


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:30 Smoothie Hour 2:00 Jackpot 5:30 Friendly Faces (3)	10:30 Trivia Hour 1:00 Art Group 1:00 MSE 5:30 Friendly Faces (3)	9:00 MSE 10:30 Chair Yoga 2:00 Bingo 5:30 Friendly Faces (3)	10:30 Music & Memory 2:00 Happy Hour 5:30 Friendly Faces (3)	NO ACTIVITY	5:30 Friendly Faces (3)
	1	2	3	4		5
10:30 Sunshine Social 1:30 Bowling (2, 3) 2:45 Bowling (4, 5)	10:30 Smoothie Hour 2:00 Memorial Service 5:30 Friendly Faces (3)	10:30 Trivia Hour 1:00 Art Group 1:00 MSE 5:30 Friendly Faces (3)	9:00 MSE 10:30 Chair Yoga 2:00 Bingo 5:30 Friendly Faces (3)	10:30 Remembrance Day Tribute 2:00 Remembrance Day 5:30 Friendly Faces (3)	9:00 MSE 2:00 Cooking Group A	2:00 Tribute Hour 5:30 Friendly Faces (3)
7	8	9	10	11	12	13
10:30 Sunshine Social 1:30 Bowling (2, 3) 2:45 Bowling (4, 5) 5:30 Friendly Faces (3)	10:30 Smoothie Hour 2:00 Anglican Service 5:30 Friendly Faces (3)	10:30 Trivia Hour 1:00 Art Groupe 1:00 MSE 5:30 Friendly Faces (3)	9:00 MSE 10:30 Chair Yoga 2:00 Bingo 5:30 Friendly Faces (3)	10:30 Catholic Service 2:00 Elvis Presley Themed Happy Hour 5:30 Friendly Faces (3)	NO ACTIVITY	10:30 Get Together 2:00 Book Club 5:30 Friendly Faces (3)
14	15	16	17	18		19
10:30 Sunshine Social 12:30 Outing: Angrignon Mall 1:30 Bowling (2, 3) 2:45 Bowling (4, 5) 5:30 Friendly Faces (3)	10:30 Smoothie Hour 2:00 Fancy Nails 5:30 Friendly Faces (3)	10:30 Trivia Hour 1:00 Art Group 1:00 MSE 5:30 Friendly Faces (3)	9:00 MSE 10:30 Chair Yoga 2:00 Bingo 5:30 Friendly Faces (3)	10:30 Music & Memory 2:00 Happy Hour 5:30 Friendly Faces (3)	9:00 MSE 2:00 Cooking Group B	2:00 Tribute Hour 5:30 Friendly Faces (3)
21	22	23	24	25	26	27
1:30 Bowling (2, 3) 2:45 Bowling (4, 5) 5:30 Friendly Faces (3)	10:30 Smoothie Hour 2:00 Movie under the stars 5:30 Friendly Faces (3)	10:30 Trivia Hour 1:00 Art Group 1:00 MSE 5:30 Friendly Faces (3)				
28	29	30				

NOVEMBER

*The Friendly Faces and Tea Party programs (3rd) are for the residents of the 3rd floor only.
 **Please be advised that due to unexpected circumstances, activities may, on occasion, be changed, post-poned or cancelled.
 If you intend to participate, please verify with the Recreation Department. Thank you! *ITP - Individual Therapeutic Program (1 x 1).