

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2018

## South Wing 2<sup>nd</sup> Floor – Recreation Calendar

					1 10:00am – Exercise & Cranium Crunches 1:30pm – Flanders Fields Travelogue	2 10:00am – Armchair Boogie 1:30pm – Music Bingo	3 2:00pm – Movie and Munchies
4 2:00pm – Bergen Church Service (LODGE) <b>Don't forget to turn your clocks back 1 hour!</b> 	5 9:30am – Exercises 10:00am – Card & Dice Games 11:00am – Hand Spa 2:00pm – Entertainment by the Drifters (LODGE)	6 <b>Happy Birthday Joan K.</b> 10:00am – Exercise and Putting Practice 1:30am – Bingo with Anne 	7 10:00am – Exercise & Putting Practice 1:30pm – Culinary Program	8 11:00am – <b>Remembrance Day Service</b> (LODGE) 1:30pm – Remembrance Day Museum Box	9 10:00am – Armchair Boogie 10:30am – Bible Study (Quiet Room) 1:30pm – Song's we Remember "Danny Boy"	10 2:00pm – Movie and Munchies	
11 2:00 – James River Cowboy Church (LODGE) 	12 9:30am – Exercises 10:00am – Card & Dice Games 11:00am – Hand Spa 1:30pm – Pin Bowling	13 10:00am – Exercise and Horseshoes 1:30am – Entertainment by Fred and Friends (LODGE)	14 10:00am – Exercise & Crosswords 1:30pm – Christmas Decorating! 	15 <b>Theme Thursday- Wear polka dots or stripes</b> 10:00am – Pin Bowling 1:30pm – Bingo with Anne 	16 10:00am – Music with Kelly 1:00 – 4:00pm – Afternoon walks to visit Christmas market in lodge	17 2:00pm – Movie and Munchies	
18 2:00pm – Gospel Centre Church Service (LODGE)	19 9:30am – Exercises 10:00am – Card & Dice Games 11:00am – Hand Spa 2:00pm – Resident Birthday Entertainment by Trails End (LODGE)	20 10:00am – Exercise and Target Toss 1:30am – Bingo with Anne 	21 10:00am – Exercise & Parachute Game 2:00pm – Pet visits 	22 10:00am – Exercise & Math Racers 1:30pm – Cowboy Poetry  <small>Thanksgiving</small>	23 10:00am – Armchair Boogie 10:30am – Bible Study (Quiet Room) 2:00pm – Joyful Melody Trio (LODGE)	24 2:00pm – Movie and Munchies	
25 2:00pm – United Church Service (LODGE)	26 8:30am – Men's Breakfast 11:00am – Hand Spa 2:00pm – Christmas Cheer Happy Hour and Entertainment by Centennials (LODGE)	27 10:15am – Outing to the Sundre Museum for lunch and a visit 1:30am – Bingo with 	28 10:00am – Exercise & Trivia 1:30pm – Winter Reminiscing	29 10:00am – Exercise & Target Toss 1:30pm – Jeopardy 7:00pm – Sundre Bells (LODGE)	30 10:00am – Armchair Boogie 1:30pm – Card Bingo	-Note: Calendar times and programs are subject to change without notice. -Family and Friends are welcome to join loved ones in program.	

If you have any questions or concerns, please contact Cindy Ward or Leah in the recreation department.