



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Coffee amongst friends 1 10:30 Trivia for our mind 11:00 Stretch out the cobwebs 1:30 Room visits <b>2:30 Are you prepared to vote?</b> 3:00 Going over our choices/options about voting 4:00 Jigsaw puzzlers	10:00 <b>Jammin Jim</b> 2 11:00 Food channel 1:30 Room visits 2:30 Bingo Bonanza 3:30 Refresh me 4:00 Leisure people 	10:00 Coffee & current events 3 10:30 Recap on voting 11:00 Food channel 1:30 A friendly hello 2:30 Ring toss tournament 3:30 Finish the line 4:00 Jigsaw puzzle	10:00 What is your opinion? 4 10:30 Reminisce 11:00 Stretch & Breathe 1:30 Room visits 2:30 Friday Bingo 4:00 Leisure time	10:30 Friend's social 5 11:00 Coffee and chat <b>2:00 Bingo with Ann</b> 3:00 Movie classic
<b>Fall back an hour!</b> 6 10:00 Sunday Social 10:30 Spiritual Hymns 1:30 Leisure people 3:00 Praise & Worship with channel 78  Daylight Saving Time Ends	10:00 News & Views 7 10:30 What is your opinion? 11:00 Stretch into lunch 1:30 Room visits <b>2:00 Diana entertains us!</b> 4:00 Leisure people	10:00 Election day chat 8 10:30 What it means to vote 11:00 Stretch and Breathe 1:30 A friendly hello 2:00 Election day bingo 4:00 News about the election  <b>ELECTION DAY</b>	10:00 <b>Jammin Jim</b> 9 11:00 Friend's social 1:30 Room visits 2:30 Bingo Bonanza 4:00 Classic tv 	10:00 Coffee please!!! 10 10:30 Chair exercise 11:00 Trivia teasers 1:30 Room visits 2:30 Pamper me 3:30 Refreshment 4:00 Food channel	10:00 Coffee and Military talk 11 10:30 Writing thank you cards to our Veterans 1:30 Thankful visits to our Veterans <b>2:30 Veteran's celebration</b>  Veterans Day Remembrance Day (Canada)	10:00 Early birds 12 10:30 Coffee and chat <b>2:00 Bingo with Ann</b> 3:30 Leisure people
10:00 Sunday Social 13 10:30 Spiritual worship 1:30 Friend's chat 2:30 Channel 78 worship	10:00 <b>Ceramics class with Deb</b> 14  11:00 Refresh me please 1:30 Room visits 2:00 Bingo Bonanza 4:00 Leisure people	10:00 Chair yoga 15 10:30 Exercise your mind 11:00 Coffee please 1:30 Room visits <b>2:00 Diana entertains us!</b> 3:30 Leisure people	10:00 <b>Jammin Jim</b> 16 1:30 A friendly face 2:00 Mid week Bingo 3:30 Refreshments 4:00 Food channel 	10:00 Stretch & Breathe 17 10:30 Start our bread baking 11:00 Refresh me <b>2:00 Resident Council Meeting</b> 3:00 Tasting our delicious bread on Homemade bread day	10:00 Move it! 18 10:30 Refresh me please! 11:00 Sharing stories about Thanksgiving 1:30 Room visits 2:30 Arts and Crafts for fall 3:30 sing a long by request 4:00 Relax with the crooners	10:00 Get up and stretch 19 10:30 Coffee please 11:00 Friend's gather <b>2:00 Bingo with Ann</b>
10:00 Sunday social 20 10:30 Hymn sing a long 1:30 Friend's gather 2:30 Channel 78 worship	10:00 Monday Stretch 21 10:30 What's new? 11:00 Coffee please 1:30 Room visits <b>2:00 Mike Rowe returns for an exciting musical performance!</b> 3:30 Refresh me 4:00 Food channel	10:00 Coffee social 22 10:30 Pamper me 11:00 Nail art 1:30 Room visits 2:00 Chair travel 3:30 Root beer floats 4:00 Sing a long with Alexa	10:00 <b>Jammin Jim</b> 23 1:30 Room visits 2:00 Mid week Bingo 3:30 Refreshments 4:00 Crafty people 	9:00 <b>Macy's Thanksgiving Day Parade</b> 24  11:00 What are you thankful for? 1:30 Thankful visits 2:00 An old fashioned Thanksgiving  Thanksgiving Day (US)	10:00 Coffee and chat 25 10:30 Stretch & Breathe 11:00 Mind exercise 1:30 Room visits <b>2:00 Birthday Party hosted by Jammin Jim</b> 	10:00 Stretch and Breathe 26 <b>10:30 Diana entertains us</b> 1:30 Leisure people <b>2:00 Bingo with Ann</b>
10:00 Sunday social 27 10:30 Worship & Praise 1:30 Friend's gather 2:30 Channel 78 worship	10:00 <b>Ceramics class with Deb</b> 28  11:30 Friends gather 1:30 A friendly face 2:30 Monday Bingo 4:00 Leisure people	10:00 Coffee & News 29 10:30 Pamper me 11:00 Nail art 1:30 Room visits 2:00 Arts/crafts 3:30 Hot cocoa & reminisce 4:00 Food channel	10:00 <b>Jammin Jim</b> 30 1:30 A friendly face 2:00 Mid week Bingo 3:30 Refreshments 4:00 Color my world 	 <b>November 2022</b> Activities subject to change		