

November 2023

3 WEST



9:30- FITNESS CLASS 1
 10:15- COMEDY HOUR
 10:45- NOV CALENDER'S 1-1
 11:15- AMBULATION/CHATS

1:15- FUN & GAMES 1-1
2:30- BIRTHDAY PARTY
 w ROBERT
 3:30- AMBULATION/ PHYSIO

9:30- JUMBLE COUNTRIES 2
 10:15- CATHOLIC COMM
 10:45- R.O.M EXERCISES 1-1
 11:15- AMBULATION/CHATS

1:45- HORSE DERBY
 2:30- LAUGH & GIGGLES
 3:00- AROMA / MASSAGE 1-1
 3:30- AMBULATION/ PHYSIO

8:30- SPECIAL BREAKFAST 3
 10:00- NOODLE SOCCER
 10:45- REMEMBERING 1-1
 11:15- AMBULATION/CHATS

1:15- TUCK CART 1-1
2:00- MEGA BINGO
 2:00- AFTERNOON MOVIE
 3:00- AMBULATION/ PHYSIO

9:30- FUN & FITNESS 4
 10:15- MAKE A DEAL SHOW
 10:45- HOROSCOPES 1-1
 11:15- AMBULATION/CHATS

1:30- DICE GAME
 2:00- MUSICAL CONCERT
 2:30- AUTUMN STORIES 1-1
 3:30- AMBULATION/ PHYSIO

9:30 To 11:30 5
Hymns Concert In Lounge

1:00 To 3:00
Afternoon At The Movies
The Secret Garden

9:30- FITNESS CLASS 6
 10:15- ANDY GRIFFTH SHOW
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/CHATS

1:30- WORD GAMES NOVBER
 2:30- BEAUTY TIME
 3:00- CARD GAMES 1-1
 3:30- AMBULATION/ PHYSIO

9:30- CHAIN LINK GAME 7
 10:15- MORNING MATINEE
11:00- ANGLICAN SERVICE
 11:15- AMBULATION/CHATS

1:15- BALL TOSS 1-1
2:30- JAY ONE MAN BAND
 -AUDITORIUM
 3:30- AMBULATION/ PHYSIO

9:30- FITNESS CLASS 8
 10:15- COMEDY HOUR
 10:45- BIBLE STUDY 1-1
 11:15- AMBULATION/CHATS

1:30- BAKING COOKIES
 2:00- REMEMBER TRIVIA
 2:30- TASTE TEST "COOKIES"
 3:30- AMBULATION/ PHYSIO

9:30- JUMBLE CLOTHING 9
 10:15- CATHOLIC COMM
 10:45- FUN & FITNESS 1-1
 11:15- AMBULATION/CHATS

1:30- MAKING APPLE SAUCE
2:00- AUTUMN TRIVIA
2:30- TASTE TEST "APPLES"
 3:30- AMBULATION/ PHYSIO

9:30 To 11:30 10
Comedy- I Love Lucy

1:00 To 3:00
Afternoon At The Movies
Fly Away Home

9:30- FITNESS CLASS 11
 10:30- SNOOZELYN ROOM
 11:00- REMEMBRANCE DAY

11:15- AMBULATION/CHATS

1:30- PAINTER COVE POPPIES
 2:00- ANDRE RIEU CONCERT
 2:30- TUCK CART 1-1
 3:30- AMBULATION/ PHYSIO

9:30- HOUR OF POWER 12
 -JOEL OLSTEEN
 10:00- HYMNS & STORIES
 10:45- TWIST & TURN 1-1
 11:15- AMBULATION/CHATS
 1:30- BOARD GAME MONOPOLY
 1:30- AFTERNOON MOVIE
 2:45- STORIES 1-1
 3:30- AMBULATION/ PHYSIO

9:30- FITNESS CLASS 13
 10:15- BONANZA SHOW
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/CHATS

1:30- WORD GAMES VETERANS
 2:30- BEAUTY TIME
 3:00- PUZZLES 1-1
 3:30- AMBULATION/ PHYSIO

9:30 To 11:30 14
Comedy- Honeymooners

1:00 To 3:00
Afternoon Concert
Jersey Boys

9:30- FITNESS CLASS 15
 10:15- COMEDY HOUR
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/CHATS

1:30- NAME THE CHIP TASTING
2:00- CHIP SOCIAL & TRIVIA
2:30- TASTE TEST "POT CHIP"
 3:30- AMBULATION/ PHYSIO

9:30- JUMBLE HOUSEHOLD 16
 10:15- CATHOLIC COMM
 10:45- R.O.M EXERCISES 1-1
 11:15- AMBULATION/CHATS

1:30- HORSE DERBY
 2:30- TRAVEL CART
 3:00- AROMA / MASSAGE 1-1
 3:30- AMBULATION/ PHYSIO

8:30- SPECIAL BREAKFAST 17
 10:00- NOODLE SOCCER
 10:45- AUTUMN STORIES 1-1
 11:15- AMBULATION/CHATS

1:15- TUCK CART 1-1
2:00- MEGA BINGO
2:00- CRITTER OF MONTH
 3:00- AMBULATION/ PHYSIO

9:30- FUN & FITNESS 18
 10:15- MAKE A DEAL SHOW
 10:45- HOROSCOPES 1-1
 11:15- AMBULATION/CHATS

1:30- DICE GAME
 2:00- MUSICAL CONCERT
 2:30- SPA VISITS 1-1
 3:30- AMBULATION/ PHYSIO

9:30 To 11:30 19
Hymns Concert In Lounge

1:00 To 3:00
Afternoon At The Movies
The Greatest Showman

9:30 To 11:30 20
Comedy- Andy Griffith

1:00 To 3:00
Afternoon Concert
Andre Rieu

9:30- PRICE IS RIGHT GAME 21
 10:15- MORNING MATINEE
 10:45- TWIST & TURN 1-1
 11:15- AMBULATION/CHATS

1:30- BOWLING
 2:30- JOKES & RIDDLES
 3:00- SENSORY STIM 1-1
 3:30- AMBULATION/ PHYSIO

9:30- FITNESS CLASS 22
 10:15- COMEDY HOUR
 10:45- BIBLE STUDY 1-1
 11:15- AMBULATION/CHATS

1:15- FUN & GAMES 1-1
2:30- MUSIC w EILEEN
 -AUDITORIUM
 3:30- AMBULATION/ PHYSIO

10:00- COUNTRY DRIVE 23
BUS TRIP
 10:15- CATHOLIC COMM

1:30- WORD GAMES
 2:30- BEAUTY TIME
 3:00- AROMA / MASSAGE 1-1
 3:30- AMBULATION/ PHYSIO

9:30 To 11:30 24
Comedy- Gilligan Island

1:00 To 3:00
Afternoon At The Movies
The Little Princess

9:30- FITNESS CLASS 25
 10:15- PRICE IS RIGHT SHOW
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/CHATS

1:30- PAINTER COVE LEAVES
 2:00- ANDRE RIEU CONCERT
 2:30- TUCK CART 1-1
 3:30- AMBULATION/ PHYSIO

9:30- HOUR OF POWER 26
 10:00- HYMNS & STORIES
 10:45- TWIST & TURN 1-1
 11:15- AMBULATION/CHATS
12:00- DINER CLUB LUNCH
 -SWISS CHALET-
 2:00- BOARD GAME MONOPOLY
 2:00- AFTERNOON MOVIE
 3:30- AMBULATION/ PHYSIO

10:00- **GEORGIAN DOWNS** 27
CASINO BUS TRIP

4:00- AMBULATION/ PHYSIO

9:30 To 11:30 28
Comedy- Bonanza

1:00 To 3:00
Afternoon Show
Little House on Prairie

9:30- FITNESS CLASS 29
 10:15- COMEDY HOUR
 10:45- SNOOZELYN ROOM
 11:15- AMBULATION/CHATS

1:30- BAKING APPLE TARTS
2:00- APPLE SOCIAL & TRIVIA
2:30- TASTE TEST "TARTS"
 3:30- AMBULATION/ PHYSIO

9:30- JUMBLE VEGGIES 30
 10:15- CATHOLIC COMM
 10:45- R.O.M EXERCISES 1-1
 11:15- AMBULATION/CHATS

1:30- AFTERNOON MATINEE
1:30- RESIDENT COUNCIL
2:00- FOOD COMMITTEE 2E
 3:30- AMBULATION/ PHYSIO

MONTHLY FEATURES:

FLOWER: CHRYSANTHEMUM **STONE:** CITRINE & TOPAZ
ANIMAL: ROOSTER **ZODIAC:** SCORPIO (NOV 1- 22)
SPIRIT ANIMAL: RAVEN **ZODIAC:** SAGITTARIUS (NOV 23-30)