




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Afternoon Social Tea (A) Mind Matters Spiritual Connections	2 Afternoon Social Tea (A) Musical Me Active Games	3 Afternoon Social Tea (B) Table Games Relaxation Program	4 Afternoon Social Tea (C) Creative Workshops Cooking/Baking	5 Afternoon Social Tea (A) Mind Matters Helping Hands	6 Afternoon Social Tea (B) Musical Me Active Games	7 Afternoon Social Tea (C) News and Views Green Thumbs
8 Afternoon Social Tea (A) Mind Matters Spiritual Connections	9 Afternoon Social Tea (A) Musical Me Active Games	10 Afternoon Social Tea (B) Table Games Relaxation Program	11  Remembrance Day Limited activities today. Please see the whiteboard in your neighborhood.	12 Afternoon Social Tea (A) Mind Matters Helping Hands	13 Afternoon Social Tea (B) Musical Me Active Games	14 Afternoon Social Tea (C) News and Views Green Thumbs
15 Afternoon Social Tea (A) Mind Matters Spiritual Connections	16 Afternoon Social Tea (A) Musical Me Active Games	17 Afternoon Social Tea (B) Table Games Relaxation Program	18 Afternoon Social Tea (C) Creative Workshops Cooking/Baking	19 Afternoon Social Tea (A) Mind Matters Helping Hands	20 Afternoon Social Tea (B) Musical Me Active Games	21 Afternoon Social Tea (C) News and Views Green Thumbs
22 Afternoon Social Tea (A) Mind Matters Spiritual Connections	23 Afternoon Social Tea (A) Musical Me Active Games	24 Afternoon Social Tea (B) Table Games Relaxation Program	25 Afternoon Social Tea (C) Creative Workshops Cooking/Baking	26 Cultural Fun Day 	27 Afternoon Social Tea (B) Musical Me Active Games	28 Afternoon Social Tea (C) News and Views Green Thumbs
29 Afternoon Social Tea (A) Mind Matters Spiritual Connections	30 Afternoon Social Tea (A) Musical Me Active Games			<h1>November</h1> <h2>2020</h2>		<i>Leisure Connections</i> are part of our everyday activities. We look forward to seeing you!

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