

# November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Chaplain Visits 2:15 Card Game: How Low Can You Go <b>1</b>	1:30 Physio Group Exercises 2:15 Movie Matinee: Coco 6:30 Bingo <b>2</b>	10:30 Inspire 1:30 Physio Group Exercises <b>3</b>	11:00 Physio Group Exercises 2:15 Manicures <b>4</b>	<b>National Donut Day</b> <b>5</b> 2:15 Donut Decorating 6:15 Walks
<b>Daylight Savings Time Ends (Turn Clocks Back 1 Hour)</b> <b>6</b> 9:00 Chaplain Visits 10:30 Chapel Service 10:45 Virtual Sunday Service 2:15 Indoor Bowling	11:00 Physio Group Exercises 3:15 Visits 6:30 Sing-a-long <b>7</b>	1:45 Movie Matinee 2:00 Recreation Staff Meeting 2:30 Hymn Sing 6:30 Bingo <b>8</b>	1:30 Physio Group Exercises 2:30 Music Entertainment with Blue Skies <b>9</b>	1:30 Physio Group Exercises 1:30 Chaplain Visits <b>10</b>	<b>Remembrance Day</b> <b>11</b> 10:45 Virtual Ottawa Remembrance Day Service 11:00 Physio Group Exercises 12:30 Veteran's Luncheon 2:15 Manicures 2:30 Remembrance Day Service	2:15 Gaither Gospel <b>12</b>
10:45 Virtual Sunday Service <b>13</b> 2:15 Indoor Bowling	10:15 Colour Your World 11:00 Physio Group Exercises 3:15 Visits 6:30 Sing-a-long <b>14</b>	9:00 Chaplain Visits 2:15 November Word Games <b>15</b>	10:15 Funny Baby Videos 1:30 Physio Group Exercises 2:15 Bingo <b>16</b>	12:00 Lunch Program: Fish & Chips (Sign-Up) <b>17</b> 1:30 Physio Group Exercises 2:30 Hope Group	10:30 Manicures 11:00 Physio Group Exercises 2:15 Autumn Walks <b>18</b>	9:00 Chaplain Visits <b>19</b> 10:15 Get to Know Me 10:30 Drum Circle 2:30 Piano Music with Craig Hancock
9:00 Chaplain Visits <b>20</b> 10:30 Chapel Service 10:45 Virtual Sunday Service 2:15 Indoor Bowling 2:30 Poet Tree	11:00 Physio Group Exercises 3:15 Visits 6:30 Sing-a-long <b>21</b>	10:15 Ball Toss 1:45 Food Advisory & Residents' Council Meeting 2:30 Hymn Sing <b>22</b>	<b>Visiting Library Delivery</b> <b>23</b> 10:15 Bingo 11:00 Visits 1:30 Physio Group Exercises 2:15 Baking	9:00 Macy's Day Parade on TV <b>24</b> 9:00 Chaplain Visits 1:30 Physio Group Exercises	10:15 Knitting & Crocheting Club <b>25</b> 10:30 Manicures 11:00 Physio Group Exercises 2:30 Music Entertainment with Cam Denomme	2:15 Hot Chocolate & Marshmallows <b>26</b>
10:45 Virtual Sunday Service <b>27</b> 2:15 Indoor Bowling	11:00 Physio Group Exercises 3:15 Visits 6:30 Sing-a-long <b>28</b>	2:15 Movie Matinee: Old Yeller 7:00 Celebration of Life Service <b>29</b>	10:15 Bingo <b>30</b> 11:00 Calendar Delivery 1:30 Physio Group Exercises 2:15 Colouring Group	<b>PINE SUITES</b>		