and laugh. To eat, laugh and play! To get up to GOOD! The amount of GOOD we have gotten up to in the last 15½ years is truly something impressive and we hope you are all proud of your part in it!

We would like to thank all the residents, family and friends who attended SeniorFest in September, participated in our Thanksgiving Pie Auction in October, and gave monetary or non-perishable food donations this year for the KLFS. With your help, we raised a total of **$6,000**! This money is being distributed to 3 charities: The Elder Abuse Prevention Network, Humane Society of Kawartha Lakes, and Kawartha Lakes Food Source.

Good Samaritans' Operation Christmas: We filled THIRTY Good Samaritan shoeboxes last month and donated a large bag of even more items for the volunteers to add to more boxes. We also raised $655.00! Enough money to ship all the boxes and purchase more items! These boxes will be sent to children in underprivileged countries for Christmas. For most of these children, this will be the only gift they receive. Thank you everyone who contributed and helped fill the boxes!

AND WE AREN'T DONE YET!

Sponsoring Families for Christmas: This Christmas, through the Women's Resources, we are sponsoring a single mother with 7 children, and two single women who are alone this Christmas and wouldn't otherwise receive any gifts at all.

Women's Resources assist local women and children with housing, counselling, support groups, and more! They are a wonderful local non-profit charitable organization which we are proud to support each year.

Starting November 6th, we will post the gift wish lists and start collecting donations. The list of items requested will be posted outside the Activity Room door and in the SLC lobby. All donations need to be in by December 6th. Ways you can help:

-Purchase and donate items from the list and clearly label which family member it is meant for. Items must be new.

-Donate gift wrap supplies.

-Make a cash donation, which will be used to purchase items from the wish list. CASH donations only. The donation box will be at the front desk.

-Help sort the gifts for the families and help us wrap gifts for the women on December 7th. We don't wrap the gifts for the children. The mother likes to know what they are getting and enjoy wrapping the gifts for her children.

Birthdays
NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 Bruce E Judy W	2	3	4 Tammy. M	5 Barb. M Emeilia Krystal Tamara S	6 G.T Jack. T Emeilia	7
8 Angelina Marcus	9	10	11 Dorthy. M Lori. D	12 Piper. S	13	14
15 Harpreet	16 Ray. T	17	18 Betty. D	19	20 Don/ H	21 Bertha. G
22	23	24	25 Alex. H Harleigh	26	27 Paul. C	28 Hazel. R Haripriya
29 Bill. W	30					

Retirement Birthdays
Senior Living Birthdays
Team Member Birthdays

Fire Safety Q&A Information Session

Every month, the Senior Living Community has a Fire Safety Information Session, with time for questions. During this information session, we discuss the Fire Safety and Evacuation Plan and answer any questions you may have. This can be very helpful as you can ask questions specific to you, such as where the closest exit is to your suite.

We can also go for a personalized Building Safety Walkthrough afterwards, if you would like to see exits, stairwells, outdoor meeting place at the flagpole, etc. You tell us what you explicitly want to see. The walkthrough is not mandatory. You can come for the information session only.

The next one will be on Friday, November 20th at 11:30a.m. in the Lounge outside the Party Room.

Have you been living here a long time? It might be good to come and refresh your memory so you know what to do when you hear the alarm.

Are you new here and unsure of what to do or where to go in the event of a fire? You get a lot of information when you first move in! This can be a good time to make sure you understand exactly what you should do.

You've come before… but that was a long time ago… Maybe it's time for an update!

We hope to see you there!



Monthly Blood Pressure Clinic!

Watch for upcoming RSV and Covid Vaccine Clinics!

Our monthly Blood Pressure Clinic is on November 26th. Sign up through the Wellness, ext. 8185.

Foot Care clinic: Call the Wellness Dept. for information about the cost or to book your appointment with Marie, the footcare nurse.

Trip to Kawartha Settler's Village Festival of Trees

On Friday, November 13th we will be going to Kawartha Settler's Village in Bobcaygeon to walk through the village and see the trees and lights at night. Cost is $15 per person.

Festival Highlights:
Hundreds of beautifully decorated trees, wreaths and other donated items available through raffles, silent auction and live auction
Magical wagon rides through the Village
Children's activities and holiday fun
The General Store featuring unique gifts
Delicious treats from the Snack Shack + Café
A special visit from Santa Claus!

This event opens at 5pm, so you will need to eat dinner early or grab something from the Village café. Talk to Recreation for options when you sign up.

ACTIVITY ROOM CLOSURES FOR TRAINING:

We have our Team annual training for the team coming up, so you will notice some Activity Room closures on the calendar in November and December.

As we have a very large team now, we need to take over the Activity room to accommodate everyone across several days.
Thank you for sharing your space with us!

From Monday November. 16th at 3p.m. until 5p.m. on Wednesday, Nov. 17th

From Tuesday, November. 24th at 4p.m. until 5p.m. on Wednesday, Nov. 25th

Tuesday, December 1st from 12:00 p.m. until 11:30 p.m.

Thursday, December 10th from 12:00 p.m. until 11:30 p.m.

November Recreation Calendar

Adelaide Place
Senior Living Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 Alestea Mobile Fashion 10am-4:30pm (L1) Church Transportation 10:30 Spiritual Reflection(TH) 2:00 Calvary Church Service and Hymn Sing (TH) 2:15 Bean Bags (AR) 3:00 Music and Trivia (AR) 7:15 The Adam Project (TH)	**16** Activity Room Closes at 3pm Mobile Senior Shop 10-2pm (L1) Trip to Giant Tiger 9:45 Strength Exercise (AR) 10:45 Paraffin 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 UNChristmasRehearsal(TH) 7:00 Farkle (AR) 7:15 Quincy (TH)	**17** *Activity Room Closed until 5pm* Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 St. Mary's Anglican Service 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga 3:00 Bible Study 3:00 Cam's Nashville Country Music Program with Cocktails & Mocktails (L1) 7:00 Jeopardy! (AR) 7:15 Twister (TH)	**18** 5th Avenue Jewelry 11-2pm (L1) 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Wits (DL) 1:45 Bingo 50¢/card (PR) 2:00 Pokeno (AR) 3:00 UNChristmasRehearsal(TH) 3:15 Music & Seated Exercise(A 7:15 Enola Holmes (TH)	**19** Transitional Whispers Call to book: 705 879-2954 Whitney Town Centre and Tim Hortons 9:45 Strength Exercise (AR) 10:30 United Church Service 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 Thirsty Thursday with Rob Murray (L1) 7:15 Wicked (TH)	**20** 9:45 Strength Exercise (AR) 10:45 Ladder Ball (AR) 11:30 Fire Safety Information Session (L2) 2:00 Euchre (PR) 2:15 Advanced Darts! (AR) 2:15 Gentle Seated Exercise(TH 3:00 Documentary: Grace Kelly: Behind the Glamour and the Crown (TH) 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Field of Dreams (TH)	**21** 9:30 & 10:15 Aquafit Class (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 Weekly Puzzle in the Café Church Transportation Gary's Garden Centre Christmas Market 10:30 & 2:00 Spiritual Reflection (TH) 2:15 Comedy Hour (L1) 3:00 Hymn Sing w/ Grace (AR) *Dinnertime Music (D1)* 7:15 The Unforgivable (TH)	**23** 9:45 Strength Exercise (AR) 10:45 Paraffin Wax Therapy (AR) 2:30 UNChristmas Christmas Show – Get Tickets in Advance 7:00 Farkle (AR) 7:15 Sinatra: All or Nothing Part One (TH)	**24** Activity Room Closes at 4pm Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 St. Paul's Anglican Service 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:15 Cocktails & Mocktails Social (L1) 7:00 Wheel of Fortune (L1) 7:15 The Last Song (TH)	**25** *Activity Rm Closed until 5pm* Bank Transportation 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Wits (DL) 1:45 Bingo 50¢/card (PR) 2:00 Pokeno (AR) 3:00 Show Rehearsals (TH) 3:15 Music & Seated Exercise(A 7:15 Catch and Release (TH)	**26** Trip to Loblaws 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Hand Therapy Treatments (AR) 2:15 Tai Chi (TH) 3:00 Thirsty Thursday with Darlene McGuiness (L1) 7:30 UNChristmas Christmas Show - Get Tickets in Advance -	**27** 9:45 Strength Exercise (AR) 10:45 Giant Bean Bags (AR) 2:00 Euchre (PR) 2:15 Advanced Darts! (AR) 2:15 Gentle Seated Exercise(TH 3:00 Documentary: Bogart: Life Comes in Flashes (TH) 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 My Father's Violin (TH)	**28** 9:30 & 10:15 Aquafit Class (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 Weekly Puzzle in the Café Church Transportation Cottage Country Christmas Craft Show 10:30 & 2:00 Spiritual Reflection (TH) 2:15 Washer Toss (AR) 3:00 Documentary: Chasing Coral (L1) *Dining Room Music at Suppertime (D2)* 7:15 Persuasion (TH)	**30** Trip to Lindsay Mall 9:45 Strength Exercise (AR) 10:45 Paraffin Wax Therapy (AR) 1:45 Bingo 50¢/card (PR) 2:00 Chef Demo with Mark (AR) 2:15 Gentle Seated Exercise(TH) 3:00 UNChristmasRehearsal(TH) 3:15 New Resident Social – *All Residents Welcome! (L1) 7:00 Farkle (AR) 7:15 Sinatra: All or Nothing Part Two (TH)	**Program Locations** Retirement Community AR – Activity Room D1 – Retirement Dining Rm DL – Ret. Dining Lounge L1 – Retirement Lounge PL – Pool TH – Theatre Senior Living Community L2 – Senior Living Lounge BR – Billiards Room PR – Party Room D2 – Senior Living Dining Room	**Colour Coding:** Van Outings In the Senior Living Community In the Theatre In-House Shopping and Clinics Special Events!	**Everyday in the Party Room** 9:30 Coffee Social Bring your own mug! 2-4pm Board Games 7-9pm Board Games Everyone is Welcome!!	**Tuck Shop** The Tuck Shop is open on: Sundays, Wednesdays, Fridays from 1:00 to 3:00pm If you are interested in volunteering in the Tuck Shop, speak with Kathryn, ext. 8155

November Recreation Calendar

Senior Living Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Time **Turn Your Clocks Back One Hour** Weekly Puzzle in the Café Church Transportation 9:30 Coffee Social (PR) 10:30 Spiritual Reflection 2:00 Calvary Church Service & Hymn Sing (TH) 3:00 Ladder Ball (AR) 7:15 Taking Sides (TH)	**2** Walker Bags by Fiona 10am-2pm Trip to Loblaws 9:45 Strength Exercise (AR) 9:30 Coffee Social (PR) 10:45 Paraffin Wax Hand Therapy Treatments (AR) 1:45 Bingo 50¢/card (PR) 2:15 Gentle Seated Exercise(TH) 3:00 UNChristmas Rehearsal (TH) 7:00 Farkle (AR) 7:15 Concert: Simon and Garfunkel Live from Central Park 1981 (TH)	**3** Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 9:30 Coffee Social (PR) 10:30 St. Mary's Catholic Service 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Play Card Games with Students from LCVI (AR) 3:15 Cocktail & Mocktail Social (L1) 7:00 Set Design Project with Adrienne! (AR) 7:15 Green Fingers (TH)	**4** 9:45 Strength Exercise (AR) 9:30 Coffee Social (PR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Pokeno! (AR) 3:00 UNChristmasRehearsal(TH) 3:15 Music & Seated Exercise (AR) 7:15 A Dog's Journey (TH)	**5** Dollarama/Food Basics 9:45 Strength Exercise (AR) Party Room Closed for Meeting 10-11:00am 9:30 Coffee Social (PR) 10:45 Paraffin Wax Hand Therapy Treatments (AR) 2:15 Tai Chi (TH) 3:00 Thirsty Thursday with John Turner (L1) 7:15 Against Their Will (TH)	**6** Academy Theatre: ABBA 9:45 Strength Exercise (AR) 9:30 Coffee Social (PR) 11:45 Upcoming Activities Information (L2) 2:00 Euchre (PR) 2:00 Advanced Darts! (AR) 2:15 Gentle Seated Exercise (TH) 3:00 Doc: Audrey (TH) Netflix 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Purple Hearts (TH)	**7** 9:30 & 10:15 Aquafit Class (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 Weekly Puzzle in the Café Church Transportation 9:30 Coffee Social (PR) 10:30 & 2:00 Spiritual Reflection (TH) 2:15 Indoor Shuffleboard (AR) 3:00 Hymn Sing with Grace (AR) 7:15 Valiant Hearts (TH)	**9** 9:45 Strength Exercise (AR) 9:30 Coffee Social (PR) 10:45 Paraffin Wax Therapy (AR) 1:45 Bingo 50¢/card (PR) 2:15 Gentle Seated Exercise(TH) 3:00 UNChristmas Rehearsal (TH) 7:00 Farkle (AR) 7:15 Double Concert: Vera Lynn 1977 and 2020 (TH)	**10** Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 9:30 Coffee Social (PR) 10:30 St. Paul's Anglican Service 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Resident Social with Students from LCVI (L1) 7:00 Word Games with Colleen (AR) 7:15 Rescued by Ruby (TH)	**11** 9:45 Strength Exercise (AR) 9:30 Coffee Social (PR) 10:30 Remembrance Day Ceremony (L1) 1:30 Knit Wits (DL) 1:45 Bingo 50¢/card (PR) 2:00 Pokeno (AR) 3:00 UNChristmasRehearsal(TH) 3:15 Music & Seated Exercise (A 7:15 Betrayed (TH)	**12** Bank Transportation Whitney Town Centre 9:45 Strength Exercise (AR) 9:30 Coffee Social (PR) 10:45 Paraffin Wax Hand Therapy Treatments (AR) 2:15 Tai Chi (TH) 3:00 Guest Speaker: Historian Ian McKechnie (AR) 7:15 Just Like Heaven (TH)	**13** 9:45 Strength Exercise (AR) 9:30 Coffee Social (PR) 1:00 Resident Satisfaction Survey Results (D2) 2:0 Euchre (PR) 2:00 Advanced Darts! (AR) 2:15 Gentle Seated Exercise (TH) 3:00 Documentary: Misha and the Wolves (TH) 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 The Starling (TH)	**14** 9:30 & 10:15 Aquafit Class (PL 9:30 Coffee Social (PR) 10:15 Seated Strength Exercise (AR) 11:00 News & Coffee Social(CL 2:00 Dollar $ Bingo (AR) 3:15 Finish the Lyrics (AR) 3:15 Sing Along (L2) 7:15 The Heart Knows (TH)

