

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday

November Is Men's Health Month –

November 2024

HONORING OUR VETERANS NOVEMBER 5 -11 VETERANS WEEK

2 PM Sunday Matinee: Resident's choice
3 pm Resident Social Tea
4 pm Trivia/6:40 Bridge



Daylight Saving Time Ends

FALLBACK

3 9:30 Fall prevention Exer
10: 30 Arts & Crafts W Barb
1:45 **CLIFFCREST PLAZA**
1:30 PM Destination 101
Movie: French Exit
3 pm Euchre Social Tea
4 pm Resident Directed Trivia
6:40 Bridge Club & Board Games and Darts

4 9:30 High Level Exercise
10:30 Hand Therapy AR
11:30 MEDITATION
1.45 Mahjong in honor of MK
2 pm Sing Along with Patrick
3 pm Resident Social Tea
3 pm Euchre/4 pm Trivia
6:40 Bridge Club & Board Games and Darts

5 9:30 High Level Exercise
10:30 am Seated Tai Chi & Yoga
2 PM P.M. ULSTER ACCORDION BAND REMEMBRANCE SHOW
3 pm Euchre/3 pm Social Tea
4 pm Resident Directed Trivia
6:40 Bridge Club & Board Games and Darts
NACHO DAY

6 9:30 - 10:30 am Balance and Falls Prevention Exercises
10:30 am Table Games w Barb
11 am Catholic Communion
2 pm Bingo/ 2 pm Mahjong
3 pm Social Tea/3 pm Euchre
4 pm Trivia/6:40 Bridge Club & Board Games and Darts
International Stout Day

7 9:30 - 10:30 am Balance and Falls Prevention Exercises
10.30 Stay Sharp Fit Minds
2pm SAL AND VINNIE
2 pm Mahjong
3 pm Social Tea/3 pm Euchre
4 pm Trivia/6:40 Bridge Club & Board Games and Darts
Diwali (Hindu)

8 9:30 Pump It Up Exercise
10:30 am Hand Therapy
11 am SJA Therapy Dog Visit
11:30- Tai Chi/12:30 Yoga
2 pm BINGO/3Pm Social Tea
3pm Destination 101 History of Salt
4pm Trivia/6:40 Bridge Club & Board Games & Darts

1-3 PM **GENERATIONAL PATHWAYS PAINTING EVENT**
3 pm Resident Social Tea
4 pm Res. Directed Trivia
6:40 Bridge Club

10 **Remembrance Day**
9:30 Fall prevention Exer.
10: 30 Arts & Crafts
Movie: Hyena Road.
3 pm Euchre & Social Tea
4 pm Resident Directed Trivia
6:40 Bridge Club & Board Games and Darts
Veterans Day Remembrance Day (Canada)

11 9:30 High Level Exercise
10:30 Hand Therapy AR
11:30 MEDITATION
1.45 Mahjong in honor of MK
2 pm Sing Along with Patrick
3 pm Resident Social Tea
3 pm Euchre/4 pm Trivia
6:40 Bridge Club & Board Games and Darts
Chicken Soup For The Soul Day

12 9:30 High Level Exercise
10:30 am Tai Chi & Yoga
2 PM BINGO AR
3 pm Euchre/3 pm Social Tea
4 pm Trivia
6:40 Bridge Club & Board Games and Darts
World Kindness Day

13 9:30 am Falls Prevention Exe
10:30 am Table Games - Barb
11 am Catholic Communion
2 PM Fire Prevention Presentation and Bingo
2 pm Mahjong in honor of MK
3 pm Social Tea/3 pm Euchre
4 pm Resident Directed Trivia
6:40 Bridge Club & Board Games and Darts

14 9:30 - 10:30 am Balance and Falls Prevention Exercises
10:30 Stay Sharp Fit Minds
3 PM ESTHER AND RUDI
3 pm Resident Social Tea
3 pm Euchre SS/4 pm Trivia
6:40 Bridge Club & Board Games and Darts
HAPPY BIRTHDAY CEDRIC A

15 9:30 Exer/10:30 am Hand Ther
11 am SJA Therapy Dog Visit
11:30- Tai Chi/12:30 Yoga
2 pm BINGO/3 Pm Social Tea
3pm Destination 101 **How the French Revolution Changed French Cuisine**
4 pm Trivia/6:40 Bridge Club & Board Games and Darts

1:30 SUNDAY MATINEE In the (Library) **EAT PRAY LOVE**
3 pm Resident Social Tea
4 pm Trivia
6:40 Bridge Club & Board Games and Darts
HOMEMADE BREAD DAY
HAPPY BIRTHDAY MARION C

17 9:30 Fall prevention Exer
10:30 Arts & Crafts with Barb
1:45 EGLINTON SQ
1:30 PM Destination 101 THE WONDERS OF FRANCE
3 pm Euchre/3 pm Social Tea
4 pm Resident Directed Trivia
6:40 Bridge Club & Board Games and Darts

18 9:30 High Level Exercise
10:30 Hand Therapy AR
11:30 MEDITATION
1.45 Mahjong in honor of MK
2 pm Sing Along with Patrick
3 pm Resident Social Tea
3 pm Euchre/4 pm Trivia
6:40 Bridge Club & Board Games
INTERNATIONAL MEN'S DAY
HAPPY BIRTHDAY BRIAN R

19 9:30 High Level Exercise
10:30 am Tai Chi & Yoga
10am Canadian Hearing Services Hearing Screening Clinic (Private Dining Room)
Sign up at Reception
3 pm Euchre/3 pm Social Tea
4 pm R D Trivia/6:40 Bridge Club & Board Games & Darts

20 9:30 Am Falls Prevention Exe
10:30 Am Table Games
11 Am Catholic Communion
11 AM Service W Rev. David
2PM Bingo AR/2 Pm Mahjong
3 Pm Euchre
4 Pm Resident Directed Trivia
6:40 Bridge Club & Board Games & Darts

21 9:30 - 10:30 am Balance and Falls Prevention Exercises
10.30 Fit Minds
2 pm Osteoporosis Canada Bone Health Presentation
3 pm Social Tea/3 pm Euchre
4 pm Resident Directed Trivia
6:40 Bridge Club & Board Games and Darts
WORLD HELLO DAY

22 9:30 Exercise/Hand Therapy
11 am SJA Therapy Dog Visit
11:30- Tai Chi/12:30 Yoga
2 pm BINGO/3 Pm Social Tea
3-pm Destination 101 12 Most Beautiful Towns in the South of France
4 pm Resident Directed Trivia
6:40 Bridge Club & Board Games and Darts
HAPPY BIRTHDAY ROBERT B

1-3 PM **GENERATIONAL PATHWAYS BINGO EVENT**
3 pm Social Tea/4 pm Trivia
6:40 Bridge Club & Board Games and Darts
Celebrate Your Unique Talent Day
7pm Sun. Night Men's Club (new) Library – Movie OF YOUR CHOICE

24 9:30 Fall prevention Exercise
10: 30 Arts & Crafts with Barb
1:45 WALMART
1:30 MOVIE: CHOCOLAT (2000)
3 pm Euchre
3PM Social Tea
/4 pm Trivia
6:40 Bridge Club & Board Games and Darts
PARFAIT DAY

25 9:30 High Level Exercise
10:30 Hand Therapy AR
11:30 MEDITATION – Chap.
1.45 Mahjong in honor of MK
2 pm Sing Along with Patrick
3 pm Resident Social Tea
3 pm Euchre
4 pm Trivia
6:40 Bridge Club & Board Games and Darts

26 9:30 Pump It Up High Level
10:30 am Seated Tai Chi & Yoga
2 PM BINGO AR
3:30 resident Town Hall Meeting/food For Thought
3 pm Social Tea
4 pm Resident Directed Trivia
6:40 Bridge Club & Board Games and Darts
HAPPY BIRTHDAY VIVIAN W

27 9:30 am Falls Prevention Exe
10:30 Table Games with Barb
11 am Catholic Communion
2PM NOVEMBER BABIES BIRTHDAY PARTY w TONY
2 pm Mahjong in honor of MK
3 pm Euchre
4 pm Trivia/6:40 Bridge Club & Board Games and Darts

28 9:30 - 10:30 am Balance and Falls Prevention Exercises
10.30 Stay Sharp Fit Minds
2 pm LIANNE HARRIS PRESENTS
3 pm Social Tea/3 pm Euchre
4 pm Resident Directed Trivia
6:40 Bridge Club & Board Games and Darts
BLACK FRIDAY

29 9:30 Exercise/Hand Therap
11am Therapy Dog Visit
11:30- Tai Chi/12:30 Yoga
2 pm BINGO/3 Pm Tea
3pm Destination 101: Nine Influential Women Of French History
4 pm Trivia/6:40 Bridge Club & Board Games and Darts
HAPPY BIRTHDAY PAULA R