



November 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>3</p> <p>1:30 Volleyball</p> <p>3:45 Helping Hands</p>	<p>4</p> <p>10:45 Bocce ball & Mental aerobics</p> <p>1:30 Music with Jean Bedard</p>	<p>5</p> <p>10:30 Music/Joan (CC) Zumba (AL)</p>	<p>6</p> <p>10:45 Arts & Crafts Residential Council Meeting</p> <p>CC 1pm - AL 2pm</p>	<p>7</p> <p>11:10 Gold Chair Zumba</p> <p>1:30 Music with Steve & Sherry</p>	<p>8</p> <p>10:45 Yoga with Amy</p> <p>1:30 Word Game</p>	<p>9</p> <p>10:45 Soccer</p> <p>1:30 Tea & Trivia</p> <p>3:45 Music w/ Michelle</p>
<p>10</p> <p>10:45 Hand Chimes</p> <p>1:30 CLA Church</p> <p>3:45 Bat & Balloon</p>	<p>11</p> <p>Remembrance Day</p> <p>10:45 Remembrance Day Ceremony (AL)</p> <p>1:30 Bocce Ball</p>	<p>12</p> <p>10:45 Music therapy with Maryann</p> <p>1:30 Music with Claddaugh clan</p>	<p>13</p> <p>10:45 Active Game</p> <p>1:30 Reminiscing/ Guess who</p>	<p>14</p> <p>11:10 Gold Chair Zumba</p> <p>1:30 Music with Encores</p>	<p>15</p> <p>10:45 Yoga with Amy</p> <p>1:30 Name that tune</p>	<p>16</p> <p>10:45 Soccer</p> <p>1:30 Tea & Trivia</p> <p>3:45 Music w/ Michelle</p>
<p>17</p> <p>10:45 Hand Chimes</p> <p>1:30 Horse Racing</p> <p>3:45 Penny Ante</p>	<p>18</p> <p>10:45 Bocce ball & mental aerobics</p> <p>1:30 BINGO</p>	<p>19</p> <p>10:45 Music therapy with Maryann</p> <p>1:30 Board Games</p>	<p>20</p> <p>10:45 Target Toss</p> <p>1:30 Music with Guy Marchi</p>	<p>21</p> <p>11:10 Gold Chair Zumba</p> <p>1:30 Bowling with Student helpers</p>	<p>22</p> <p>10:45 Yoga with Amy</p> <p>1:30 Movie</p>	<p>23</p> <p>10:00-2:00 Christmas Craft Sale (AL)</p> <p>3:00 Tea & Trivia</p>
<p>24</p> <p>1:30 CLA Church</p>	<p>25</p> <p>10:45 Bocce ball & Mental aerobics</p> <p>1:30 Arts & Crafts</p>	<p>26</p> <p>10:45 Music therapy with Maryann</p> <p>1:30 Birthday celebration/ Music with Steve Bolger</p>	<p>27</p> <p>10:45 Word Game</p> <p>1:30 Month End Paper work</p>	<p>28</p> <p>11:10 Gold chair Zumba</p> <p>11:00 Bus outing to Sooke Legion</p>	<p>29</p> <p>10:45 Yoga with Amy</p> <p>1:30 Bowling with Student Helpers (AL)</p>	<p>30</p> <p>10:45 Soccer</p> <p>1:30 Tea & Trivia</p> <p>3:45 Music w/ Michelle</p>