


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
November Birthdays: 3 - Phyllis G. 6 - Rae F. 6 – Wayne R 9 – Amber K. 11 – Jo J 12 - Judy O. 19 - Gloria C	1 9:15 Exercise (W 7 up) 1:00 OBIE (7 up) 2:00 Movie Matinee (W 7 up)	2 9:15 Exercise (W 7 up) 10:30am Baking -see Recreation if interested 2:00 Java Music (W 6 up)	3 9:15 Exercise (W 7 up) 10:30 Remove Halloween decorations 2:00 Women's Group (W 6 up)	4 9:15 Exercise (W 7 up) 10-12 LC Massage Students (W 7 up) 2:00 Poppy Craft (W 6 up)	5 9:15 Exercise (W 7 up) 10:30 Men's Group (Please note change) (W 6up) 2:00 Bingo (W 7 Up)	6	
7 Daylight Saving Time Ends	8 9:15 Exercise (W 7 up) 1:00 Traveling Cart 2:00 Music singalong (W 7 up)	9 9:15 Exercise (W 7 up) 10:30 Tim's Coffee and Donut \$2.00 - Lobby 2:00 Walker Clinic (6up) 2:00pm OBIE	10 9:15 Exercise (W 7 up) 10:30 Remembrance Day Ceremony (C Dining) 2:00 Women's Group (W 6 up)	11 Moment of Silence At 11am 	12 9:15 Exercise (W 7 up) 10:30 Men's Group (Please note change) (W 6up) 2:00 Bingo (W 7 Up)	13	
14 2:00 LDS Church Service (2 UP) All are welcome	15 9:15 Exercise (W 7 up) 10:30 Games (W 6up) 2:00 Tom Price (C DINING)	16 9:15 Exercise (W 7 up) 10:30 Baking -see Recreation if interested 2:00 Jeopardy (W 7 up)	17 9:15 Exercise (W 7 up) 10:30 Winter Decorating 2:00 Women's Group (W 6 up)	18 9:15 Exercise (W 7 up) 10:30 Men's BREAKFAST group (W 6 up) 2:00 Food Trivia (W 7 up)	19 9:15 Exercise (W 7 up) 10:30 Nail Care (w 5up) 2:00 Bingo (W 7 Up)	20	
21 2:00 LDS Church Service (2 UP) All are welcome	22 9:15 Exercise (W 7 up) 1:00 OBIE (7 up) 2:00 Calendar Planning (W 6 up)	23 9:15 Exercise (W 7 up) 12:00 Lunch Club (W 6 up) see recreation to reserve spot 2:00 Java Music (W 6 up)	24 9:15 Exercise (W 7 up) 10:30 Traveling Cart 2:00 Women's Group (W 6 up)	25 9:15 Exercise (W 7 up) 10:30 Men's Group (W 6 up) 2:00 Name That Tune (W 6 up)	26 9:15 Exercise (W 7 up) 10:30 Creative Writing (W 6 up) 2:00 Bingo (W 7 Up)	27	
28 2:00 LDS Church Service (2 UP) All are welcome Hanukkah Begins	29 9:15 Exercise (W 7 up) 1:00 OBIE (7 up) 1:00-4:00 Belltone Hearing Clinic (W 5 up) see recreation to sign-up	30 9:15 Exercise (W 7 up) 10:30 Baking -see Recreation if interested 2:00 Doreen Rafferty Piano (W Dining)	Tuck Shop Hours are Tuesday & Thursday from 2:00pm- 3:00pm <h1>November 2021</h1> Calendar is subject to change.				