

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Legend:
 (C)- The Cottage
 (cl)- Café/Lounge
 (fl)- Front Lobby
 (L)- Library

<p>11:00 (C) Hymn Sing 6</p> <p>2:00 (C) (N) "Roped"</p> <p><small>Daylight Saving Time Ends</small></p>	<p>Esthetician Today 1</p> <p>9:00 (fl) Dog visits with Hank and Linnea</p> <p>11:00 (C) Fit Minds</p> <p>1:20 (C) Funny Animal Videos</p> <p>2:00 (C) BINGO</p> <p>3:00 (L) Reading with Jim</p>	<p>Shuttle Today Hairdresser Today 2</p> <p>11:00 (C) (yt): Autumn In Ontario Video Presentation</p> <p>1:00 (cl) Racket Balloon</p> <p>1:00 (sign Up) Trip: Burlington Mall</p> <p>3:00 (C)(yt) Documentary: "In the Feeding Grounds Of Humpback Whales"</p> <p>3:00 Dog visit with Scott & Lily</p>	<p>10:15 (cl) General Exercises 3</p>  <p>11:00 (C) Seated Dance Class</p> <p>1:00 (cl) Ball Toss</p> <p>1:30 (C) Food Meeting</p> <p>3:00 (C) Meditation Session</p>	<p>Shuttle Today Hairdresser Today 4</p>  <p>10:30 (C) Java Music Club</p> <p>10:45 (sign Up) Trip: Art Gallery Of Hamilton</p> <p>2:00 (cl) Happy Hour with Musical Entertainer Perry Furlotte as Elvis</p>	<p>10:15 (C) Musical Performance & Sing Along with Nathalia 5</p> <p>2:00(C)(P) Movie: "Wild Oats"</p> <p>7:00 (C)(P) Movie: "23 Walks"</p> <p>*SET YOUR CLOCK BACK ONE HOUR TONIGHT</p>
<p>11:00 (C) Hymn Sing 6</p> <p>2:00 (C) (N) "Roped"</p>	<p>Shuttle Today Hairdresser Today 7</p> <p>10:00 (Sign Up) Denninger's Foods of the World</p> <p>11:00(C) Video (yt): "Top 50 Natural History Moments"</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) Town Hall Meeting</p> <p>3:00 (C) DRUM BALL</p> <p>3:30 (C) DRUM BALL</p> <p>3:00 Chalk It Up Billiard Time</p>	<p>Esthetician Today 8</p> <p>9:00 (fl) Dog visits with Hank and Linnea</p> <p>11:00 (C) Music Appreciation: Wartime Songs</p> <p>1:20 (C) Funny Animal Videos</p> <p>2:00 (C) BINGO</p> <p>3:00 (L) Reading with Jim</p>	<p>Shuttle Today Hairdresser Today 9</p> <p>11:00 (cl) Flu Education Session with</p> <p>1:00 (cl) Racket Balloon</p> <p>1:00 (sign Up) Trip: Art Gallery Of Burlington</p> <p>3:00 (C)(N) Documentary: "A Little Help With Carol Burnett Ep 2 & 3"</p> <p>3:00 Dog visit with Scott & Lily</p>	<p>10:15 (cl) General Exercises 10</p>  <p>11:00 (C) Canada Remembers Presentation.</p> <p>1:00 (cl) Ball Toss</p> <p>1:30 (C) Technology Assistance</p> <p>3:00 (C) Meditation Session</p> <p><small>Veterans Day Remembrance Day (Canada)</small></p>	<p>10:15 (C) Musical Performance & Sing Along with Nathalia 12</p> <p>2:00(C)(P) Movie: "The Big Wedding"</p> <p>7:00 (C)(P) Movie: "Because I Said So"</p>
<p>11:00 (C) Hymn Sing 13</p> <p>2:00 (C) (N) "Spinning Out Ep 1 & 2"</p>	<p>Shuttle Today Hairdresser Today 14</p> <p>9:45 (Sign Up) TRIP: Walmart</p>  <p>11:00 (C) Music Appreciation: Vera Lynn</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) DRUM BALL</p> <p>2:30 (C) DRUM BALL</p> <p>3:00 Chalk It Up Billiard Time</p>	<p>Esthetician Today 15</p> <p>9:00 (fl) Dog visits with Hank and Linnea</p> <p>11:00 (C) Giant Crosswords</p> <p>1:20 (C) Funny Animal Videos</p> <p>2:00 (C) BINGO</p> <p>3:00 (L) Reading with Jim</p>	<p>Shuttle Today Hairdresser Today 16</p> <p>9:45 (sign Up) Canadian Tire</p> <p>11:00 (C) (yt) Animals Asking For Help</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) SPECIAL SHOWING OF "The Second Time Around"</p> <p>Filmed on Location at Caroline Place!!</p> <p>3:00 Dog visit with Scott & Lily</p>	<p>11:00 (C) Seated Dance Class 17</p> <p>1:00 (cl) Ball Toss</p>  <p>1:30 (C) Technology Assistance</p> <p>3:00 (C) Meditation Session</p>	<p>10:15 (C) Musical Performance & Sing Along with Nathalia 19</p> <p>2:00(C)(P) Movie: "Hoovey"</p> <p>7:00 (C)(P) Movie: "Last Chance Harvey"</p>
<p>11:00 (C) Hymn Sing 20</p> <p>2:00 (C)(N) "Spinning Out Ep 3 & 4"</p>	<p>Shuttle Today Hairdresser Today 21</p> <p>FLU SHOT CLINIC 9:00-3:30 In the Cottage</p> <p>9:45 (Sign Up) Trip: Michaels Arts & Crafts</p> <p>1:00 (cl) Racket Balloon</p> <p>3:30 (C) Glamour Gals Visit!</p>	<p>Esthetician Today 22</p> <p>9:00 (fl) Dog visits with Hank and Linnea</p> <p>10:15 (cl) General Exercises</p> <p>11:00 (cl) Advanced Exercises</p>  <p>3:00 (L) Reading with Jim</p>	<p>Shuttle Today Hairdresser Today 23</p> <p>Exercise Class Demo Day! Join us as we trial a number of different classes we could offer here at CP, vote on your favorite choices to re-vamp out exercise programs.</p> <p>1:00 (cl) Racket Balloon</p> <p>3:00 Dog visit with Scott & Lily</p> 	<p>11:00 (C) Seated Dance Class 24</p> <p>1:00 (cl) Ball Toss</p> <p>1:30 (cl) Hot Chocolate Social</p> <p>3:00 (L) Meditation Session</p> <p><small>Thanksgiving Day (US)</small></p>	<p>10:15 (C) Musical Performance & Sing Along with Nathalia 26</p> <p>2:00(C)(P) Movie: "I Saw The Light"</p> <p>7:00 (C)(N) Movie: "The Young & Prodigious T.S Spivet"</p>
<p>11:00 (C) Hymn Sing 27</p> <p>2:00 (C)(N) "Spinning Out Ep 5 & 6"</p>	<p>Shuttle Today Hairdresser Today 28</p> <p>10:00 (Sign Up) Trip: Shoppers Drug Mart</p> <p>11:00 (C) Music Appreciation: John Mcdermott</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) Town Hall Meeting</p> <p>3:00 (C) DRUM BALL</p> <p>3:30 (C) DRUM BALL</p>	<p>Esthetician Today 29</p> <p>9:00 (fl) Dog visits with Hank and Linnea</p> <p>11:00 (C) Fit Minds</p> <p>1:20 (C) Funny Animal Videos</p> <p>2:00 (C) BINGO</p> <p>3:00 (L) Reading with Jim</p>	<p>Shuttle Today Hairdresser Today 30</p> <p>10:00 (Sign Up) Scenic Drive</p> <p>DECORATING FOR CHRISTMAS!!</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) Jeopardy Trivia</p> <p>3:00 (C)(N) Movie: "Yellow Rose"</p> <p>3:00 Dog visit with Scott & Lily</p>	<h1>November 2022</h1>	

Spring Into Wellness Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30					Falls Prevention
10:15-11:00	Group Exercises	Group Exercises	Group Exercises	Group Exercises	Group Exercises
11:00-11:45	Gentle Stretches	Sit To be Fit	Better Balance	Gentle Stretches	Sit To be Fit
1:00-2:00	Racket Balloon	Falls Prevention	Racket Balloon	Ball Toss	

Remembrance Tree



We would like to invite all residents to place a Poppy on the Remembrance tree in the lobby in honour of those who served Canada.

In Flanders' Fields

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' fields.

Major John McCrae, 1915

Lifemark PHYSIOTHERAPY

Lifemark Physio
Demonstration Day!

Wednesday November 23rd

Lifemark will be here in the café running short demos of some potential classes we could have here. Come try out a few short classes, And have your say on the New Exercise schedule.

Demonstrations to Include:
Circuit Training/Boxing @ 10:15am
Tai Chi @ 10:45am
Brain Gym @ 1:30pm
Hand Therapy @ 2:00pm
Hip and Knee Class @ 2:30pm

Survey to Follow the Demonstration Day

November

Caroline Place is home for EVERYONE

Each of you is special and important to us. You all came home to Caroline Place for different reasons and with varying needs, strengths, and vulnerabilities. One of the important factors of living in a community setting like ours where over 100 residents call home is inclusion. Everyone deserves to feel part of the family regardless of their health situation. Despite that, we periodically hear comments like *"This is becoming like a nursing home!"* or *"Why are there so many walkers here?"* or a favourite of ours *"There are so many old people here!"*.

As someone who has been part of this family since the beginning, these comments sadden us. I am very proud of Caroline Place's "Aging in Place" mantra. One day, you may personally be very grateful for our aging in place policy because this is your home!

Most residents make the move to Caroline Place and plan for this to be their forever home. We are here to support that desire, as long as it is safe to do so. That is why we offer a variety of services to suit changing needs along the way.

I know that many of you are already demonstrating inclusion. *Thank you to those who already do not judge a book by its cover and refrain from comments that may hurt others feelings.* I am confident that we can be a home full of acceptance for all residents.

I am proud to be part of the Caroline Place family, and I hope you are too.

Anamaria Marinic – Executive Director