

November 2023

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

The Activity Calendar is subject to change after the time of printing

			<p style="text-align: right; font-weight: bold;">1</p> <p>AM Step Machine AM Ball Therapy 10:00 Catholic Mass MPR</p> <p>2:00 Vicki Spurrell Entertainment - MPR</p>	<p style="text-align: right; font-weight: bold;">2</p> <p>AM Balloon Toss AM Hand Massage</p> <p>PM Setting up MPR for Bazaar PM Washer Toss PM Social Visits PM 'I Love Lucy' Show</p>	<p style="text-align: right; font-weight: bold;">3</p> <p>9:30-3:30 vendors AM Bazaar Preparation 1:30-3:30 Christmas Bazaar MPR PM One-to-Ones PM Movie Night & Snacks</p>	<p style="text-align: right; font-weight: bold;">4</p> <p>AM Fun & Fitness AM Sorting & Folding</p> <p>2:00 Music with Cody PM Cards Game PM Pub Night & Sports Game</p>
<p style="font-weight: bold;">5</p> <p>Time Fall back @ 2:00 AM AM Spiritual Time AM Hand Massages 2:00 Church Service Hastings Bible Park PM Remembrance Day Colourings PM Lawrence Welk Show</p>	<p style="text-align: right; font-weight: bold;">6</p> <p>AM Fun & Fitness AM Step Machine 10:00 Residents Council Meeting MPR 1:30 Pet Therapy PM Circle Chats PM Trivia PM Games Night</p>	<p style="text-align: right; font-weight: bold;">7</p> <p>AM Balloon Toss AM Hand Massage</p> <p>2:00 Resident Floor Meeting PM Classical Music Relaxation</p>	<p style="text-align: right; font-weight: bold;">8</p> <p>AM Step Machine AM Ball Therapy</p> <p>2:00 Euchre on 3rd floor PM Salon Day PM Garden Visits PM Men's Game Room</p>	<p style="text-align: right; font-weight: bold;">9</p> <p>AM Chair Stretches and Exercises AM Reminiscing</p> <p>PM Bingo</p>	<p style="text-align: right; font-weight: bold;">10</p> <p>Forget-Me-Not Day AM Ball Therapy 10:00 Rosary Prayer & Holy Communion PM Birthday Party <small>Beech/Spruce</small> PM Forget-Me-Not Day Trivia PM Game Room Set up Remembrance Day MPR</p>	<p style="text-align: right; font-weight: bold;">11</p> <p>Remembrance Day AM Brain Fit & Exercise AM Social Visits 2:00 Remembrance Day Service PM No Yawn Yoga PM Remembrance Day Celebration</p>
<p style="text-align: right; font-weight: bold;">12</p> <p>AM Spiritual Time AM Wheelchair Tours 2:00 Church Service Salvation Army PM Social Visits PM Holiday Art Therapy PM Lawrence Welk Show</p>	<p style="text-align: right; font-weight: bold;">13</p> <p>World Kindness Day AM Step Machine AM Ball Therapy 1:00 Shopping: Walmart 2:00 Holiday Card Making MPR PM Post Card / Pen Pals PM Trivia & Story Reading</p>	<p style="text-align: right; font-weight: bold;">14</p> <p>AM Chair Stretches & Exercises AM Hand Massage</p> <p>PM Bean Bag Toss PM Word Game PM Sing-Along</p>	<p style="text-align: right; font-weight: bold;">15</p> <p>AM Step Machine AM Ball Therapy</p> <p>2:00 Andy Forgie 7:00 Lions Club Bingo</p>	<p style="text-align: right; font-weight: bold;">16</p> <p>AM Balloon Toss AM Manipulative Activities</p> <p>PM Mini Golf PM Emotional Activity PM Sports Show Night</p>	<p style="text-align: right; font-weight: bold;">17</p> <p>AM Step Machine AM Ball Therapy</p> <p>PM Tim Hortons <small>Beech/Spruce</small> PM Friendly Visits PM Christmas Colorings</p>	<p style="text-align: right; font-weight: bold;">18</p> <p>AM Fun & Fitness AM Wheelchair Strolls</p> <p>PM Christmas Arts & Crafts PM Card Games PM OBIE</p>
<p style="text-align: right; font-weight: bold;">19</p> <p>AM Spiritual Time AM Hand Massages</p> <p>2:00 Church Service Eastminster Church PM Doll & Cat Therapy PM Word Search PM Manicures</p>	<p style="text-align: right; font-weight: bold;">20</p> <p>Universal Children's Day AM Step Machine AM Ball Therapy</p> <p>1:00 Shopping: Quinte Mall PM Story Reading PM Documentary on Universal Children's Day</p>	<p style="text-align: right; font-weight: bold;">21</p> <p>AM Balloon Toss AM Manipulative Activities</p> <p>PM Poinsettias Colorings</p>	<p style="text-align: right; font-weight: bold;">22</p> <p>AM Step Machine AM Ball Therapy</p> <p>PM Salon Day PM DementiAbility Activities 7:00 Holiday Celebrations with Vicki Spurrell</p>	<p style="text-align: right; font-weight: bold;">23</p> <p>AM Chair Exercises AM Music Therapy</p> <p>2:00 United Church Communion MPR PM Arts & Crafts</p>	<p style="text-align: right; font-weight: bold;">24</p> <p>AM Ball Therapy 10:00 Rosary Prayer & Holy Communion</p> <p>2:00 Music with Cliff <small>BEECH/SPRUCE</small> PM Manipulative Activities PM OBIE</p>	<p style="text-align: right; font-weight: bold;">25</p> <p>AM Brain Fit & Exercises AM Hand Massages</p> <p>PM Saturday Sock Hop ^{B/S} PM Chair Dancing PM Board Games</p>
<p style="text-align: right; font-weight: bold;">26</p> <p>AM Spiritual Time AM Hand Massages 2:00 Church Service Maranatha Church PM Wheelchairs Tours PM Stretch & Strolls PM Lawrence Welk Show</p>	<p style="text-align: right; font-weight: bold;">27</p> <p>AM Step Machine AM Ball Therapy 12:45 Music with Shirley 1:00 Shopping Giant tiger PM Snowflake Sparkles Art PM Friendly Visits 6:00 Christmas Light Tour</p>	<p style="text-align: right; font-weight: bold;">28</p> <p>AM Dance Therapy AM Sorting & Folding</p> <p>2:00 Pet Therapy PM Physical Activity PM DementiAbility Activities PM Men's Game Room</p>	<p style="text-align: right; font-weight: bold;">29</p> <p>AM Step Machine AM Ball Therapy</p> <p>2:00 Trenton Glee Club MPR</p>	<p style="text-align: right; font-weight: bold;">30</p> <p>AM Balloon Toss AM Hand Massage AM Manipulative Activities</p> <p>1:45 Recreation meeting PM Social Visits PM Snowflakes Coloring</p>		

Joy is the simplest form of gratitude.

-- Karl Barth