




# November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
November Birthdays will be celebrated on Nov. 28th	Calendar subject to change			1.11:00 Gold Chair Zumba Class (AL) 1:30 Halloween take Down /Social	2.10:45 Yoga w/ Amy (CC)  1:30 Mason Bee Harvest (CC)	3.10:45 Soccer 1:30 Tea & Trivia 3:45 Table Games
4. 10:45 Active Game 1:30 Art Therapy 3:45 Brain Gym	5. 10:45 Bocce Ball & Mental Aerobics (CC) 1:30 Music w/ Jean Bedard	6. 10:45 Arts & Crafts (CC) 1:30 residents Choice (CC)	7. 10:30 Music w/ Joan SongHurst Residential Council Meeting CC 1pm - AL 2pm	8. 11:00 Gold Chair Zumba Class (AL) 1:30 Table Games (CC Side )	9. 10:45 Yoga w/ Amy (CC)  1:30 Movie / Crafting	10.10:45 Soccer 1:30 Tea & Trivia 3:45 Music w/ Michelle
11. 10:45 Remembrance Day Ceremony 1:30 CLA Church 3:45 Bowling	12.10:45 Bocce Ball & Mental Aerobics (CC) 1:30 Bowling AL Side	13. 10:45 Arts & Crafts (CC)  1:30 Music w/ Claddagh Clan AL Side	14. 10:45 Music Therapy/ Suvi (CC)  1:30 Cooking with Natalie (CC)	15. 11:00 Gold Chair Zumba (AL)  1:30 Music w/ Steve & Sherry ( AL Side)	16. 10:45 Yoga w/ Amy (CC)  1:30 Movie / Crafting	17.10:45 Soccer 1:30 Tea & Trivia 3:45 Hand Massages
18.10:45 Hand Chimes (CC) 1:30 Helping Hands 3:45 Floral Arranging	19. 10:45 Bocce Ball & Mental Aerobics (CC) 1:30 Helping Hands CC Side	20. 10:45 Arts & Crafts (CC)  1:30 Music w/ The Encores (AL)	21. 10:45 News & Views ( CC) 1:30 Happy Hour w/ Guy Marchi (A.L)	22. :Bus Outing to Apple Tree 	23.10:45 Yoga w/ Amy (CC)  1:30 Movie / Crafting	24.10:45 Soccer 1:30 Tea & Trivia 3:45 Music w/ Michelle
25.10:45 Hand Chimes (CC) 1:30 CLA Church 3:45 Bingo	26.10:45 Bocce Ball & Mental Aerobics (CC) 1:30 Helping Hands CC Side	27.10:45 Arts & Crafts (CC)  1:30 Birthdays W/ Steve Bolger (AL)	28. 10:45 Music Therapy/ Suvi (CC) 1:30 Nail Care / Social (CC)	29. 11:00 Gold Chair Zumba Class (AL) 1:30 Cooking with Natalie (CC)	30.10:45 Yoga w/ Amy (CC) Month end Time / Movie	