

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday






Saturday



# November 2019

## EMERALD V1 & ROCKY MOUNTAIN C1



					<p>9:00 Halloween Take Down <b>1</b></p> <p>11:00 Southview Alliance Church</p> <p>1:30 Calendar Review</p> <p>2:45 News &amp; Views</p> <p>6:15 Friday Night At The Movies V1</p>	<p><b>2</b></p> <p>1:45 Mini Cash Bingo V1</p>
<p><b>3</b></p> <p>1:30 Shuffleboard</p> <p>Daylight Saving Time Ends</p>	<p>9:30 Chair Exercise V1 <b>4</b></p> <p>11:00 Rosary</p> <p><b>2:00 Legion Remembrance Day Ceremony V1</b></p> <p>6:15 Dime Card Bingo V1</p>	<p><b>No Morning Program 5</b></p> <p>1:30 Arm Chair Travel: Hungary</p> <p>2:45 Dominos</p> <p>6:15 Balloon Badminton</p>	<p><b>No Chair Yoga Today 6</b></p> <p>9:30 Chair Exercise</p> <p>10:30 Sing Along</p> <p><b>1:30-4:00 Drive Of Remembrance (Kodi,Minda)</b></p> <p>1:30 Junk Drawer Detective</p> <p>2:45 Shut The Box</p>	<p>9:30 Chair Exercise <b>7</b></p> <p><b>9:30-3:30 Military Museum (Clarence,Vikki,Jen)</b></p> <p>10:30 Word Games</p> <p>1:30 Trivia</p> <p>2:45 Hot Chocolate Social</p> <p>6:15 Music Appreciation: Popular War Time Music</p>	<p><b>8:00 Veterans Breakfast V1 8</b></p> <p>10:00 St.Patrick's Catholic Mass</p> <p>10:45 Friendly Visits</p> <p>1:30 Chair Exercise V1</p> <p>6:15 Paint &amp; Sip V1</p>	<p><b>9</b></p> <p>1:45 Mini Cash Bingo V1</p>
<p><b>10</b></p> <p>1:30 Hot Chocolate &amp; War Time Reminisce V1</p>	 <p><b>NO RECREATION TODAY</b> Veterans Day (US) Remembrance Day (Canada)</p> <p><b>11</b></p>	<p><b>No Morning Program 12</b></p> <p>1:30 National Geographic: Sea Life <b>KIDSU</b></p> <p>2:45 Music Bingo</p> <p>6:15 Giant Games: Resident's Choice</p>	<p><b>No Chair Yoga Today 13</b></p> <p>9:30 Chair Exercise</p> <p>10:30 News &amp; Views</p> <p><b>1:30-4:00 Recreation Team Meeting</b></p> <p><b>2:00 Food Council Meeting Rocky Mountain Dining Room</b></p> <p>6:15 Big Bucks Bingo V1</p>	<p>9:30 Simply Stretch V1 <b>14</b></p> <p>10:30 Word Search</p> <p>1:00 Pastoral Care</p> <p><b>1:30 Shoppers Drug Mart</b></p> <p>2:45 Friendly Visits</p> <p>6:15 Music Appreciation: Oldies But Goodies</p>	<p>9:30 Chair Exercise V1 <b>15</b></p> <p>11:00 The Way Christian Mission Fellowship Church</p> <p><b>2:00-3:15 Ice Cream Social \$1.00 V1</b></p> <p>6:15 Friday Night At The Movies V1</p>	<p><b>16</b></p> <p>1:45 Mini Cash Bingo V1</p>
<p><b>17</b></p> <p>1:30 Shuffleboard</p>	<p>9:30 Chair Exercise V1 <b>18</b></p> <p>11:00 Rosary</p> <p>1:30 Cheese Of The Month</p> <p>2:30 Arm Chair Travel:Cheese</p> <p>6:15 Dime Card Bingo V1</p>	<p><b>No Morning Program 19</b></p> <p><b>2:00 Welcome/Birthday Party w/Floyd Grunau KIDSU V1</b></p> <p>6:15 Balloon Badminton</p>	<p><b>No Chair Yoga Today 20</b></p> <p><b>1:30 Resident &amp; Family Council Meeting C1</b></p> <p>6:15 Big Bucks Bingo V1</p> <p><b>NO RECREATION TODAY CHRISTMAS DECORATING</b></p>	<p>9:30 Chair Exercise <b>21</b></p> <p>1:00 Pastoral Care</p> <p><b>6:15 Bow Valley Fiddlers V1</b></p> <p><b>6:00 Town Hall Meeting – Education Room-Main Floor C1</b></p> <p><b>NO RECREATION TODAY CHRISTMAS DECORATING</b></p>	<p>9:30 Chair Exercise V1 <b>22</b></p> <p><b>1:30-5:30 Spruce Meadows Christmas Market Outing (Kodi,KC,Nat,Kerri,Jan)</b></p> <p><b>11:00 Lutheran Church Service</b></p> <p>1:30 Short Stories</p> <p>2:45 Riddle Mania</p> <p>6:15 Paint &amp; Sip V1</p>	<p><b>23</b></p> <p>1:45 Mini Cash Bingo V1</p>
<p><b>24</b></p> <p>1:30 Hot Chocolate &amp; Trivia</p>	<p><b>No Morning Program 25</b></p> <p><b>No Rosary Today</b></p> <p>1:30 Christmas Choir Practice</p> <p>2:30 Shuffleboard V1</p> <p><b>3:45 NUTMAN V1</b></p> <p>6:15 Dime Card Bingo V1</p>	<p><b>26</b></p> <p>10:00 St.Patrick's Catholic Mass</p> <p>10:45 Friendly Visits</p> <p>1:30 Simply Stretch V1</p> <p>2:45 Movie Star Appreciation: Hedy Lamarr</p> <p>6:15 Giant Games: Resident's Choice</p>	<p>9:45 Chair Yoga <b>27</b></p> <p>10:30 Tree Of Wishes <b>KIDSU</b></p> <p><b>1:30 Starbucks Outing</b></p> <p>2:45 Friendly Visits</p> <p>6:15 Big Bucks Bingo V1</p>	<p>9:30 Simply Stretch V1 <b>28</b></p> <p>10:30 Calendar Distribution</p> <p>1:00 Pastoral Care</p> <p>1:00-4:00 Christmas Market Set Up</p> <p>6:15 Music Appreciation: Tina Turner <small>Thanksgiving Day (US)</small></p>	<p><b>29</b></p>  <p><b>10:00am-3:30pm</b></p> <p>6:15 Friday Night At The Movies V1</p>	<p><b>30</b></p> <p>1:45 Mini Cash Bingo V1</p>