|  | **November 2023** |  |
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| **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’ H409:30 Group Exercise10:00 Catholic Church1:30 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’ H209:30 Group Exercise10:00 United Church1:30 Baking Class | 8 Get Crackin’ H3**Individual Exercise****10:30 Sit N’ Be Fit**1:30 “The Old Timers” | 9 Get Crackin’ H409:30 Group Exercise10:00 Anglican Church10:30 Crossword Puzzle1:30 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’ H209:30 Group Exercise10:30 Bakin’ H31:30 Kaiser H21:30 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’ H409:30 Group Exercise10:30 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’ H209:30 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’ H409:30 Group Exercise10:30 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’ H209:30 Group Exercise11:00 Wellness H112:30 Wellness H21:30 Kaiser H41:30 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’ H409:30 Group Exercise10:30 Crossword Puzzle1:30 Dominoes H31:30 Movie Afternoon | Loyola Labrecque Nov. 3rd, 1938Mary Matilla Nov. 20th, 1940 |