

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

| <b>Legend:</b><br>AR – Activity Room<br>BR – Bistro<br>CH – Chapel<br>CK – Country Kitchen<br>CY – Courtyard<br>DR – Dining Room<br>GR – Great Room (Fireplace)<br>LB – Lobby<br>TH – Theatre | 1<br>10:00am Chair Yoga with Jenny class #1 (AR)<br>10:00am Assessing your Risk of Falling Zoom Presentation (TH)<br>1:30pm Bus sign up (Victoria's desk)<br>1:30pm Craft Circle (CK)<br>6:30pm Bible Study with Bea (CH)                           | 2<br>10:00am Exercise class #1 (AR)<br>1:20pm Exercise class #2 (AR)<br><br><b>Cancelled</b><br>6:30pm Trivia Night (AR)           | 3<br>8:00am Hot Breakfast (DR)<br>10:00am Bus outing to Great Clips (LB)<br>10:00am Chair Yoga with Jenny class #2 (AR)<br>1:30pm Bingo (AR)<br>6:30pm Wii Games (TH)          | 4<br>10:00am Exercise class #1 (AR)<br>1:20pm Exercise class #2 (AR)<br>6:30pm Men's Coffee Group (GR)   | 5<br>10:30am Rosary Group (CH)<br>1:30pm Wii Games (TH)<br>1:30pm Bus outing to Walmart & City Market (LB)<br>3:00pm Happy Hour (DR)                                   | 6<br>1:30pm Interdenominational Service with De-Anne (CH)  |
|---|---|--|--|--|--|--|
| 7<br>9:20am Shuttle to Ascension Catholic Parish Mass (LB)<br>1:30pm Card Bingo (AR)<br><br>Daylight Saving Time Ends   | 8<br>10:00am Chair Yoga with Jenny class #1 (AR)<br>1:30pm Craft Circle (CK)<br>1:00PM (approximate) The Nut Man (LB)<br>1:30pm Bus outing to North Hill Mall (LB)<br>2:30pm Ice Cream Treats (BR)<br>6:30pm Bible Study with Bea (CH)              | 9<br>10:00am Exercise class #1 (AR)<br>1:20pm Exercise class #2 (AR)<br>2:00pm Coffee & Good News (CH)<br>6:30pm Trivia Night (AR) | 10<br>8:00am Hot Breakfast (DR)<br>9:00am Bus outing to The Military Museums (LB)<br>10:00am Chair Yoga with Jenny class #2 (AR)<br>1:30pm Bingo (AR)<br>6:30pm Wii Games (TH) | 11<br>10:00am Remembrance Day Ceremony (DR)<br>6:30pm Men's Coffee Group (GR)<br><br><b>Cancelled</b><br>10:00am Exercise class #1 (AR)<br>1:20pm Exercise class #2 (AR)<br>Veterans Day<br>Remembrance Day (Canada) | 12<br>10:30am Rosary Group (CH)<br>1:30pm Wii Games (TH)<br>3:00pm Happy Hour with Walkin on Sunshine (DR)<br><br><b>Cancelled</b><br>1:30pm Bus outing (LB)           | 13<br>1:30pm Interdenominational Service with De-Anne (CH) |
| 14<br>9:20am Shuttle to Ascension Catholic Parish Mass (LB)<br>1:30pm Card Bingo (AR)   | 15<br>10:00am Chair Yoga with Jenny class #1 (AR)<br>1:30pm Craft Circle (CK)<br>6:30pm Bible Study with Bea (CH)   | 16<br><br><b>Cancelled</b><br>10:00am Exercise class #1 (AR)<br>1:20pm Exercise class #2 (AR)<br>6:30pm Trivia Night (AR)          | 17<br>8:00am Hot Breakfast (DR)<br>10:00am Chair Yoga with Jenny class #2 (AR)<br>1:30pm Bingo (AR)<br>6:30pm Wii Games (TH)   | 18<br>1:45pm Monthly Resident General Meeting (DR)<br>6:30pm Men's Coffee Group (GR)<br><br><b>Cancelled</b><br>10:00am Exercise class #1 (AR)<br>1:20pm Exercise class #2 (AR)                                      | 19<br>10:30am Rosary Group (CH)<br>1:30pm Wii Games (TH)<br>3:00pm Happy Hour (DR)<br><br><b>Cancelled</b><br>1:30pm Bus outing (LB)                                   | 20<br>1:30pm Interdenominational Service with De-Anne (CH) |
| 21<br>9:20am Shuttle to Ascension Catholic Parish Mass (LB)<br>1:30pm Card Bingo (AR)   | 22<br>10:00am Chair Yoga with Jenny class #1 (AR)<br>1:30pm Craft Circle (CK)<br>1:30pm Bus outing to Creekside Co-op & Dollarama (LB)<br>1:00PM (approximate) The Nut Man (LB)<br>2:30pm Ice Cream Treats (BR)<br>6:30pm Bible Study with Bea (CH) | 23<br>10:00am Exercise class #1 (AR)<br>1:20pm Exercise class #2 (AR)<br>6:30pm Trivia Night (AR)                                  | 24<br>8:00am Hot Breakfast (DR)<br>10:00am Chair Yoga with Jenny class #2 (AR)<br>10:00am Bus outing to Great Clips (LB)<br>1:30pm Bingo (AR)<br>6:30pm Wii Games (TH)         | 25<br>10:00am Exercise class #1 (AR)<br>1:20pm Exercise class #2 (AR)<br>6:30pm Men's Coffee Group (GR)<br><br>Thanksgiving Day  | 26<br>10:30am Rosary Group (CH)<br>1:30pm Wii Games (TH)<br>1:30pm Bus outing to Country Hills Michael's & Superstore (LB)<br>3:00pm Happy Hour with Dennis Toner (DR) | 27<br>1:30pm Interdenominational Service with De-Anne (CH) |
| 28<br>9:20am Shuttle to Ascension Catholic Parish Mass (LB)<br>1:30pm Card Bingo (AR)   | 29<br>10:00am Chair Yoga with Jenny class #1 (AR)<br>1:30pm Craft Circle (CK)<br>6:30pm Bible Study with Bea (CH)   | 30<br>10:00am Exercise class #1 (AR)<br>1:20pm Exercise class #2 (AR)<br>6:30pm Trivia Night (AR)                                  | <h1>November 2021</h1>   |  |  |  |

Please watch for posters for updates to calendar as Covid-19 risk is assessed.

Hanukkah Begins