

November 2024 Activity

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p style="font-size: 2em; color: #E91E63; font-family: cursive;">Happy Birthday</p>	<p>Loyola Labrecque Mary Matilla Barbara McHarg Eric Squair</p>	<p>November 3, 1938 November 20, 1940 November 22, 1928 November 24, 1928</p>	 <p style="font-size: 2em; color: #E91E63; font-family: cursive;">Happy Birthday</p>		<p>1 Individual Exercise 9:45 Sit N' Be Fit 10:15 Crib H3 1:30 BINGO</p> 	<p>2 **Activities are subject to change without prior notice.</p>
<p>3</p> 	<p>4 Individual Exercise 9:45 Sit N' Be Fit 11:00 Bakin' H1 1:30 Memorial Service</p> 	<p>5 Get Crackin' H1 09:15 Group Exercise H3 10:00 Group Exercise H4 1:30 Cards & Games</p> 	<p>6 Get Crackin' H3 08:00 Municipality Election 1:30 BINGO</p> 	<p>7 Get Crackin' H4 09:15 Group Exercise 10:00 Catholic Church 1:30 Entertainment "Joan & Wilf Rice"</p> 	<p>8 Individual Exercise 9:45 Sit N' Be Fit 11:00 Lunch "The Flats" 2:00 Cribbage H3</p> 	
<p>10</p> 	<p>11 No Recreation</p>	<p>12 Get Crackin' H1 09:15 Group Exercise 10:00 Hangman 1:30 BINGO</p> 	<p>13 Get Crackin' H3 Individual Exercise 9:45 Sit N' Be Fit 1:30 Entertainment "The Old Timers"</p> 	<p>14 Get Crackin' H4 09:15 Group Exercise 10:00 Anglican Church 11:00 Bakin' H1 1:30 Birthday Party H1</p> 	<p>15 Individual Exercise 9:45 Sit N' Be Fit 1:30 Deck the Halls</p> 	
<p>17</p> 	<p>18 Individual Exercise 9:45 Sit N' Be Fit 10:00 United Church 1:30 Deck the Halls</p> 	<p>19 Get Crackin' H1 09:15 Group Exercise 10:00 Hangman 1:30 Deck the Halls 1:30 Christmas Ornament Arrangement</p>	<p>20 Get Crackin' H3 Individual Exercise 9:45 Sit N' Be Fit 1:30 BINGO</p> 	<p>21 Get Crackin' H4 09:15 Group Exercise 10:00 Crossword 11:00 Bakin' H3 1:30 Birthday Party H3</p> 	<p>22 Individual Exercise 9:45 Sit N' Be Fit 11:00 Bakin' H4 1:30 Birthday Party H4</p> 	
<p>24</p> 	<p>25 Individual Exercise 9:45 Sit N' Be Fit 11:00 WELLENSS H1 12:30 WELLNESS H3 1:30 Cards &</p> 	<p>26 Get Crackin' H1 09:15 Group Exercise 11:00 WELLENSS H4 10:00 Hangman 1:30 Canteen 1:30 Travelogue</p>	<p>27 Get Crackin' H3 Individual Exercise 9:45 Sit N' Be Fit 1:30 Karaoke Afternoon</p> 	<p>28 Get Crackin' H4 09:15 Group Exercise 10:00 Crossword 1:30 BINGO</p> 	<p>29 Individual Exercise 9:45 Sit N' Be Fit 10:15 Cribbage H3 1:30 Entertainment "Aven Grace"</p> 	

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	Games	"Dubai"				