

November 2023

Southbridge London



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>All programs are subject to change</i></p>			<p>10:30 Java Memory 1 10:30 Manicures 11:00 Physio Group Exercises (Cherry) 2:15 What's Cooking?</p>	<p>9:00 Chaplain Visits 2 2:15 Documentary: The Lost City of Machu Picchu</p>	<p>10:15 Trivia 3 1:30 Physio Group Exercises (Willow) 2:15 Magnetic Darts 3:00 Kitchen Tour</p>	<p>10:30 Java Mentors 4 11:00 Physio Group Exercises (Willow) 1:30 Chaplain Visits 2:30 Fall BINGO</p>
<p>9:00 Chaplain Visits 5 10:30 Chapel Service with Chris 10:45 Virtual Church Service 2:30 Craft: Dog Biscuits</p>	<p>10:15 Crafts 6 11:00 Physio Group Exercises (Cherry) 12:00 Veteran's Lunch Outing to Legion 2:15 Dice Game: Left, Right, Center</p>	<p>10:15 BINGO 7 1:30 Physio Group Exercises (Willow) 2:30 Music with Larry Smith 2:30 Chaplain Visits</p>	<p>10:30 Java Memory 8 10:30 Manicures 11:00 Physio Group Exercises (Cherry) 2:15 Crafts & Colouring</p>	<p>10:30 Drum Circle 9 10:30 Dice Game: Left, Right, Center 2:30 Hope Group 2:30 Baking Group</p>	<p>10:15 Trivia 10 1:30 Physio Group Exercises (Willow) 2:15 Men's Club</p>	<p><u>Remembrance Day</u> 11 10:15 Remembrance Day Service 11:00 Physio Group Exercises (Willow) 2:30 Java Music</p>
<p>10:45 Virtual Church Service 12 2:15 Panama Facts and Tour</p>	<p>11:00 Physio Group Exercises (Cherry) 13 2:00 Inspirational Quotes and Reels</p>	<p>10:15 BINGO 14 1:30 Physio Group Exercises (Willow) 2:15 Puzzle Group</p>	<p>10:30 Java Memory 15 10:30 Manicures 11:00 Physio Group Exercises (Cherry) 2:15 Sing-a-long with Richard</p>	<p>10:00 Catholic Mass 16 10:15 Magnetic Darts 1:30 Chaplain Visits 1:45 Shopping to Giant Tiger</p>	<p>10:30 Piano Music with Craig Hancock 17 1:30 Physio Group Exercises (Willow) 2:15 Trivia</p>	<p>10:30 Java Music 18 11:00 Physio Group Exercises (Willow) 2:30 Hymn Sing 2:30 Craft: Sugar Scrubs</p>
<p>10:30 Chapel Service with Chris 19 10:45 Virtual Church Service 2:30 Chaplain Visits 2:30 Christmas Craft</p>	<p>11:00 Physio Group Exercises (Cherry) 20 2:15 Left, Right, Center 5:00 Swiss Chalet Dinner Program</p>	<p>10:15 BINGO 21 1:30 Physio Group Exercises (Willow) 1:30 Chaplain Visits 2:15 Cherry Birthday Party</p>	<p><u>Visiting Library Delivery</u> 22 10:30 Java Memory 10:30 Manicures 11:00 Physio Group Exercises (Cherry) 2:30 Music with Marie Bottrell</p>	<p>9:00 Macy's Parade (TV) 23 10:30 Poet Tree 10:30 Christmas Cards 2:30 Inspire 2:30 Holiday Baking</p>	<p>8:45 Breakfast Club 24 1:30 Physio Group Exercises (Willow) 2:15 Knitting & Crocheting Club 2:15 Trivia</p>	<p>10:30 Java Music 25 11:00 Physio Group Exercises (Willow) 2:15 Resident Art Gallery</p>
<p>10:45 Virtual Church Service 26 2:15 Resident Art Gallery</p>	<p>11:00 Physio Group Exercises (Cherry) 27 2:15 Just For the Pun of It</p>	<p>9:45 Food Advisory & Residents' Council Meeting 28 1:30 Physio Group Exercises (Willow) 1:30 Chaplain Visits 2:15 BINGO</p>	<p>10:30 Java Memory 29 10:30 Manicures 11:00 Physio Group Exercises (Cherry) 2:15 What's Cooking?</p>	<p>10:00 Catholic Communion 30 10:15 Word Games 1:30 Chaplain Visits 2:30 Music with Tara Dunphy</p>	<p>CHERRY Suites <i>Activity Aide ~ Amir</i> sblprograms@southbridgecare.com</p>	

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<p><i>All programs are subject to change</i></p>			<p>10:30 Java Memory 1 2:15 What's Cooking?</p>	<p>10:15 Celebrating Going 2 the Extra Mile 11:00 Physio Group Exercises (Maple) 1:30 Chaplain Visits 2:15 Wooden Tag Craft</p>	<p>10:15 BINGO 3 11:15 Learning About Israel 2:15 Travelogue to Israel</p>	<p>10:30 Inspire 4 10:30 Java Mentors 1:30 Physio Group Exercises (Maple) 2:30 Fall BINGO</p>
<p>10:30 Chapel Service 5 with Chris 10:45 Virtual Church Service 1:30 Chaplain Visits 2:30 Craft: Dog Biscuits</p>	<p>10:15 Reading Nook 6 12:00 Veteran's Lunch Outing to Legion 1:30 Physio Group Exercises (Oak) 2:15 Afternoon Walks 3:00 Plant Care Visits</p>	<p>10:15 Manicures 7 10:30 Hope Group 11:00 Physio Group Exercises (Oak) 2:30 Music with Larry Smith</p>	<p>10:30 Java Memory 8 2:15 Board Games</p>	<p>10:30 Drum Circle 9 11:00 Physio Group Exercises (Maple) 1:30 Chaplain Visits 2:15 Great Wall of China Facts and Tour</p>	<p>10:15 BINGO 10 2:15 Men's Club 2:15 Craft: Poppies</p>	<p><u>Remembrance Day</u> 11 10:15 Remembrance Day Service 1:30 Physio Group Exercises (Maple) 2:30 Java Music</p>
<p>10:45 Virtual Church 12 Service 2:15 Panama Facts and Tour</p>	<p>10:30 Craft: Christmas 13 Cards 1:30 Physio Group Exercises (Oak) 2:15 Holiday Baking</p>	<p>10:15 Manicures 14 11:00 Physio Group Exercises (Oak) 2:00 Christmas Movie</p>	<p>10:15 All About the 15 Canadian Pacific 10:30 Java Memory 2:15 Sing-a-long with Richard</p>	<p>10:00 Catholic Mass 16 11:00 Physio Group Exercises (Maple) 11:15 Chaplain Visits 1:45 Shopping to Giant Tiger</p>	<p>10:30 Piano Music with 17 Craig Hancock 10:30 BINGO 2:15 Touch 2 Play 3:00 Kitchen Tours</p>	<p>10:30 Java Music 18 1:30 Physio Group Exercises (Maple) 1:30 Chaplain Visits 2:30 Craft: Sugar Scrubs</p>
<p>10:30 Chapel Service 19 with Chris 10:45 Virtual Church Service 1:30 Chaplain Visits 2:30 Christmas Craft</p>	<p>1:30 Physio Group 20 Exercises (Oak) 2:15 Seasonal Craft 5:00 Swiss Chalet Dinner Program</p>	<p>10:15 Manicures 21 11:00 Physio Group Exercises (Oak) 2:15 Card Making 2:30 Hymn Sing</p>	<p><u>Visiting Library Delivery</u> 22 10:30 Java Memory 2:30 Music with Marie Bottrell</p>	<p>9:00 Macy's Parade (TV) 23 10:30 Poet Tree 11:00 Physio Group Exercises (Maple) 11:15 Chaplain Visits 2:15 Railroad Songs and Tour</p>	<p>8:45 Breakfast Club 24 10:15 BINGO 2:15 Knitting & Crocheting Club</p>	<p>10:30 Java Music 25 1:30 Physio Group Exercises (Maple) 2:15 Resident Art Gallery</p>
<p>10:45 Virtual Church 26 Service 2:15 Resident Art Gallery</p>	<p>10:15 Holiday Baking 27 1:30 Physio Group Exercises (Oak) 2:30 Dice Game: Left, Right, Center</p>	<p>9:45 Food Advisory & 28 Residents' Council Meeting 10:15 Manicures 10:30 Chaplain Visits 11:00 Physio Group Exercises (Oak) 2:15 Reading Nook</p>	<p>10:30 Java Memory 29 2:15 What's Cooking?</p>	<p>10:00 Catholic 30 Communion 10:15 Antique Road Show 11:00 Physio Group Exercises (Maple) 2:30 Music with Tara Dunphy 2:30 Chaplain Visits</p>	<p>MAPLE Suites <i>Activity Aide ~ Penny</i> <small>sblprograms@southbridgecare.com</small></p>	



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All programs are subject to change			10:30 Java Memory 12:00 Noon Hour Trivia 2:15 Target Toss 6:00 Sing-a-long with Katie	10:15 BINGO 11:00 Physio Group Exercises (Maple) 11:15 Chaplain Visits 2:15 Ball Toss 6:00 Storytime	10:15 Mulled Apple Cider With Cinnamon 10:45 Trivia About Cinnamon 2:00 Helping Hands 3:00 Colour Your World 6:00 Balloon Baseball	10:30 Java Mentors 1:30 Physio Group Exercises (Maple) 2:30 Fall BINGO 2:30 Hymn Sing 6:00 Karaoke Sing-a-long
10:30 Chapel Service with Chris 10:45 Virtual Church Service 11:30 Chaplain Visits 2:30 Craft: Dog Biscuits 6:00 Indoor Bowling	10:15 Manicures 12:00 Veteran's Lunch Outing to Legion 1:30 Physio Group Exercises (Oak) 2:15 Axe Throw 3:00 Kitchen Tour 6:00 Sing-a-long with Katie	10:15 Sensory Visits 10:30 Great Wall of China Facts and Tour 11:00 Physio Group Exercises (Oak) 11:15 Chaplain Visits 2:30 Music with Larry Smith 6:00 Matching Games	10:15 Match Game 10:30 Java Memory 2:15 What's Cooking? 6:00 Move and Groove	10:15 BINGO 10:30 Drum Circle 11:00 Physio Group Exercises (Maple) 11:30 Chaplain Visits 2:15 Helping Hands 6:00 Balloon Baseball	12:00 Noon Hour Trivia 2:15 Men's Club 6:00 Karaoke Sing-a-long 6:30 Calming Scenes and Music	<u>Remembrance Day</u> 10:15 Remembrance Day Service 1:30 Physio Group Exercises (Maple) 2:30 Java Music 6:00 Evening Walks
10:45 Virtual Church Service 2:15 Panama Facts and Tour 6:30 Sensory Visits	10:15 Manicures 1:30 Physio Group Exercises (Oak) 2:15 Bean Bag Toss 5:00 Dinner Program: KFC 6:30 Sing-a-long with Katie	11:00 Physio Group Exercises (Oak) 12:00 Noon Hour Trivia 2:15 Travelogue: Portugal 6:00 Karaoke	10:30 Java Memory 2:15 Sing-a-long with Richard 6:00 Indoor Bowling	10:00 Catholic Mass 10:15 BINGO 11:00 Physio Group Exercises (Maple) 2:15 Ball Toss 6:00 Storytime	10:30 Piano Music with Craig Hancock 12:00 Noon Hour Trivia 2:15 What's Your Favourite? 6:00 Balloon Baseball	10:30 Java Music 10:30 Hymn Sing 1:30 Physio Group Exercises (Maple) 2:30 Craft: Sugar Scrubs 6:00 Music, Dance and Ball Toss
10:30 Chapel Service with Chris 10:45 Virtual Church Service 11:30 Chaplain Visits 2:30 Christmas Craft 6:00 Sing-a-long with Katie	10:15 Manicures 1:30 Physio Group Exercises (Oak) 2:00 Abstract Art Afternoon 6:00 Axe Throw	10:15 Sensory Visits 10:30 History Of Panama Canal and Tour 11:00 Physio Group Exercises (Oak) 11:15 Chaplain Visits 6:00 Matching Games	<u>Visiting Library Delivery</u> 10:15 Montessori 10:30 Java Memory 2:30 Music with Marie Bottrell 6:00 Indoor Bowling	9:00 Macy's Parade (TV) 10:15 BINGO 10:30 Poet Tree 11:00 Physio Group Exercises (Maple) 2:00 Sensory Visits 6:00 Karaoke Sing-a-long	8:45 Breakfast Club 12:00 Noon Hour Trivia 2:15 Knitting & Crocheting Club	10:30 Java Music 1:30 Physio Group Exercises (Maple) 2:15 Resident Art Gallery 6:00 Evening Walks
10:45 Virtual Church Service 2:15 Resident Art Gallery 6:30 Sensory Visits	10:15 Manicures 1:30 Physio Group Exercises (Oak) 2:15 Bean Bag Toss	9:45 Food Advisory & Residents' Council Meeting 11:00 Physio Group Exercises (Oak) 12:00 Noon Hour Trivia 2:30 Hymn Sing 6:00 Guitar Sing-a-long	10:30 Java Memory 12:00 Noon Hour Trivia 2:15 OAK Birthday Party 6:00 Balloon Baseball	10:00 Catholic Communion 10:15 BINGO 11:00 Physio Group Exercises (Maple) 2:30 Music with Tara Dunphy 6:00 Storytime	<h1>OAK Suites</h1> <p><i>Activity Aides ~ Elisabeth & Katie</i> <small>sblprograms@southbridgecare.com</small></p>	



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All programs are subject to change			10:30 Java Memory 1 1:30 Physio Group Exercises (Pine) 2:15 BINGO	10:30 Hymn Sing 2 1:30 Physio Group Exercises (Pine) 2:15 Laugh with Lis	10:15 Crafts 3 11:00 Physio Group Exercises (Pine) 2:15 Manicures	9:00 Chaplain Visits 4 10:30 Java Mentors 2:30 Fall BINGO
10:30 Chapel Service with Chris 5 10:45 Virtual Church Service 2:30 Craft: Dog Biscuits	12:00 Veteran's Lunch Outing to Legion 6 2:15 Inspirational Quotes	9:00 Chaplain Visits 7 10:15 Whiteboard Word Games 2:30 Music with Larry Smith	10:30 Java Memory 8 1:30 Physio Group Exercises (Pine) 2:15 What's Cooking?	9:00 Chaplain Visits 9 10:15 BINGO 10:30 Drum Circle 1:30 Physio Group Exercises (Pine) 3:00 Kitchen Tour	10:00 Giant Tiger & Tim Horton's 10 11:00 Physio Group Exercises (Pine) 2:15 Men's Club	<u>Remembrance Day</u> 11 10:15 Remembrance Day Service 2:30 Java Music
10:45 Virtual Church Service 12 2:15 Panama Facts and Tour	2:15 Holiday Baking 13 5:00 Dinner Program: KFC	10:15 Whiteboard Word Games 14 2:15 Movie Matinee: A Dog's Purpose	10:30 Java Memory 15 1:30 Physio Group Exercises (Pine) 2:15 Sing-a-long with Richard	9:00 Chaplain Visits 16 10:00 Catholic Mass 1:30 Physio Group Exercises (Pine) 2:15 Just For the Pun of It	10:30 Piano Music with Craig Hancock 17 11:00 Physio Group Exercises (Pine) 2:15 BINGO	10:30 Java Music 18 11:15 Chaplain Visits 2:30 Craft: Sugar Scrubs
9:00 Chaplain Visits 19 10:30 Chapel Service with Chris 10:45 Virtual Church Service 2:30 Christmas Craft	2:15 Roy Rogers Songs and a Movie 20	9:00 Chaplain Visits 21 10:15 Whiteboard Word Games 2:15 Travelogue: The Boroughs of New York	<u>Visiting Library Delivery</u> 22 10:30 Java Memory 1:30 Physio Group Exercises (Pine) 2:30 Music with Marie Bottrell	9:00 Chaplain Visits 23 9:00 Macy's Parade (TV) 10:15 BINGO 10:30 Poet Tree 1:30 Physio Group Exercises (Pine) 2:15 Manicures	8:45 Breakfast Club 24 11:00 Physio Group Exercises (Pine) 2:15 Knitting & Crocheting Club	10:30 Java Music 25 2:15 Resident Art Gallery
10:45 Virtual Church Service 26 2:15 Resident Art Gallery	10:15 Axe Throw 27 2:15 Trivia	9:00 Chaplain Visits 28 9:45 Food Advisory & Residents' Council Meeting 2:15 BINGO	10:30 Java Memory 29 1:30 Physio Group Exercises (Pine) 2:15 Pine Birthday Party	9:00 Chaplain Visits 30 10:00 Catholic Communion 1:30 Physio Group Exercises (Pine) 2:30 Music with Tara Dunphy	<h1>PINE Suites</h1> <p><i>Activity Aide ~ Hillary</i> sblprograms@southbridgecare.com</p>	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>All programs are subject to change</i></p>			<p><u>Day of the Dead</u> 1</p> <p>10:30 Java Memory</p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:15 Educational: Day of the Dead</p>	<p>2</p> <p>10:15 Manicures</p> <p>2:30 Hope Group</p>	<p>3</p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 Geography Awareness and Webcams Around the World</p>	<p>4</p> <p>10:30 Java Mentors</p> <p>11:00 Physio Group Exercises (Willow)</p> <p>11:30 Chaplain Visits</p> <p>2:30 Fall BINGO</p>
<p>5</p> <p>10:30 Chapel Service with Chris</p> <p>10:45 Virtual Church Service</p> <p>2:30 Craft: Dog Biscuits</p>	<p>6</p> <p>10:15 Crafts</p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>12:00 Veteran's Lunch Outing to Legion</p> <p>2:15 BINGO</p>	<p>7</p> <p>1:30 Physio Group Exercises (Willow)</p> <p>1:30 Chaplain Visits</p> <p>2:30 Music with Larry Smith</p>	<p>8</p> <p>10:30 Java Memory</p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:15 What's Cooking?</p>	<p>9</p> <p>10:30 Drum Circle</p> <p>10:30 Manicures</p> <p>2:15 Trivia on the T.V.</p> <p>3:00 Town Hall Meeting</p>	<p>10</p> <p>10:00 Giant Tiger & Tim Horton's Outing</p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 Men's Club</p> <p>3:00 Kitchen Tours</p>	<p>11</p> <p><u>Remembrance Day</u></p> <p>10:15 Remembrance Day Service</p> <p>11:00 Physio Group Exercises (Willow)</p> <p>2:30 Java Music</p>
<p>12</p> <p>10:45 Virtual Church Service</p> <p>2:15 Panama Facts and Tour</p>	<p>13</p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:30 BINGO</p> <p>5:00 Dinner Program: KFC</p>	<p>14</p> <p>10:15 Craft: Dog Advent Calendar</p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 Travelogue: Canada in the Fall</p>	<p>15</p> <p>10:30 Java Memory</p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:15 Sing-a-long with Richard</p>	<p>16</p> <p>10:00 Catholic Mass</p> <p>2:30 Manicures</p> <p>2:30 Inspire</p>	<p>17</p> <p>10:30 Piano Music with Craig Hancock</p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 Just For The Pun Of It</p>	<p>18</p> <p>9:00 Chaplain Visits</p> <p>10:30 Java Music</p> <p>11:00 Physio Group Exercises (Willow)</p> <p>2:30 Craft: Sugar Scrubs</p>
<p>19</p> <p>10:30 Chapel Service with Chris</p> <p>10:45 Virtual Church Service</p> <p>2:30 Christmas Craft</p>	<p>20</p> <p>10:15 Game: Left, Right, Centre</p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:15 BINGO</p>	<p>21</p> <p>10:30 Hymn Sing & Bible Study</p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 Railroad Songs And History</p>	<p>22</p> <p><u>Visiting Library Delivery</u></p> <p>10:30 Java Memory</p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:30 Music with Marie Bottrell</p>	<p>23</p> <p>9:00 Macy's Parade (TV)</p> <p>10:30 Poet Tree</p> <p>1:30 Chaplain Visits</p> <p>2:15 Manicures</p>	<p>24</p> <p>8:45 Breakfast Club</p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 Knitting & Crocheting Club</p>	<p>25</p> <p>10:30 Java Music</p> <p>11:00 Physio Group Exercises (Willow)</p> <p>2:15 Resident Art Gallery</p>
<p>26</p> <p>10:45 Virtual Church Service</p> <p>2:15 Resident Art Gallery</p>	<p>27</p> <p>10:15 Holiday Baking</p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:15 BINGO</p>	<p>28</p> <p>9:45 Food Advisory & Residents' Council Meeting</p> <p>11:15 Chaplain Visits</p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 Dart Toss</p>	<p>29</p> <p>10:30 Java Memory</p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:30 Willow Birthday Party</p>	<p>30</p> <p>10:00 Catholic Communion</p> <p>10:30 Manicures</p> <p>11:00 Hymn Sing</p> <p>2:30 Music with Tara Dunphy</p>	<p>WILLOW Suites</p> <p><i>Activity Aide ~ Russlyn</i></p> <p><i>sblprograms@southbridgecare.com</i></p>	