

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2023

Hello, November!

|  |  |  |  |  |   |  |
|--|--|--|--|--|---|--|
|  |  |  | <b>Shuttle Today</b><br><b>Hairdresser Today</b><br>10:15(C) Name that Tune<br>1:00(CL) Racket Balloon<br><b>1:30 TRIP Eastgate Mall</b><br>*Sign up*<br>2:00 Trivia<br><b>3:00 (C) Sing- a-longs with Nathalia</b>      | <b>10:00 (L) Exploring Scripture</b><br>11:00 (C) Seated Dance Class<br>1:00(CL) Ball Toss<br><b>2:00(C) Painting &amp; Wine!</b><br>3:30 (C)(N) <i>Documentary: Predators</i>                             | <b>Hairdresser Today</b><br>8:00 Dog visit with Scott & Lily<br>10:30(C) JAVA Music Club<br><b>2:00(CL) Happy Hour with Ken Lighthouse</b>  | 2:00 (C)(N) Adrift<br>7:00 (C)(N) Forest Gump  |
| 10:30 (C)(yt) Hymn Sing<br>2:00 (C)(N) Stand by Me                     | <b>Hairdresser Today</b><br>2:00(cl) Coloring Mandala's with the Classics<br>*Flu Clinic Held All Day in Cottage*<br>Look Out for Poster!  | <b>Esthetician Today</b><br>9:00 (FL) Dog visit with Hank and Linnea<br>11:00(C) Brain Joggers<br>1:20 (C) Funny Animal Videos<br>2:00(C) Bingo<br><b>3:15 Remembrance Day Craft</b>                                     | <b>Shuttle Today</b><br><b>Hairdresser Today</b><br>10:15 (C) Name that Tune<br>1:00 (CL) Racket Balloon<br><b>1:30 TRIP Hamilton Warplane Museum</b> *Sign up*<br>2:00 Trivia<br>3:00 DRUM BALL                         | <b>10:00-2:00 (FL) Kathy's Vendor</b><br>11:00 (C) Seated Dance Class<br>1:00 (CL) Ball Toss<br><b>2:00(C) Painting &amp; Wine!</b><br>3:30 (C)(N) <i>Documentary: Ancient Apocalypse</i>                  | <b>Shuttle Today</b><br><b>Hairdresser Today</b><br>8:00 Dog visit with Scott & Lily<br>10:30(C) JAVA Music Club<br><b>10:30 TRIP *Sign up* Talk &amp; Tea Event Elgar and Vaughan Williams</b><br><b>2:00(CL) Happy Hour with Kim Atkins</b> | 10:00 (C)(CL) Remembrance Day Service on TV<br><b>2:00(CL) Entertainment with Marion Shynal</b><br>7:00 (C)(yt) Remembrance Day Documentary<br> |
| 10:30 (C)(yt) Hymn Sing<br>2:00 (C)(N) The Lost City<br>Diwali (Hindi) | <b>Shuttle Today</b><br><b>Hairdresser Today</b><br><b>10:00 (C) Church Service</b><br>11:00 (C)(yt) Rick Steves-Travelogue: Museums of Paris<br><b>1:30 TRIP Giant Tiger *Sign up*</b><br>2:00(C) DRUM BALL<br>3:00 Coloring with the       | <b>Esthetician Today</b><br>9:00 (FL) Dog visit with Hank and Linnea<br>11:00(C) Brain Joggers<br>1:20(C) Funny Animal Videos<br>2:00(C) Bingo   | <b>Shuttle Today</b><br><b>Hairdresser Today</b><br>10:15(C) Name that Tune<br><b>10:30 TRIP Missions Thrift Store *Sign up*</b><br>1:00(CL) Racket Balloon<br>2:00 Trivia<br><b>3:00 (C) Sing- a-long with Nathalia</b> | <b>10:00 (L) Exploring Scripture</b><br>11:00(C) Seated Dance Class<br>1:00 (CL) Ball Toss<br><b>2:00(C) Painting &amp; Wine!</b><br>3:30 (C)(N) <i>Documentary: Live to 100 secrets of the Blue Zones</i> | <b>Hairdresser Today</b><br>8:00 Dog visit with Scott & Lily<br>10:30(C) JAVA Music Club<br><b>2:00(CL) Happy Hour with Paula French</b>  | 2:00 (C)(N) Ice Road<br>7:00 (C)(N) Thanks for Everything  |
| 10:30 (C)(yt) Hymn Sing<br>2:00 (C)(N) Remember                        | <b>Shuttle Today</b><br><b>Hairdresser Today</b><br><b>Christmas Decorating!</b><br><b>10:30 TRIP Country Drive *Sign up*</b><br>*Cottage Used All Day for Staff Training*   | <b>Esthetician Today</b><br><b>Christmas Decorating!</b><br>9:00 (FL) Dog visit with Hank and Linnea<br>11:00(C) Brain Joggers<br>1:20(C) Funny Animal Videos<br>2:00(C) Bingo   | <b>Shuttle Today</b><br><b>Hairdresser Today</b><br><b>Christmas Decorating!</b><br><b>10:00 Van Gogh Exhibit!</b><br>1:00(CL) Racket Balloon<br>*Cottage Used All Day for Staff Training*                               | <b>Christmas Decorating!</b><br>1:00(CL) Ball Toss<br>3:30 (C)(N) <i>Documentary: Life on our Planet</i><br>*Cottage Used All Day for Staff Training*  | <b>Hairdresser Today</b><br><b>Christmas Decorating!</b><br>8:00 Dog visit with Scott & Lily<br>10:30(C) JAVA Music Club<br><b>2:00(CL) Happy Hour with Paul Horton</b>   | 2:00(C)(N) Take This Waltz<br>7:00(C)(N) Starbuck  |
| 10:30 (C)(yt) Hymn Sing<br>2:00 (C)(N) Dog Gone                        | <b>Shuttle Today</b><br><b>Hairdresser Today</b><br><b>10:00 (C) Church Service</b><br><b>10:00 TRIP Dollar Store *Sign up*</b><br>11:00 (C)(yt) Rick Steves-Travelogue: Egypt's Nile<br><b>2:00(C)Townhall Meeting</b><br>3:15(C) DRUM BALL | <b>Esthetician Today</b><br><b>10:00-3:00(FL) Xmas Vendor</b><br>9:00 (FL) Dog visit with Hank and Linnea<br>11:00(C) Brain Joggers<br>1:20(C) Funny Animal Videos<br>2:00(C) Bingo<br><b>3:15 X-mas Craft Workshop!</b> | <b>Shuttle Today</b><br><b>Hairdresser Today</b><br>10:15 Name that Tune<br><b>11:00 TRIP to Burlington Centre *Sign up*</b><br>1:00 (CL) Racket Balloon<br>2:00 Trivia<br><b>3:00 (C) Sing- a-longs with Nathalia</b>   | <b>10:00 (L) Exploring Scripture</b><br>11:00(C) Seated Dance Class<br>1:00(CL) Ball Toss<br><b>2:00(C) Painting &amp; Wine!</b><br>3:30 (C)(N) <i>Documentary: Wild Babies (Animals)</i>                  | <b>Legend:</b><br>(CL)- Café/Lounge<br>(C)- Cottage<br>(FL)- Front Lobby<br>(L)- Library<br>(SG)- Secret Garden   |  |

# EXERCISE SCHEDULE



| Time            | Monday          | Tuesday            | Wednesday       | Thursday                | Friday             |
|-----------------|-----------------|--------------------|-----------------|-------------------------|--------------------|
| 10:15AM-11:00AM | GROUP EXERCISES | GROUP EXERCISES    | GROUP EXERCISES | GROUP EXERCISES         | GROUP EXERCISES    |
| 11:00AM-11:45AM | GROUP BALL TOSS | ADVANCED EXERCISES | TAI CHI         | CHAIR YOGA+ SEATED GAME | ADVANCED EXERCISES |
| 1:00PM-2:00PM   | RACKET BALLOON  | BETTER BALANCE     | RACKET BALLOON  | BALL TOSS               |                    |
| 2:00PM-3:00PM   |                 |                    |                 | BETTER BALANCE          |                    |

# Autumn



## WORD SEARCH



|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| E | A | X | W | A | L | R | S | T | S | T |   |
| T | K | W | Q | U | E | E | F | G | C | N | Y |
| F | B | O | O | T | S | F | A | E | I | D | L |
| H | A | E | A | R | C | I | L | S | K | A | I |
| M | F | E | O | E | A | P | L | S | C | S | E |
| A | W | H | H | E | P | U | M | P | K | I | N |
| S | I | H | K | A | R | B | E | T | P | R | D |
| E | A | A | N | E | Y | N | M | R | O | A | C |
| O | R | J | X | K | V | S | N | C | G | R | Q |
| H | L | E | A | F | S | C | A | R | F | I | O |



- |       |         |       |
|-------|---------|-------|
| SCARF | APPLE   | BOOTS |
| TREE  | FALL    | RAKE  |
| ACORN | PUMPKIN | PIE   |
| HAY   | SWEATER | LEAF  |

# HELLO November

## Things to look Out for This Month!!

- Flu Clinic!
- Two Holiday Vendors!
- Remembrance Day Craft!
- Remembrance Day Documentary
- Entertainment on Remembrance Day!
- X-mas Craft Workshop!
- Trip to Hamilton Warplane Museum!
- Trip to Talk & Tea Event: Dvorak and Sibelius!
- Painting & Wine! (\$1.00 for wine)
  - Trip to Eastgate Mall!
  - Van Gogh Exhibit!
- Trip to Missions Thrift Store!
  - Glamourgals!
  - Trip to Dollar Store!
- Trip to the Burlington Centre!
  - Trip to Giant Tiger!
  - Country Scenic Drive!
- Christmas Decorating: 2<sup>nd</sup> last week!