|  | **November 2023** | | | | |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  | 1 Get Crackin’ H3  **Individual Exercise**  **10:30 Sit N’ Be Fit**  **1:30 Canteen**  **1:30 Cribbage H3** | 2 Get Crackin’ H4  09:30 Group Exercise  10:00 Catholic Church  1:30 Memorial Service | 3 **Individual Exercise**  **10:30 Sit N’ Be Fit**  **1:30 BINGO** | 4 |
| 5 | 6 Get Crackin’ H1  **Individual Exercise**  **10:30 Sit N’ Be Fit**  **1:30 Wine Makin’**  **1:30 Cards & Games** | 7 Get Crackin’ H2  09:30 Group Exercise  10:00 United Church  1:30 Baking Class | 8 Get Crackin’ H3  **Individual Exercise**  **10:30 Sit N’ Be Fit**  1:30 “The Old Timers” | 9 Get Crackin’ H4  09:30 Group Exercise  10:00 Anglican Church  10:30 Crossword Puzzle  1:30 Christmas Ornament Arrangement | 10  NO RECREATION | 11 |
| 12 | 13 Get Crackin’ H1  **Individual Exercise**  **10:30 Sit N’ Be Fit**  **11:00 Bakin H1**  **1:30 Cribbage H3**  **1:30 Birthday Party**  **H1** | 14 Get Crackin’ H2  09:30 Group Exercise  10:30 Bakin’ H3  1:30 Kaiser H2  1:30 Birthday Party H3 | 15 Get Crackin’ H3  **Individual Exercise**  **10:30 Sit N’ Be Fit**  1**:30 E**ntertainment  “ Joan & Wilf Rice “ | 16 Get Crackin’ H4  09:30 Group Exercise  10:30 Crossword Puzzle  **1:30 Table Center Piece** | 17 **Individual Exercise**  **10:30 Sit N’ Be Fit**  **1:30 BINGO** | 18 |
| 19 | 20 Get Crackin’ H1  **Individual Exercise**  **10:30 Sit N’ Be Fit**  **1:30 Deck the Halls** | 21 Get Crackin’ H2  09:30 Group Exercise  **1:30 Deck the Halls** | 22 Get Crackin’ H3  **Individual Exercise**  **10:30 Sit N’ Be Fit**  **1:30 Deck the Halls** | 23 Get Crackin’ H4  09:30 Group Exercise  10:30 Crossword Puzzle  **1:30 Deck the Halls** | 24 **Individual Exercise**  **10:30 Sit N’ Be Fit**  **1:30 BINGO** | 25 |
| 26 | 27 Get Crackin’ H1  **Individual Exercise**  **10:30 Sit N’ Be Fit**  **1:30 Festival of Tree** | 28 Get Crackin’ H2  09:30 Group Exercise  11:00 Wellness H1  12:30 Wellness H2  1:30 Kaiser H4  1:30 HM Choir Practice | 29 Get Crackin’ H3  **Individual Exercise**  **10:30 Sit N’ Be Fit**  **11:00 Wellness H3**  **12:30 Wellness H4**  **1:30 Entertainment**  **“ Erin Foreman”** | 30 Get Crackin’ H4  09:30 Group Exercise  10:30 Crossword Puzzle  1:30 Dominoes H3  1:30 Movie Afternoon | Loyola Labrecque Nov. 3rd, 1938  Mary Matilla Nov. 20th, 1940 | |