



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1</p>	<p>2</p> <p>10:45 Morning Stretches</p> <p>2:45 Halloween Take Down</p>	<p>3</p> <p>10:45 Chair Aerobics</p> <p>2:45 Friendship Visits/ 1:1 Deep Meditation Session</p>	<p>4</p> <p>10:45 Movement Meditation</p> <p>2:45 Armchair Travel: Hungary</p>	<p>5</p> <p>10:45 Arts & Crafts - Poppies</p> <p>2:45 Music & Movement</p>	<p>6</p> <p>10:45 Strength Exercise</p> <p>2:45 Family Stories Reminisce</p>	<p>7</p>
<p>8</p> <p>10:45 Morning Stretches</p> <p>2:45 Giant Scrabble</p>	<p>9</p> <p>10:45 Morning Stretches</p> <p>2:45 Giant Scrabble</p>	<p>10</p> <p>Remembrance Day Reading - Breakfast</p> <p>10:45 Chair Aerobics</p> <p>2:45 Friendship Visits/ 1:1 Deep Meditation Session</p>	<p>11</p> <p>No Recreation Programs</p> 	<p>12</p> <p>10:45 Music & Movement</p> <p>1:00 – 4:00 Recreation Team Meeting</p>	<p>13</p> <p>10:45 Strength Exercise</p> <p>2:45 The George Gobel Show</p>	<p>14</p>
<p>15</p> <p>10:45 Morning Stretches</p> <p>2:45 Brain Games</p>	<p>16</p> <p>10:45 Morning Stretches</p> <p>2:45 Brain Games</p>	<p>17</p> <p>10:45 Chair Aerobics</p> <p>2:45 Friendship Visits/ 1:1 Deep Meditation Session</p>	<p>18</p> <p>10:45 Visual Meditation: Nature Walk</p> <p>1:30 Resident & Family Council Meeting – Education Room</p> <p>2:45 Pictionary</p>	<p>19</p> <p>10:45 Bingo</p> <p>2:45 Music & Movement</p>	<p>20</p> <p>10:45 Strength Exercise</p> <p>2:45 Rummikub</p>	<p>21</p>
<p>22</p> <p>10:45 Morning Stretches</p> <p>2:45 Giant Scrabble</p>	<p>23</p> <p>10:45 Morning Stretches</p> <p>2:45 Giant Scrabble</p>	<p>24</p> <p>10:45 Chair Aerobics</p> <p>2:45 Friendship Visits/ 1:1 Deep Meditation Session</p>	<p>25</p> <p>10:45 Breathing Meditation Exercise</p> <p>2:45 Sweet Potatoes Social</p>	<p>26</p> <p>10:45 Let's Act – Drama Skit</p> <p>2:45 Music & Movement</p> <p><small>Thanksgiving Day (US)</small></p>	<p>27</p> <p>10:45 Strength Exercise</p> <p>2:45 Movie Matinee</p>	<p>28</p>
<p>29</p> <p>Minda off</p> <p>10:45 Morning Stretches Nelia</p> <p>2:45 Calendar Distribution Nelia</p>	<p>30</p>	