

# November 2023

## 4 East

			<p>9:30 Calendar's go up <sup>1</sup>                  10:00 All About November                  11:00 Planet Earth                  1:15 Friendly Visits                  2:30 Birthday Party in the auditorium</p>	<p>10:00 Catholic Communion <sup>2</sup>                  11:00 Short Stories                  1:45 Bingo                  3:00 Massage</p>	<p>9:30 Travel Show on tv <sup>3</sup>                  1:30 Music in the Lounge</p>	<p>10:00 Beauty Hour <sup>4</sup>                  11:00 Ball Toss with Music                  1:30 Who is Will Rogers?                  2:00 Social Tea and Music                  2:15 Christmas Cards for Soldiers                  3:00 Daily Chronicles</p>
<p>10:00 Bible Study &amp; Hymns <sup>5</sup>                  10:30 Ball Toss                  11:00 Spa Time                  1:30 Short Stories                  2:00 Guess the Show Tune                  3:00 Daily Chronicle</p>	<p>9:45 Gentle Stretching <sup>6</sup>                  10:00 Reminiscing over Tea                  11:00 I Love Lucy                  1:30 Hang Man                  2:15 Chat's over Tea                  3:00 Tuck Cart</p>	<p>11:00 Anglican Communion <sup>7</sup>                  2:30 Jay One Man Band</p>	<p>9:45 Ball Toss <sup>8</sup>                  10:15 Travel through the World Capitals                  11:00 Red Green Show                  1:30 Crafts for the Bazaar                  2:00 Social Tea and Music                  3:00 Friendly Visits</p>	<p>8:30 Breakfast in the Cafe <sup>9</sup>                  10:00 Catholic Communion                  11:00 Ball Tall                  1:45 Bingo                  3:00 Tongue Twisters</p>	<p>10:00 History of the Poppy <sup>10</sup>                  10:15 Colouring Poppies                  11:00 Red Green Show                  1:30 Remembrance Day Facts and Talk                  2:00 Songs on Remembrance                  3:00 Friendly Visits</p>	<p>10:30 Remembrance Day service on line <sup>11</sup>                  1:30 Rocking to the Oldies                   Remembrance Day (Canada)</p>
<p>10:30 Church Service on tv in the lounge <sup>12</sup>                  1:45 Sing A Long on 2 east with Bruce</p>	<p>9:45 Ball Toss <sup>13</sup>                  10:15 Let's Move to Music                  11:00 Mr. Bean on tv                  1:30 Cards for Soldiers                  2:15 Social Tea and                  3:00 Tuck Cart</p>	<p>10:00 Seven Wonders of the World <sup>14</sup>                  11:00 Short Stories                  1:45 Making Nacho's                  2:15 Name That Tune                  3:00 Massage 1 to 1</p>	<p>9:45 Let's Stretch <sup>15</sup>                  10:00 Reminiscing with Tea                  11:00 I love Lucy                  1:30 Violinist                  3:00 Horoscopes</p>	<p>10:00 Catholic Communion <sup>16</sup>                  10:30 Ball Toss                  11:15 Massage 1 to 1                  1:45 Bingo                  3:00 Resident's Choice</p>	<p>10:00 Canadian Pickers on tv in the Lounge <sup>17</sup>                  2:00 Critter of the Month</p>	<p>9:45 Ball Toss <sup>18</sup>                  10:00 Beauty Hour                  11:00 Short Stories                  1:30 Trivia                  2:00 Let's Chat over Tea                  3:00 Horoscopes</p>
<p>10:00 Bible Study and Hymns <sup>19</sup>                  11:00 Colouring to Music                  1:30 Sensory Stim.                  2:00 Discussion Group                  3:00 Massage Time</p>	<p>9:45 Bus Trip Scenic Drive <sup>20</sup>                  1:30 Family Feud                  2:00 Social Tea                  3:00 Tuck Cart</p>	<p>9:30 Music from the 60's <sup>21</sup>                  1:30 Jeopardy</p>	<p>9:45 Ball Toss <sup>22</sup>                  10:00 Bible Reading and Hymns                  11:00 Red Green Show                  1:15 Friendly Visits                  2:30 Hat Lady entertainer in the auditorium</p>	<p>8:30 Breakfast in the Cafe <sup>23</sup>                  10:00 Catholic Communion                  11:00 Short Stories                  1:45 Bingo                  3:00 Horoscopes</p>	<p>10:00 Gentle Stretching <sup>24</sup>                  11:00 I love Lucy                  1:30 Let's Sing the oldies                  2:00 Trivia and Coffee                  3:00 Massage 1 to 1</p>	<p><b>Bazaar</b>                  10am to 3pm in the Cafe <sup>25</sup></p>
<p>10:00 Music in the Lounge <sup>26</sup>                  1:45 Planet Earth</p>	<p>Georgian Downs <sup>27</sup>                  10:30 to 3:30</p>	<p>9:30 Short Stories in the small lounge <sup>28</sup>                  10:00 Painting Cove                  11:15 Daily Chronicles                  1:30 Name That Tune                  2:15 Reminiscing                  3:00 Tuck Cart</p>	<p>9:30 Gentle Stretching <sup>29</sup>                  10:00 Trivia                  11:00 I Love Lucy                  1:30 Bingo                  3:00 Music from the 50's</p>	<p>10:00 Catholic Communion <sup>30</sup>                  11:00 Resident's Choice                  1:30 Resident Council                  2:00 Food Committee                  3:00 Friendly Visits</p>	<p><b>Welcome Sweet November, the season of senses and my favorite month of all.</b></p>	