




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Afternoon Social Tea (A) Musical Me Active Games	2 Afternoon Social Tea (B) Table Games Relaxation Program	3 Afternoon Social Tea (C) Creative Workshops Cooking/Baking	4 Afternoon Social Tea (A) Mind Matters Helping Hands	5 Afternoon Social Tea (B) Musical Me Active Games	6 Afternoon Social Tea (C) News and Views Green Thumbs	7 Afternoon Social Tea (A) Mind Matters Spiritual Connections
8 Afternoon Social Tea (A) Musical Me Active Games	9 Afternoon Social Tea (B) Table Games Relaxation Program	10 Afternoon Social Tea (C) Creative Workshops Cooking/Baking	11  REMEMBRANCE DAY <i>Let us not forget</i> Limited activities today See whiteboard.	12 Afternoon Social Tea (B) Musical Me Active Games	13 Afternoon Social Tea (C) News and Views Green Thumbs	14 Afternoon Social Tea (A) Mind Matters Spiritual Connections
15 Afternoon Social Tea (A) Musical Me Active Games	16 Afternoon Social Tea (B) Table Games Relaxation Program	17 Afternoon Social Tea (C) Creative Workshops Cooking/Baking	18 Afternoon Social Tea (A) Mind Matters Helping Hands	19 Afternoon Social Tea (B) Musical Me Active Games	20 Afternoon Social Tea (C) News and Views Green Thumbs	21 Afternoon Social Tea (A) Mind Matters Spiritual Connections
22 Afternoon Social Tea (A) Musical Me Active Games	23 Afternoon Social Tea (B) Table Games Relaxation Program	24 Afternoon Social Tea (C) Creative Workshops Cooking/Baking	25 Afternoon Social Tea (A) Mind Matters Helping Hands	26 Afternoon Social Tea (B) Musical Me Active Games	27 Afternoon Social Tea (C) News and Views Green Thumbs	28 Afternoon Social Tea (A) Mind Matters Spiritual Connections
29 Afternoon Social Tea (A) Musical Me Active Games	30 Afternoon Social Tea (B) Table Games Relaxation Program	<i>Leisure Connections</i> are part of our everyday activities. We look forward to seeing you!	Evening Programs take place on 1 st Floor each Sun/Mon/Thurs; 2 nd Floor each Tue/Fri and; 3 rd Floor each Wed/Sat.	 NOVEMBER		 2021

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