




| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|--|--|
|  <p>1 9:30 Chair Exercise 10:45 Short Story – Savoring the Extra Hour 1:30 Word Puzzles 2:45 Halloween Take Down 6:45 Sort & Match</p> | <p>2 9:30 Chair Exercise 10:45 Short Story – Savoring the Extra Hour 1:30 Word Puzzles 2:45 Halloween Take Down 6:45 Sort & Match</p> | <p>3 9:30 Chair Exercise 10:45 Junk Drawer Detective 1:30 Remembrance Day Window Painting 2:45 Friendship Visits 6:45 Music Appreciation</p> | <p>4 10:45 Chair Exercise 6:45 Bingo</p> | <p>5 9:30 Let's Stroll 10:45 Reminisce: Grocery Store 1:30 Simply Stretch 2:45 Random Trivia</p> | <p>6 9:30 Music & Movement 10:45 Spiritual Hour 1:30 Noodle Ball 2:45 Discussion: Brooklyn Bridge</p> | <p>7 9:30 Chair Exercise 10:45 Bingo 2:45 Colour with Me</p> |
| <p>8 10:45 Chair Exercise 2:15 Let's Stroll</p> | <p>9 9:30 Chair Exercise 10:45 You be the Judge 1:30 Men's Club 2:45 Name that Tune</p> | <p>10 Remembrance Day Readings -Breakfast 9:30 Music & Movement 10:45 Brain Games 1:30 Expressive Art: Pie in the Sky Garland 2:45 Friendship Visits</p> | <p>11 No Recreation Programs</p>  | <p>12 10:45 Chair Exercise 1:00 – 4:00 Recreation Team Meeting 6:45 Music Appreciation</p> | <p>13 10:45 Chair Exercise 1:30 Kitchen Band 6:45 Sensory</p> | <p>14 9:30 Chair Exercise 1:30 Drama Club</p> |
| <p>15 10:45 Chair Exercise 2:45 Name 5 – Reminisce 6:45 Sort & Match</p> | <p>16 10:45 Chair Exercise 2:45 Name 5 – Reminisce 6:45 Sort & Match</p> | <p>17 10:45 Chair Exercise 2:45 Expressive Art – Moustaches 6:45 Music Appreciation</p> | <p>18 10:45 Chair Exercise 1:30 Resident & Family Council Meeting In Education Room 6:45 Bingo</p> | <p>19 10:45 Chair Exercise 1:30 Jeopardy: Gem Stones 6:45 Music Appreciation</p> | <p>20 10:45 Simply Stretch 1:30 Virtual Hike</p> | <p>21 9:30 Chair Exercise 10:45 Giant Crossword 2:45 Armchair Travel: Switzerland</p> |
| <p>22 10:45 Chair Exercise 2:15 Brain Games</p> | <p>23 9:30 Music & Movement 10:45 Word Search 1:30 Sweet Potatoes Social 2:45 Window Paint Removal</p> | <p>24 9:30 Coffee & Chat 10:45 Balloon Badminton 1:30 Music Bingo 2:45 Movie Star of the Month</p> | <p>25 10:45 Chair Exercise 2:45 Brain Games</p> | <p>26 9:30 Simply Stretch 10:45 Riddle Mania 1:30 Family Stories 2:45 Noodle Ball 6:45 Music Appreciation <small>Thanksgiving Day (US)</small></p> | <p>27 9:30 Chair Exercise 10:45 Spiritual Hour 1:30 Expressive Art: Watercolor Gems 2:45 Friendship Visits 6:45 Sensory</p> | <p>28 9:30 Let's Stroll 1:30 Drama Club</p> |
| <p>29 10:45 Chair Exercise 2:45 Calendar Distribution 6:45 Sort & Match</p> | <p>30 10:45 Chair Exercise 2:45 Calendar Distribution 6:45 Sort & Match</p> |  <p style="text-align: center;">November 2020 MEADOWLANDS C3</p> | | | | |