	J	Monday OVC FIRS	Tuesday mbc bt floor recrea		<u>Thursday</u>
RTHDAY	3	4	Morning: 5	Morning: 6	
X!		Morning:		9:30 Exercise	Morning:
		9:30 Hymn Sing with Stephen		10:00 Fit Minds	9:30 Exercise
rvice on		,	10:30 Pet Visits with Aussie	10:30 Pet Visits with Aussie	10:00 Craft
		November Trivia		Afternoon:	Corner *
			Afternoon:	2:00 Resident's Food	Afternoon:
		Afternoon:	2:30 Card	Committee	2:00 Friendly
		2:45 Bocce	Games &	2:45 Game of Luck	Visits
T		Ball	Board Games	5:30 Name 10!	3:00 Word Game
g Time Ends	40	Remembrance Day 11	10	Morning: 13	Morning:
	10			9:00 Perishky Baking	9:30 Exercise
rvice on		9:30 Exercise	9:15 Chapel Service with Don		10:00 Christmas
				ro.00 or. Outhannos Library	

Television November Trivia Afternoon: 245 Bocc Afternoon: 230 Card Games & Bail Afternoon: 230 Resident's Food Committee Comer 240 Resident's Food Committee Comer 2:00 Friendly Visits Afternoon: 2:00 Periskky Baking 9:00 Periskky Baking 9:00 Church Service on Television If Morning: 9:00 Friendly Visits Morning: 9:00 Friendly Visits If Morning: 9:00 Friendly Visits Morning: 9:00 Friendly Visits If Morning: 9:00 Church Service on Television If Morning: 9:00 Friendly Visits Morning: 9:00 Friendly Visits If Morning: 9:00 Friendly Visits <th< th=""><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th></th<>								
Nonving Moving Movin	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
ALEXI Morning: IO:00 Dave Braun Concert 3.03 Exercise Morning: IO:00 Tarte Branch Box Exercise Morning: Box Exercise Morning: Box Exercise Box Exercise Box Exercise INorning: Box Exercise Box Ex	N				24	Morning Movie Afternoon:	10:00 Exercise Afternoon:	2
9:00 Church Service on Television Morning: 9:30 Exercise 10:00 Remembrance Di St Catals Service with Don Atternoon: 2:00 Finedly Visits 9:00 Exercise 10:00 Christmas Library Atternoon: 2:00 Finedly Visits 9:00 Exercise 10:00 Christmas Tree Decorating! 2:00 Games with Brittany 3:00 Christmas Tree Decorating! Atternoon: 2:00 Games with Brittany 3:00 Games with Brittany 3:00 Games with Marking 3:00 Exercise 3:00 Christmas Window Painting: 3:00 Exercise 3:00 Exer	ALEX! 9:00 Church Service on Television Daylight Saving Time Ends	Morning: 9:30 Hymn Sing with Stephen 10:30 Monthly Gazette and November Trivia Afternoon: 2:45 Bocce Ball	 10:00 Dave Braun Concert in the Great Room 10:30 Pet Visits with Aussie Afternoon: 2:30 Card Games & Board Games 	9:30 Exercise 10:00 Fit Minds 10:30 Pet Visits with Aussie Afternoon: 2:00 Resident's Food Committee 2:45 Game of Luck 5:30 Name 10!	9:30 Exercise 10:00 Craft Corner Afternoon: 2:00 Friendly Visits 3:00 Word Game	Morning: 10:00 Roman Catholic Mass 10:30 Name That Tune Afternoon: 2:30 BINGO!	9:30 Exercise 10:00 Wheel of Fortune Afternoon: Friendly Visits	9
9:00 Church Service on Television Morning: 9:30 Exercise ame 9:30 Exercise 9:30 Exercise ame Morning: 9:30 Exercise 10:00 Fit Minds Morning: 9:30 Exercise 10:00 Fit Minds Morning: 9:30 Exercise with Aussie Morning: 9:30 Exercise and 2:45 Painting Morning: 9:30 Exercise ame Morning: 9:30 Exercise and 2:30 Bithday Party Morning: 9:30 Exercise and 2:30 Bithday Party Morning: 9:30 Exercise and 2:30 Dirth Minds Morning: 9:30 Exercise and 2:30 Arts and Crafts 2:00 Church Service on Television 2:45 Rock and Roll Trivial 2:5 HAPPY BIRTHDAY HOWARD! Afternoon: 2:30 Bithday Party 2:7 Morning: 9:30 Exercise and Morning: 9:30 Exercise and Morning: 9:30 Exercise and Morning: 9:30 Exercise and 9:30 Exercise and Morning: 2:45 Ding Cl 9:30 Arts and Crafts 9:00 Church Service on Television 2:4 Morning: 9:30 Exercise 10:30 Book Club Afternoon: 2:45 Lawn Darts 2:5 HAPPY BIRTHDAY HOWARD! 26 Morning: 9:30 Exercise 10:00 Perishky Baking 9:30 Exercise 10:00 Fit Minds Morning: 9:30 Exercise 10:00 Fit Minds 9:30 Exercise 10:00 Fit Minds Morning: 9:30 Exercise 10:00 Fit Minds 9:30 Exercise 10:00 Fit Minds Morning: 9:30 Exercise 10:00 Fit Minds 9:30 Exercise 10:00 Fit Minds 9:30 Exercise 10:00 Fit Minds Morning: 9:30 Exercise 10:00 Fit Minds 9:30 Exercise 9:30 Exercise 10:00 Fit Minds Morning: 9:30 Exercise 10:00 Fit Minds Morning: 9:30 Exercise 10:00 F	9:00 Church Service on Television	Morning: 9:30 Exercise 10:00 Remembrance Day Service Afternoon: 2:00 Remembrance Day Documentary: "Lost Over Burma: Search for Closure" 3:00 Balloon Tennis Veterans Day	Morning: 9:15 Chapel Service with Don Afternoon: 2:00 Friendly Visits 3:00 Word Game	 9:00 Perishky Baking 10:30 St. Catharines Library Book Talk on 4th RHA Afternoon: 2:45 Reading and Reminiscing 	9:30 Exercise 10:00 Christmas Tree Decorating! Afternoon: 2:00 Manicures 3:00 Games with Brittany 4:30 Dinner and a Movie	Morning: 9:45 BINGO! Afternoon:	Morning: 9:30 Exercise Afternoon: 2:30 Jeopardy in the Great	6
9:00 Church Service on Television 9:00 Exercise 10:30 Book Club Afternoon: 2:45 Lawn Darts 9:00 Fit Minds 10:00 Fit Min	Television 2:00 Christmas Window Painting	Morning: 9:30 Hymn Sing with Stephen 10:30 Alphabet Game Afternoon: 2:45 Rock and	Morning: 9:15 Chapel Service with Don 10:00 Fit Minds Afternoon: 2:30 Ladder Ball	9:30 Exercise 10:00 Fit Minds 10:30 Pet Visits with Aussie Afternoon: 2:30 Birthday	Morning: 9:30 Exercise Afternoon: 2:45 Painting	Morning: 9:45 BINGO! Afternoon:	Morning: 10:00 Exercise Afternoon:	3
*ALL PROGRAMS ARE SUBJECT TO CHANGE	9:00 Church Service on Television	Morning: 9:30 Exercise 10:30 Book Club Afternoon: 2:45 Lawn Darts	HOWARD! Morning: 9:15 Chapel Service with Don 10:00 Fit Minds 10:30 Resident's Council Afternoon: 2:45 Price Is Right	Morning: 9:00 Perishky Baking Afternoon: 2:30 Coffee Social 5:30 Trivia 6:00 Pet Visits with Oakley and	Morning: 9:30 Exercise 10:00 Group Crossword Afternoon: 2:45 Java Music Club	Morning: 9:45 BINGO! Afternoon:	9:30 Horseshoes Afternoon:	0
	*ALL PROGRAMS ARE S	SUBJECT TO CHANGE		A				

N	ove	mbe	er 202	24	9:45 BINGO! BINGO! Afternoon: 2:45 Colins Café	9:30 Exercise Afternoon: 3:00 Affirmation Cards Turn Clocks Back One hour tonight
	Secor	Diwali (Hindu)	$\begin{pmatrix} 10^{11} & 1 & 1 \\ 9 & 1 & 1 & 3 \\ 9 & 7 & 6 & 5 \end{pmatrix}$			
3 Church Service on the Television	Happy Birthday Anna! Happy Birthday Red! Morning: 9:00 Exercise 9:30 Fit Minds Afternoon: 1:30 Montessori Activities 3:00 Hymn Sing Along		Morning: 6 9:00 Exercise 9:30 What Am I? Afternoon: 2:00Food Committee Meeting 3:00 Music With Mendelt	9:30 Balloon Tennis 10:00 Jeopardy	7 Morning: 9:00 Exercise 9:30 Elfer Raus 10:00 Roman Catholic Mass Afternoon: 2:30 BINGO! () () () () () () () () () ()	8 Morning: 11:00 Ball Toss Afternoon: 2:00 Movie Matinee
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Remembrance Day 1 Morning: 9:30 Chinese Checkers 11:00 Remembrance Day Service Afternoon: 3:00 Hymn Worship with Stephen Veterans Day Remembrance Day (Canada)	1Morning:129:45 Chapel Service with Don10:15 Grand Slam Card GameAfternoon:2:30 Craft Corner Painting5:30 Ron Sings	Morning: 13 9:30 Making Perishky on First Floor 10:30 Book Talk with the Library on the 4 th RHA Afternoon: 2:30 Flip It Card Game		Morning: 1 9:00 Exercise 9:30 Alphabet Game Afternoon: 2:30 BINGO!	 5 Happy Birthday Jake! Morning: Friendly Visits Afternoon: 2:30 Jeopardy in the Great Room
17 Church Service on the Television		8 Morning: 19 9:45 Chapel Service with Don 10:15 Craft Corner Afternoon: 3:00 Festive Name that Tune		Morning:2'10:00 Travel the World 'Christmas in Different Countries'10:30 Montessori MomentsAfternoon:2:30 Ball Toss	Morning: 2 9:00 Exercise 9:30 Wheel of Fortune Afternoon: 2:30 BINGO! Image: Comparison of the second	2 Morning: 10:15 Yahtzee Afternoon: 2:15 One to one visits
 24 Church Service on the Television	Happy Birthday Irene K! 2 Morning: 9:00 Exercise 9:30 Fit Minds Afternoon: 3:00 Hymn Worship with Stephen	5 Morning: 26 9:45 Chapel Service with Don 10:15 Hymns on Television 10:30 Resident Council 11:00 Balloon Tennis Afternoon: 2:30 Craft Corner Scrapbooking 5:30 Friendly Feud		Morning: 23 Christmas Window Painting and Hot Chocolate? Afternoon: Festival of Lights Bus Trip Sign Up Required	9:45 BINGO!	9 Morning: 9:00 Exercise Afternoon: Friendly Visits

		SaturdayMorning:210:15 Card Games
November 2024		Afternoon: 2:15 Math Club
Third DUA Descreption Colordon	Afternoon: 2:00 Bowling 3:00 Name 10 _{Diwali (Hindu)}	Daylight Savings Time Ends - Turn Clocks Back One Hour Tonight!
Church Service 9:30 Exercise 9:30 Exercise 10:00 Concert: Dave Braun 9:30 Morning Prayer Group 9:30 Exercise 10:00 Fit Minds 10:00 Fit Minds	9:45 Bingo 10:00 Roman Catholic Mass	Morning: 9 9:30 Friendly Visits
		Afternoon: 2:45 – Household Trivia Game & Finish the Line
Days Orning: 12 10 Remembrance Day 11 Morning: 12	Morning: 15 9:45 Bingo	Morning: 16 9:30 Friendly Visits Afternoon:
2:30 Card Games 4:30 Dinner and a Movie 2	Afternoon: 2:30 Colouring Pages 3:00 Wheel of Fortune	2:30 Jeopardy in the Great Room
	Happy Birthday 22 Elisabeth! Morning: 9:45 Bingo	Morning: 23 9:30 Exercise
3:00 Window Painting 5:00 Bean Bag Toss	Afternoon: 2:30 Painting	Afternoon: 3:00 Reading Group
Church Service 9:30 Hymns with Stephen 9:30 Exercise 9:30 Making Perishky 9:30 Making Perishky 9:45 Exercise 9:45 Exercise 9:45 Exercise 9:45 Exercise 10:30 Residents 10:30 Residents 10:30 Pet Visits with Aussie 10:30 Alphabet Game	Morning: 29 9:45 Bingo	Morning: 30 9:30 Friendly Visits Afternoon:
Afternoon: 2:00 Horse Races 3:00 Colouring Pages Afternoon/Evening: Afternoon: Afternoon: 2:30 Games Afternoon: 2:30 Trivia	Afternoon:	2:45 – Household Trivia Game & Finish the Line
	2:30 Manicures	??.??

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	~ ~	ove:	mbbe mbe th Floor Recre	er 202	24	Morning:19:30 – Exercise10:00 – NovemberGazetteAfternoon:2:30 – BINGO!	Happy 100 th Birthday 2 Helen B! 9:30 – Exercise 10:00 – Creative Arts Afternoon: 3:00 – Friendly VIsits
	Daylight Savings Time Ends CLOCKS FALL BACK AN HOUR Daylight Saving Time Ends	9:30 – Exercise 10:00 – U.S. Election Day Trivia <u>Afternoon:</u> 3:00 – Hymn with Stephen	9:30 – Large Chapel Service with Dave Braun <u>Afternoon:</u> 2:30 – Fit Minds 3:30 – Friendly Visits <u>Evening:</u> 5:30 - Name That Tune	9:30 – Exercise 10:00 – Movember Game <u>Afternoon:</u> 2:30 – Food Comitteee Meeting in Great Room	9:30 – Exercise <u>Afternoon:</u> 2:30 – Fit Minds 3:30 – Poems & Readings	9:30 – Exercise 10:00 – Roman Catholic Communion <u>Afternoon:</u> 2:30 – BINGO!	Morning:99:30 – Exercise10:00 – Name 1010:30 – You Be TheJudgeAfternoon:2:30 – Winter WindowPainting
	Television	<u>Morning:</u> 9:30 – Exercise	9:30 – Exercise 9:45 – Easy Trivia <u>Afternoon:</u> 2:30 – Fit Minds Resident Christman Portraits	9:30 – Perishky Baking on First Floor 10:30 – St. Catharines Public Library Book Talk <u>Afternoon:</u> 2:30 – Creative Arts <u>Evening:</u>	9:45 – Chapel with Don 10:30 – Pet Visits with Aussie Resident Christmas Portraits	9:30 – <mark>Morning BINGO!</mark> <u>Afternoon:</u> 2:30 – Colin's Cafe	Morning:169:30 – ExerciseAfternoon:2:30 – Group Jeopardy in Great RoomGreat RoomImage: Complexity of the second se
6			9:30 – Exercise 9:45 – You Be The Judge	9:30 – Exercise 10:00 – Whiteboard Games <u>Afternoon:</u> 2:30 – Celebrating November Birthdays!	9:30 – Exercise 9:45 – Chapel with Don 10:00 – Horticulture Program	9:30 – Exercise 10:00 – Group Crossword	Morning:239:30 – Exercise10:00 – Name 10Afternoon:3:15 – Friendly Visits
		Morning: 9:30 – Exercise 9:45 – Easy Trivia Afternoon: 2:30 – Java Music Club	9:30 – Exercise 10:30 – Resident's Council Meeting in Great Room <u>Afternoon:</u> 2:30 – Fit Minds 3:00 – Friendly Visits	9:30 – Perishky Baking on First Floor <u>Afternoon:</u> 2:30 – Creative Arts 3:00 – Friendly Visits	9:30 – Exercise 9:45 – Chapel with Don <u>Afternoon:</u> 2:30 – Fit Minds 3:30 – Name 10! <u>Bus Trip – Festival of Lights</u> WINTER FESTIVAL UNAGRA FALLS	Independent Recreation available in activity room <u>Afternoon:</u> 2:30 – BINGO!	Morning: 30 9:30 – Exercise 10:00 – Arm Chair Travel: European Christmas Markets <u>Afternoon:</u> 2:30 – Friendly Visits
	*Sign-up required for Niag	gara Falls Festival of Lights	s bus trip as space is limite	d. Attendance is restricted	to residents who can self-t	ransfer independently.	

Sunday	Monday	Tuesday	Wednesday	Thursday	71,8
N	ove	mbe Wellness Suites	er 202	24	11:00 E
Daylight Savings Time, 3 Clocks Turn Back an Hour 9:30 Sunday Service in the Chapel	4 9:30 Monthly Gazette in the Fireside Lounge 11:00 Seated Exercise in the Chapel 2:30 Fit Minds in the Café	 10:00 Concert with Dave 5 Braun in the Great Room 11:00 Seated Exercise in the Chapel 1:30 Falls Prevention Class in the Atrium 2:30 Java Music in the Café 	9:30 Bible Trivia in the Fireside Lounge 11:00 Seated Exercise in the Café	 7 11:00 Chapel Service in the Chapel 1:30 Fall Prevention Class in Atrium 2:30 Coffee Hour in the Café Be kind to your environment. Bring your own mug. 	11:00 E
10 9:30 Sunday Service in the Chapel	11 9:30 Remembrance Day Presentation and Service Streamed in the Cafe 11:00 Seated Exercise in the Chapel 2:30 Fit Minds in the Café Veterans Day Remembrance Day (Canada)	9:30 Skip-Bo in 12 the Café 11:00 Seated Exercise in the Chapel 1:30 Falls Prevention Class in the Atrium 2:30 Jeopardy in the Café	9:30 Perishky Baking at Long-Term Care 11:00 Seated Exercise in the Café	14 11:00 Chapel Service in the Chapel 1:30 Fall Prevention Class in Atrium	11:00 I
17 9:30 Sunday Service in the Chapel		9:30 Christmas 19 Decorating 11:00 Seated Exercise in the Chapel 1:30 Falls Prevention Class in the Atrium 2:30 Elfer Raus in the Café	Happy Birthday Jenny! 20 9:30 Christmas Window Painting in the Fireside Lounge 11:00 Seated Exercise in the Café 2:30 Bingo in the Café	 11:00 Chapel Service 21 In the Chapel 1:30 Fall Prevention Class in Atrium 2:30 Coffee Hour in the Café Be kind to your environment. Bring your own mug. 6:00 Movie in the Café: Documentary 	11:00 I
24 9:30 Sunday Service in the Chapel	25 9:30 Finish the Line in the Fireside Lounge	26 10:30 Music with the Heritage Christian School in the Chapel	27 9:30 Perishky Baking at Long-Term Care	28 11:00 Chapel Service in the Chapel	11:00 I
	11:00 Seated Exercise in the Chapel 2:30 Fit Minds in the Café	11:00 Seated Exercise in the Chapel 1:30 Falls Prevention Class in the Atrium	11:00 Seated Exercise in the Café 2:30 Bingo in the Café	' 1:30 Fall Prevention Class in Atrium Thanksgiving Day	B

ALL PROGRAMS ARE SUBJECT TO CHANGE.

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	Sunday	Monday	Tuesday	Wednesday	Thursday	11/2
	N		mbe ew and Evergreen Ap	t 202 Dartments	24	11:00 B B
	Daylight Savings Time, 3 Clocks Turn Back an Hour 9:30 Sunday Service in the Chapel	4 9:30 Monthly Gazette in the Fireside Lounge 11:00 Seated Exercise in the Chapel 2:30 Fit Minds in the Café	10:00 Concert with Dave 5 Braun in the Great Room 11:00 Seated Exercise in the Chapel 1:30 Falls Prevention Class in the Atrium	11:00 Seated Exercise in the Café	 11:00 Chapel Service in the Chapel 1:30 Fall Prevention Class in Atrium 2:30 Coffee Hour in the Café Be kind to your environment. Bring 	11:00 B B
-	Daylight Saving Time Ends 10 9:30 Sunday Service in the Chapel	9:30 Remembrance Day Presentation and Service Streamed in the Cafe	2:30 Java Music in the Café 9:30 Skip-Bo in 12 the Café 11:00 Seated Exercise in the	13 9:30 Perishky Baking at Long-Term Care	your own mug.	11:00 B B
		11:00 Seated Exercise in the Chapel 2:30 Fit Minds in the Café Veterans Day Remembrance Day (Canada)	Chapel 1:30 Falls Prevention Class in the Atrium 2:30 Jeopardy in the Café	7 7 7 7	1:30 Fall Prevention Class in Atrium	B
	9:30 Sunday Service in the Chapel ★	11:00 Seated Exercise in the Chapel 2:00pm Hymn Sing with	Decorating 11:00 Seated Exercise in the Chapel	Happy Birthday Jenny! 20 9:30 Christmas Window Painting in the Fireside Lounge 11:00 Seated Exercise in the	In the Chapel 1:30 Fall Prevention Class in Atrium 2:30 Coffee Hour in the Café	11:00 B B
2	24	Stephen in the Chapel	1:30 Falls Prevention Class in the Atrium 2:30 Elfer Raus in the Café 26	Café 2:30 Bingo in the Café	Be kind to your environment. Bring your own mug. 6:00 Movie in the Café: Documentary 28	
5	9:30 Sunday Service in the Chapel	9:30 Finish the Line in the Fireside Lounge	10:30 Music with the Heritage Christian School in the Chapel	9:30 Perishky Baking at Long-Term Care	11:00 Chapel Service in the Chapel	11:00 B B
		11:00 Seated Exercise in the Chapel2:30 Fit Minds in the Café	11:00 Seated Exercise in the Chapel1:30 Falls Prevention Class in the Atrium	11:00 Seated Exercise in the Café 2:30 Bingo in the Café	1:30 Fall Prevention Class in Atrium	В
C					Thanksgiving Day	

ALL PROGRAMS ARE SUBJECT TO CHANGE.

