



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1</p>	<p>2</p> <p>9:30 Morning Stretches</p> <p>1:30 Halloween Take Down</p>	<p>3</p> <p>9:30 Chair Aerobics</p> <p>1:30 Friendship Visits/ 1:1 Deep Meditation Session</p>	<p>4</p> <p>9:30 Movement Meditation</p> <p>1:30 Armchair Travel: Germany</p>	<p>5</p> <p>9:30 Arts & Crafts – Poppies</p> <p>1:30 Music & Movement</p>	<p>6</p> <p>9:30 Strength Exercise</p> <p>1:30 Family Stories - Reminisce</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>9:30 Morning Stretches</p> <p>1:30 Giant Scrabble V1</p>	<p>10</p> <p>Remembrance Day Reading – Breakfast</p> <p>9:30 Chair Aerobics</p> <p>1:30 Friendship Visits/ 1:1 Deep Meditation Session</p>	<p>11</p> <p>No Recreation Programs</p> 	<p>12</p> <p>9:30 Music & Movement</p> <p>1:00 – 4:00 Recreation Team Meeting</p>	<p>13</p> <p>9:30 Strength Exercise</p> <p>1:30 The George Gobel Show</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>9:30 Morning Stretches</p> <p>1:30 Brain Games</p>	<p>17</p> <p>9:30 Chair Aerobics</p> <p>1:30 Friendship Visits/ 1:1 Deep Meditation Session</p>	<p>18</p> <p>9:30 Visual Meditation: Nature Walk</p> <p>1:30 Resident & Family Council Meeting – Education Room</p> <p>1:30 Pictionary</p>	<p>19</p> <p>9:30 Bingo</p> <p>1:30 Music & Movement</p>	<p>20</p> <p>9:30 Strength Exercise</p> <p>1:30 Rummikub</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>9:30 Morning Stretches</p> <p>1:30 Giant Scrabble V1</p>	<p>24</p> <p>9:30 Chair Aerobics</p> <p>1:30 Friendship Visits/ 1:1 Deep Meditation Session</p>	<p>25</p> <p>9:30 Breathing Meditation Exercise</p> <p>1:30 Sweet Potatoes Social</p>	<p>26</p> <p>9:30 Let's Act – Drama Skit</p> <p>1:30 Music & Movement</p> <p><small>Thanksgiving Day (US)</small></p>	<p>27</p> <p>9:30 Strength Exercise</p> <p>1:30 Movie Matinee</p>	<p>28</p>
<p>29</p>	<p>Minda off</p> <p>9:30 Morning Stretches Kodi</p> <p>1:30 Calendar Distribution Kodi</p>	<p>30</p>	