

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">November 2024</h1>					Hairdresser Today 10:15(C)JAVA Music Club 2:00(CL) Happy Hour with Ken Lighthouse 	2:00(C)(N) Movie: The Rewrite 2:00(CL)Cribbage 7:00(C)(N) Movie: All Saints
10:30(C)(yt) Hymn Sing 3 2:00(C)(N) Movie: Whiplash 	Hairdresser Today Shuttle Today Warmth Tree Donations 10:00(C)Church Service 10:00TRIP *Sign up*Giant Tiger 2:00(C)Remembrance Day Craft 3:15(C)Outdoor Stroll	Esthetician Today 5 10:30(C)Brain Joggers 1:20(C) Funny Animal Videos 2:00(C)Bingo 3:30(C)DRUMBALL 7:00(C)Toast Masters	Hairdresser Today Shuttle Today 6 11:00-1:00(F)L Essential Mobility Vendor 10:00 Trip *Sign up*Dollartree 2:00-3:00(C)Mobile Dental Hygiene Service Presentation	11:00(C)Seated Dance 2:00(C)Painting Class 3:30(C)Outdoor Strolls 3:30(F)L)Dog Visits with Hank	Hairdresser Today Shuttle 8 10:30*TRIP Sign Up* Talk & Tea: Brahms 10:15(C)JAVA Music Club 2:00(CL) Happy Hour with Kim Atkins	2:00(C)(N) Movie: Breathe 9 2:00(CL)Cribbage 7:00(C)(N) Movie: Why Him?
10:30(C)(yt) Hymn Sing 10 2:00(C)(N) Movie: The Union	Hairdresser Today Shuttle Today 11 10:00TRIP *Sign up*Walmart 10:00(CL/C) Remembrance Day Service on TV 2:00-3:00pm(C) Remembrance Day Presentation with Brian Lowe <small>Veterans Day Remembrance Day (Canada)</small>	Esthetician Today 12 10:30-11:30(C)Brain Exercise Initiative 1:20(C) Funny Animal Videos 2:00(C)Bingo 3:30(C)DRUMBALL 6:30(CL)Vocal Point Choir Performance 7:00(C)Toast Masters	Hairdresser Today Shuttle Today 13 Animal Service 10:00Trip *Sign up*Copper Kettle Café 2:00-3:00(CL)Apple Cider Social with French Toast	10:00(L)Exploring Scripture 11:00(C)Seated Dance Class 2:30-3:00(C/L) Glamour Gals 3:30(F)L)Dog Visits with Hank	Hairdresser Today 15 10:15(C)JAVA Music Club 2:00(CL) Happy Hour with Cameron Caton	2:00(CL)Cribbage 16 7:00(C)(N) Movie: Meet the Parents <i>*Cottage Rented out 2pm-5pm*</i>
10:30(C)(yt) Hymn Sing 17 2:00(C)(N) Movie: The Call of the Wild	Hairdresser Today Shuttle Today 18 10:00(C)Church Service 10:00TRIP *Sign up* Shoppers 2:00(C)Holiday Crafts Workshop 3:30(C)DRUMBALL	Esthetician Today 19 10:30-11:30(C)Brain Exercise Initiative 1:20(C) Funny Animal Videos 2:00(C)Bingo 7:00(C)Toast Masters	Hairdresser Today Shuttle Today 20 10:30 Trip *Sign up* Lunch At Swiss Chalet 10:30-2:00(F)L)Cobs Vendor 1:00(C)Technology Help 2:00(C)Jeopardy 3:30(C)(YT)Documentary: <i>The Amish Way of Life</i>	11:00(C)Seated Dance 2:00-3:30(CL) "How to Begin Your Moving Journey" Presentation with Ladies of Royal LePage Event 3:30(F)L)Dog Visits with Hank	Hairdresser Today Shuttle 22 10:15(C)JAVA Music Club 2:00(CL) Happy Hour with Jack Daniel's Show	2:00(C)(N) Movie: Vicky and her Mystery 23 2:00(CL)Cribbage 7:00(C)(N) Movie: My Fathers Violin
10:30(C)(yt) Hymn Sing 24 2:00(C)(N) Movie: The Boy who Harnessed the Wind	Hairdresser Today Shuttle Today 25 10:00(C)Church Service 10:00TRIP *Sign up*Scenic Drive 2:00(C)Christmas Decorating 3:30(C)(TY)Documentary: <i>Egypt's Ancient Empire: Nile River</i>	Esthetician Today 26 10:30-11:30(C)Book Club Discussion 1:20(C) Funny Animal Videos 2:00(C)Bingo 3:30(C)DRUMBALL 7:00(C)Toast Masters	Hairdresser Today Shuttle Today 27 10:00 Trip *Sign up*Winners 2:00-3:30(CL)Sips&Soups Open House 3:30(C)(YT)Documentary: <i>Switzerland's Strict Society</i>	10:00-3:00(F)L) Christmas Vendor 10:00(L)Exploring Scripture 11:00(C)Seated Dance 2:00(C)Townhall Meeting 3:15(C)Food Meeting 3:30(F)L)Dog Visits with Hank <small>Thanksgiving Day</small>	Hairdresser Today 29 10:15(C)JAVA Music Club 2:00(CL) Happy Hour with Paula French	2:00(C)(N) Movie: Anne Nicole Smith 30 2:00(CL)Cribbage 7:00(C)(N) Movie: The Holiday in the Vineyards

Caroline Place Retirement Residence (905) 548-7660 ext. 154 118 Market Street, Hamilton ON Recreation Manager: Roxy Vandennenden

Trips:

- Giant Tiger
- Walmart
- Dollar tree
- Copper Kettle Café
- Hamilton Philharmonic: *Brahms*
- Shoppers
- Lunch at Swiss Chalet
- Scenic Drive
- Winners

EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30AM-10:30AM	GENERAL EXERCISE (CAFE)	GENERAL EXERCISES (CAFE)	SEATED TAI CHI (COTTAGE)	GENERAL EXERCISE (CAFE)	
10:30AM-11:30AM	RACKET BALLOON (CAFE)	ADVANCED EXERCISES (CAFE)		ADVANCED EXERCISE (CAFE)	
10:45AM-11:45AM			GENERAL EXERCISE (CAFE) VON-Cedric		GENERAL EXERCISE (CAFE) VON-Rushabh
1:00PM-2:00PM	ADVANCED EXERCISE (CAFE) VON-Emily				

S	A	S	P	D	B	F	G	C	E	A	H
C	S	Q	U	I	R	R	E	L	J	C	I
A	K	U	M	L	A	M	N	E	P	O	S
R	Y	A	P	W	K	V	H	A	U	R	T
E	Z	S	K	A	E	B	A	F	C	N	J
C	L	H	I	J	H	G	R	A	I	N	A
R	K	M	N	K	I	G	V	E	F	D	C
O	P	N	H	E	D	G	E	H	O	G	K
W	Q	S	R	T	U	X	S	W	Q	Y	E
C	H	E	S	T	N	U	T	A	D	Z	T

SQUIRREL	CHESTNUT	SCARECROW
ACORN	HARVEST	RAKE
PUMPKIN	RAIN	SQUASH
LEAF	HEDGEHOG	JACKET

November

EVENTS!

- Daylight Saving Time Ends
- McMaster Students running Brain Exercise Initiative
- Remembrance Day Presentation with Brian Lowe
- Apple Cider Social with French Toast
- Holiday Craft Workshop
- Essential Mobility Vendor
- Cobs Bread Vendor
- Presentation with Royal LePage
- Open House Event
- Glamour Gals
- Vocal Point Choir Performance
- Christmas & Holiday Vendor
- Christmas Decorating (last week)

Caroline Place is home for **EVERYONE**

Each of you is special and important to us. You all came home to Caroline Place for different reasons and with varying needs, strengths, and vulnerabilities. One of the important factors of living in a community setting like ours where over 100 residents call home is inclusion. Everyone deserves to feel part of the family regardless of their health situation. Despite that, we periodically hear comments like "This is becoming like a nursing home!" or "Why are there so many walkers here?" or a favorite of ours "There are so many old people here!".

As someone who has been part of this family since the beginning, these comments sadden us. I am very proud of Caroline Place's "Aging in Place" mantra. One day, you may personally be very grateful for our aging in place policy because this is your home!

Most residents make the move to Caroline Place and plan for this to be their forever home. We are here to support that desire, as long as it is safe to do so. That is why we offer a variety of services to suit changing needs along the way.

I know that many of you are already demonstrating inclusion. Thank you to those who already do not judge a book by its cover and refrain from comments that may hurt other's feelings. I am confident that we can be a home full of acceptance for all residents.

I am proud to be part of the Caroline Place family, and I hope you are too!

Anamaria Marinic – General Manager