


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 Puzzle Time 1:30 Baggo	2 10:00 Yoga with Jane 2:30 A.V Cloggers	3 10:30 Chairfit A/L Sit and Dance 2:00 Bowling in A/L	4 10:00 Music Therapy with Dori-Ann 2:00 Bingo <i>Happy Birthday George</i>	5 <i>Happy Birthday Ugenia</i>
6 10:30 Chairfit A/L Sit and Dance 2:00 Baggo	7 10:30 Chairfit A/L Sit and Dance 2:00 Baggo	8 9:30 Jeopardy 10:30 Coffee Chat A/L Resident Council 1:30 Hector's Sing a Long	9 10:30 Chairfit A/L Chairfit 1:30 Remembrance Day Crafts	10 10:30 Coffee Chat A/L Tea and Trivia 2:00 Floor Curling	 11	12
13 10:30 Chair Fit A/L sit and Dance 2:00 Bowling	14 10:30 Chair Fit A/L sit and Dance 2:00 Bowling	15 9:30 Jeopardy 10:30 Coffee Chat A/L Coffee and Cookies 1:30 Floor Curling	16 10:30 Hymn Sing with Mavis 2:00 Baggo 3:00 Button Craft	17 10:30 Coffee Chat A/L Tea and Trivia 1:30 Barbara and Jimmy Singing	18 10:00 Music Therapy With Dori-Ann 2:00 Bingo	19
20 10:30 Chair Fit A/L Sit and Dance 1:30 Hank Mallon	21 10:30 Chair Fit A/L Sit and Dance 1:30 Hank Mallon	22 9:30 Jeopardy 10:30 Coffee Chat A/L Coffee and Cookies 1:30 Hector's Sing a Long	23 10:00 Yoga with Jane 11:15 Island Lunch @ Hupacasath Hall 2:00 Target shoot Out in A/L	24 10:30 Notre Dame Church Service 2:00 Table Games	25 9:30 Puzzle Time 10:30 Chair Fit A/L Chair Fit 2:00 Bingo	26
27 6:00 Sacred Harmony Concert in A/L <i>Happy Birthday Aurora</i>	28 10:30 Chair Fit A/L Sit and Dance 1:30 A.V Fiddlers <i>Happy Birthday Debbie</i>	29 9:30 Jeopardy 10:30 Coffee Chat A/L Coffee and Cookies 2:00 Darren Geddes	30 10:00 A/L Chair Fit 11:15 Lunch Out 2:00 Bowling	<h1>November 2016</h1> <p>Growing old is mandatory, growing up is optional 😊 (Walt Disney)</p>		