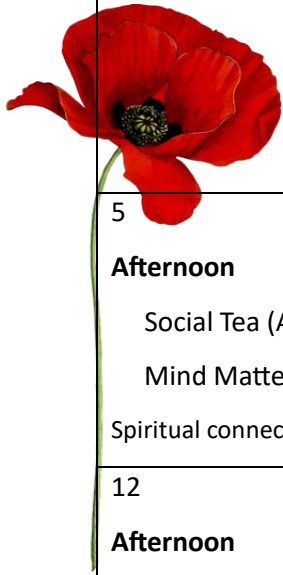



# November 2023

*Group Fitness* – takes place every morning. Check the white board in your neighborhood for the time.




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> <b>Afternoon</b> Social Tea (C) Creative Workshops Cooking/Baking	<b>2</b> <b>Afternoon</b> Social Tea (A) Mind Matters Helping Hands	<b>3</b> <b>Afternoon</b> Social Tea (B) Musical Me Active Games	<b>4</b> <b>Afternoon</b> Social Tea (C) News and Views Green Thumbs
<b>5</b> <b>Afternoon</b> Social Tea (A) Mind Matters Spiritual connections	<b>6</b> <b>Afternoon</b> Social Tea (A) Musical Me Active Games	<b>7</b> <b>Afternoon</b> Social Tea (B) Table Games Relaxation Program	<b>8</b> <b>Afternoon</b> Social Tea (C) Creative Workshops Cooking/Baking	<b>9</b> <b>Afternoon</b> Social Tea (A) Mind Matters Helping Hands	<b>10</b> <b>Afternoon</b> Social Tea (B) Musical Me Active Games	<b>11 REMEMBRANCE DAY</b>  <b>Limited activities today. Please see whiteboard in your neighborhood</b>
<b>12</b> <b>Afternoon</b> Social Tea (A) Mind Matters Spiritual Connections	<b>13</b> <b>Afternoon</b> Social Tea (A) Musical Me Active Games	<b>14</b> <b>Afternoon</b> Social Tea (B) Table Games Relaxation Program	<b>15</b> <b>Afternoon</b> Social Tea (C) Creative Workshops Cooking/Baking	<b>16</b> <b>Afternoon</b> Social Tea (A) Mind Matters Helping Hands	<b>17</b> <b>Afternoon</b> Social Tea (B) Musical Me Active Games	<b>18</b> <b>Afternoon</b> Social Tea (C) News and Views Green Thumbs
<b>19</b> <b>Afternoon</b> Social Tea (A) Mind Matters Spiritual Connections	<b>20</b> <b>Afternoon</b> Social Tea (A) Musical Me Active Games	<b>21</b> <b>Afternoon</b> Social Tea (B) Table Games Relaxation Program	<b>22</b> <b>Afternoon</b> Social Tea (C) Creative Workshops Cooking/Baking	<b>23</b> <b>Afternoon</b> Social Tea (A) Mind Matters Helping Hands	<b>24</b> <b>Afternoon</b> Social Tea (B) Musical Me Active Games	<b>25</b> <b>Afternoon</b> Social Tea (C) News and Views Green Thumbs
<b>26</b> <b>Afternoon</b> Social Tea (A) Mind Matters Spiritual Connections	<b>27</b> <b>Afternoon</b> Social Tea (A) Musical Me Active Games	<b>28</b> <b>Afternoon</b> Social Tea (B) Table Games Relaxation Program	<b>29</b> <b>Afternoon</b> Social Tea (C) Creative Workshops Cooking/Baking	<b>30</b> <b>Afternoon</b> Social Tea (A) Mind Matters Helping Hands	<b>Leisure Connections are part of our daily activities. We look forward to seeing you!</b>	<div style="border: 2px solid black; padding: 5px;">           Although we have many planned activity choices, programs may change dependent upon resident wishes, desires and needs...and the weather. ☀️         </div>



## Extra Fun for November –



- **First Floor** - **Birthday Celebrations with Entertainment** - November 8<sup>th</sup> at 2pm
- **Second Floor** – **Birthday Celebrations with Entertainment** - November 15<sup>th</sup> at 2pm
- **Third Floor** - **Birthday Celebrations with Entertainment** – November 22<sup>nd</sup> at 2pm
- **Coquitlam Library Program** – November 20th at 1:30pm. This month we will meet on 2nd floor but all floors are invited.
- **Catholic Service w/Father Larry** – Thursday, November 23rd @ 1:30. Held on 1<sup>st</sup> floor; all floors are invited.
- For the **Bingo** fans ... on 3<sup>rd</sup> Flr - each Tuesday/Friday at 2pm
-  ...on the 2<sup>nd</sup> Floor – each Tuesday/Saturday at 2pm
- ...on the 1<sup>st</sup> Floor – each Wednesday at 3pm and Saturday at 2pm
- Our **Market Cart** is open every Wednesday on the 2<sup>nd</sup> floor by the care station, to shop for treats, sundries and resident made items.