

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# November 2018

**Ann's Giftshop Hours**  
Mon – Wed – Fri  
2:00pm – 4:00pm

## Sundre Seniors Supportive Living **LODGE** Activity Calendar

 <p><b>4</b> 2:00pm Bergan Church Service <small>Daylight Saving Time Ends</small></p>	<p><b>5</b> 10:00am Pin Bowling (2<sup>nd</sup> Floor Lounge) 2:00am Entertainment by The Drifters (Piano Lounge) 3:00pm Monday Sundae's (Bistro Lounge) 6:00pm Reading with Annette (Piano Lounge) <b>Cindy in Afternoon Meeting</b></p>	<p><b>6</b> 9:00am Hall Bingo 9:30am Round-Up Reading (TV Room) 10:00am Friendly Visits <b>1:00pm Stretch &amp; Strengthen</b> Exercise (Exercise Room) 2:00pm Hand Spa Day! (Bistro Lounge)</p>	<p><b>7</b> 8:30am <b>Bus Trip</b> – Cross Iron Mills Christmas Shopping Trip 10:00am <b>Residents</b> Left Right &amp; Centre Game (Bistro Lounge) 2:00pm <b>Residents</b> Shuffleboard (2<sup>nd</sup> Floor Lounge) 3:00pm Coffee Hour (Bistro)</p>	<p><b>8</b> 9:00am Hall Bingo 11:00am <b>Sundre Legion Remembrance Day Service</b> (Main Dining Room) <b>1:00pm Stretch &amp; Strengthen</b> Exercise (Exercise Room) 2:00pm Bingo with Grace (Main Dining Room)</p>	<p><b>9</b> 9:30am Poppy Search Game 10:30am <b>Residents</b> Sequence Card Game (Bistro Lounge) 2:00pm Film Friday (TV Room) <b>Cindy Off Today</b></p>	<p><b>10</b> 2:00pm Residents Shuffle Board Game (2<sup>nd</sup> Floor Lounge)</p>
 <p><b>11</b> 2:00pm James River Cowboy Church Service <small>Veterans Day (US) Remembrance Day (Canada)</small></p>	<p><b>12</b> 10:00am <b>Residents</b> Shuffle Board Game (2<sup>nd</sup> Floor Lounge) 2:00am <b>Residents</b> Sequence Card Game (Bistro Lounge) 6:00pm Reading with Annette (Piano Lounge) <b>Cindy Off Today</b></p>	<p><b>Ann R.</b>  <b>13</b> 9:00am Hall Bingo (TV Room) 9:30am Round-Up Reading (TV Room) 10:00am <b>Craft- Paint Pouring</b> Art (Bistro Lounge) 2:00pm Entertainment by Fred &amp; Friends (Piano Lounge) 3:15pm Ice Cream Cart (Bistro)</p>	<p><b>14</b> 10:00am Bean Bag Toss (Bistro Lounge) 2:00pm United Church Coffee Party (Family Dining Room) <b>1:00pm Stretch &amp; Strengthen</b> Exercise (Exercise Room) 2:30pm Hot Chocolate Bar (Bistro)</p>	<p><b>Theme Thursday Wear Polka-dots or Stripes</b> <b>15</b> 9:00am Hall Bingo 10:00am Whist Card Game (Bistro Lounge) <b>1:00pm Stretch &amp; Strengthen</b> Exercise (Exercise Room) 2:00pm Bingo with Grace (Main Dining Room)</p>	<p><b>16</b> 9:30am Poppy Search Game 10:30am <b>Residents</b> Sequence Card Game (Bistro Lounge) <b>1:00pm – 4:00pm Christmas Market Fair &amp; Bake Sale</b> <b>Invite your Family &amp; Friends</b></p>	<p><b>17</b> 2:00pm Residents Shuffle Board Game (2<sup>nd</sup> Floor Lounge)</p>
<p><b>18</b> 2:00pm Gospel Church Service (Dining Room Lounge)</p>	<p><b>19</b> 10:00am Target Shuffle Board (2<sup>nd</sup> Floor Lounge) 2:00am Residents Birthday Party with Entertainment by Trails End (Main Dining Room) 6:00pm Reading with Annette (Piano Lounge)</p>	<p><b>20</b> 9:00am Hall Bingo (TV Room) 9:30am Round-Up Reading (TV Room) 10:00am Friendly Visits <b>1:00pm Stretch &amp; Strengthen</b> Exercise (Exercise Room) 2:00pm Hand Spa Day! (Bistro Lounge)</p>	<p><b>21</b> 10:00am The Edge Floor Shuffleboard (Bistro Lounge) <b>1:00pm Stretch &amp; Strengthen</b> Exercise (Exercise Room) 1:30pm Pet Visits (Front Lobby) 2:00pm Card Bingo (Bistro Lounge) 3:00pm Coffee Hour </p>	<p><b>22</b> 9:00am Hall Bingo (Bistro Lounge) 10:00am Canadian Trivia (Bistro Lounge) <b>1:00pm Stretch &amp; Strengthen</b> Exercise (Exercise Room) 2:00pm Bingo with Grace (Main Dining Room) <small>Thanksgiving Day (US)</small></p>	<p><b>23</b> 9:30am Poppy Search Game 10:30am Bible Study (2<sup>nd</sup> Floor Quiet Room) 2:00pm Music by Joyful Melody Trio (Dining Room) <b>6:00pm Bus Trip – Sundre Peak Theatre</b> </p>	<p><b>24</b> 2:00pm Residents Shuffle Board Game (2<sup>nd</sup> Floor Lounge)</p>
<p><b>25</b> 2:00pm United Church Service (Dining Room Lounge)</p>	<p><b>26</b> 10:00am Lodge <b>Christmas Decorating</b> with Ladies Aux. 2:00am Just a Little Cheer <b>“Happy Hour”</b> Entertainment by Centennial Fiddlers (Main Dining Room) 6:00pm Reading with Annette (Piano Lounge)</p>	<p><b>27</b> 9:00am Hall Bingo (TV Room) 9:30am Round-Up Reading (TV Room) 10:00am Jeopardy Trivia Game (Bistro Lounge) 1:15pm <b>Bus Trip – MT Nest</b> Christmas Party  3:00pm Coffee Hour (Bistro)</p>	<p><b>28</b> 10:00am Bean Bag Toss (Bistro Lounge) <b>1:00pm Stretch &amp; Strengthen</b> Exercise (Exercise Room) 2:00pm <b>Baking – Christmas</b> Fruit Cakes (Family Dining Room) 3:00pm Coffee Hour (Bistro)</p>	<p><b>29</b> 9:00am Hall Bingo (2<sup>nd</sup> Floor Lounge) 10:00am Pin Bowling (2<sup>nd</sup> Floor Lounge) <b>1:00pm Stretch &amp; Strengthen</b> Exercise (Exercise Room) 2:00pm Bingo with Grace (Main Dining Room) <b>7:00pm Christmas Time</b> Music by the “Sundre Bells”</p>	<p><b>30</b> 9:30am Poppy Search Game 10:30am <b>Residents</b> Sequence Card Game (Bistro Lounge) 2:00pm Film Friday (TV Room) <b>Cindy Off Today</b></p>	<p><b>Let's Start your Day Great with Cindy!</b> Join us for <b>Chair Cardio Exercise At 8:30am Monday's thru Thursday's</b>  <b>In the exercise room.</b></p>

Activities, Events, & Outings are subject to change without notice.

**NEW! Exercise in the Afternoon with Cindy – Join me in the Exercise Room at 1:00pm Tues- Weds- and Thurs**