

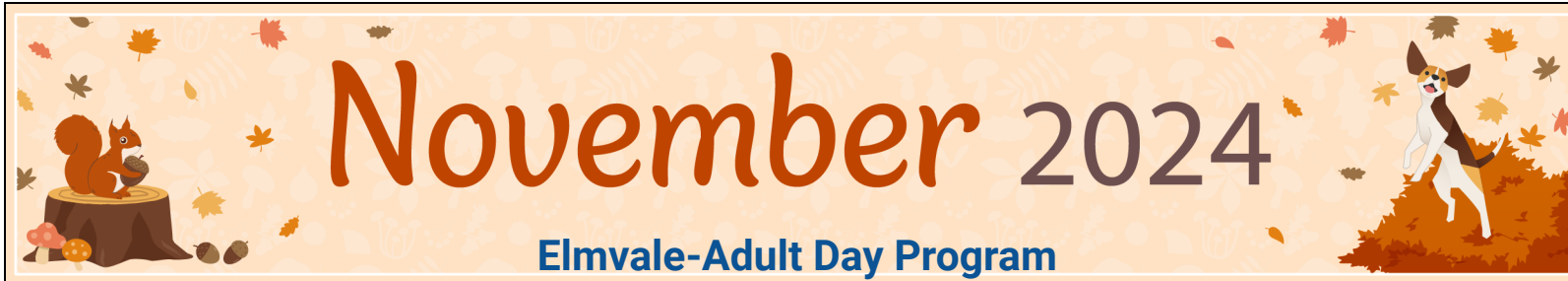
Monday

Tuesday

Wednesday

Thursday

Friday - CLOSED



Welcome November! 4
 Coffee/TeaTime
 Mental Aerobics
 Chair Stretch/Exercises
 Rick Steves' Travel
 Art Expressions/BINGO

Meet + Greet 5
 Active Game/Stretches
 Classic TV
"Crafting Poppies"
 Card Games
 PB Snacks Today

Coffee/Tea Time 6
Birthdays, Horoscopes
 All About November
Star of the Month
"Burgess Meredith"
 Word Game Wednesday

Current Events 7
 Categories Word Game
 Stretch & Relax
Travelogue: Jamaica
 Card Games
 BINGO



Current Events 11
 Canada Remembers
"A moment of Silence"
 Chair Yoga + Meditation
 Watercolour Art + Puzzle
 Tasty Treats Day

Coffee/Tea Time 12
 Mental Aerobics
 Chair Yoga + Relaxation
 Sing-along to the 80's
 Table Games

Meet & Greet 13
What's in Your Food?
"Eating Healthy"
 Redwood Drumming
 Montessori Folding
 Art Expressions

"Campfire Day" 14
 Social Hour
 Yoga Moves + Meditation
 Crafty Creations:
Campfire Centerpieces
"Making Smores"



Current Events 18
 Baking Cupcakes
 Target Toss Game
"Cupcake Decorating"
 Card Games
 Bingo

Meet + Greet 19
 Puzzle
Crafty Creations:
"Wool Christmas Trees"
 Active Games
 Table Games

Social Hour 20
 Word Game Wednesday
All About:
Antiques Roadshow
 Reminiscing:
 Antiques & Collectibles

Meet & Greet 21
 Alphabet Word List
November Moustaches:
 What It's All About?
 Manicures
 Table Games



Board Games Day 25
 Social Hour
Trouble Game
Snakes & Ladders
Scrabble
 Art Expressions

Pajama Party Day 26
 Coffee/Tea Time
 Let's Talk About PJs
 Chair Yoga + Meditation
 BINGO/Card Games

Coffee/Tea Time 27
 Word Game Wednesday
 Drumming
 Crafting Creations
 Board Games + Puzzles

Social Hour 28
 Daily Chronicles
 Mental Aerobics
"Rock & Roll"
 Bowling Tourney
 Manicures + Bingo



Programs are subject to change. Please call 705-322-4786 - 24 hours in advance if you are unable to attend on your scheduled day.