



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>LEST WE FORGET</b>		<b>1</b> 9:15 <u>Exercise</u> 10:30 Walking Club 2:00 <u>UNO/Games</u>	<b>2</b> 9:15 <u>Exercise</u> 10:30 Pins& Needles 2:00 Handbells	<b>3</b> 9:15 <u>Exercise</u> 10:30 Darts, Shuffleboard 2:00 Birthday Party with music by Noel	<b>4</b> 9:15 <u>Exercise</u> 10:30 <u>Nail Care</u> 2:00 <u>BINGO</u>	<b>5</b> Pet Visits
<b>6</b> 9:49 E-Free 1:00 LDS Church	<b>7</b> 9:15 <u>Exercise</u> 10:30 "No Frills" Outing 2:00 <u>Resident Council Meeting</u>	<b>8</b> 9:15 <u>Exercise</u> 10:30 Music with Linda 2:00 Life Line Presentation	<b>9</b> 9:15 <u>Exercise</u> 10:00 Catholic Mass 10:30 Handbells 2:00 Pins & Needles	<b>10</b> 9:15 <u>Exercise</u> 10:30 <u>Nail Care</u> 2:00 Remembrance Program	<b>11</b>  Remembrance Day... No Recreation	<b>12</b>
<b>13</b> 9:49 E-Free 1:00 LDS Church	<b>14</b> 9:15 <u>Exercise</u> 10:00-2:00 Salvation Army Sale 2:00 Westside Outing	<b>15</b> 9:15 <u>Exercise</u> <u>Lunch Club – by            Invitation Only</u> 2:00 <u>Card Making with            Sunita</u>	<b>16</b> 9:15 <u>Exercise</u> 10:30 Anglican Church 10:30 Pins & Needles 6:30 Music with Marina	<b>17</b> 9:15 <u>Exercise</u> 10:30 Walking Club 2:00 Music by Pete & the Repetes	<b>18</b> 9:15 <u>Exercise</u> 10:30 <u>Nail Care</u> 2:00 <u>BINGO</u>	<b>19</b>
<b>20</b> 9:49 E-Free 10:00 <u>Holy Communion</u> 1:00 LDS Church 2:00 E-Free	<b>21</b> 9:15 <u>Exercise</u> 10:30 Walking club 2:00 CRIB	<b>22</b> 9:15 <u>Exercise</u> 10:30 Handbells 2:00 Hymn Sing	<b>23</b> 9:15 <u>Exercise</u> 10:30 Pins & Needles 2:00 Darts, Shuffleboard	<b>24</b> 9:15 <u>Exercise</u> 10:30 Outing to Walmart 2:00 Music with Floyd Silito	<b>25</b> 9:15 <u>Exercise</u> 10:30 <u>Nail Care</u> 2:00 <u>BINGO</u> 6:30 McGill School of Music Recital	<b>26</b>
<b>27</b> 9:49 E-Free 10:00 <u>Holy Communion</u> 1:00 LDS Church	<b>28</b> 9:15 <u>Exercise</u> 10:30 Westside Outing 2:00 CRIB	<b>29</b> 9:15 <u>Exercise</u> 10:30 Handbells 6:30 Girl Guides Visit- Music & Games	<b>30</b> 9:15 <u>Exercise</u> 10:30 <u>Bowling</u> 2:00 BP Clinic	<b>November 2016</b> Recreation Calendar <b>Calendar is Subject to Change</b>		