






Exercise With Natalie is M, W,  
10:30 In The Activity Room

# November 2023

Shuttle Bus Tues & Thurs  
 9:30-12 & 1-3:30 

| Sun   | Mon  | Tue   | Wed  | Thu  | Fri  | Sat   |
|---|--|---|--|--|--|---|
|  <h2>Lest We Forget</h2> |  |   | <b>1</b><br>10:30 Fun & Fitness (AR)<br>11—Book Club (Library)<br>1:30 Card Group ( AR)<br><b>3:30- Happy Hour \$1 off first Drink (BL)</b>  | <b>2</b> 10:30—Virtual Chair Yoga<br>2pm - Prize Bingo (AR)<br><b>3-5 Sweet Legs Clothing Pop- Up Shop (L)</b><br><b>3:30pm- Happy Hour</b><br>6:30pm Sing-a-long- L                               | <b>3</b><br>10:30 Zumba (BL)<br><b>2:00 Entertainment with Ed Smith (L)</b><br>3:30- Happy Hour (BL)   | <b>4</b><br>2:00 Bingo (AR)<br>6:30 Movie –TR   |
|   |  |   | <b>5</b><br><b>10:30 Coffee And Chats (BL)</b>   | <b>6</b> 1:30 - Fun & Fitness (AR)<br>11—Computer Info with Bill<br>12-2—Little Black Dress Pop Up Shop (L)<br><b>2pm - Entertainment With Elvis &amp; Marilyn Monroe (L)</b><br>3:30 - Happy Hour | <b>7</b><br>10:30—Virtual Chair Yoga (BL)<br>2pm Bingo<br>3:30pm - Happy Hour (BL)   | <b>8</b> <b>9:30 Trip to Oshawa Centre and Lunch Outing</b><br>10:30 Fun & Fitness (AR)<br>1:30 Card Group ( AR)<br>3:30 Happy Hour (BL)<br><b>7pm Entertainmetn with- Absolutely Choir (L)</b> |
| <b>12</b><br><b>10-2 Parker And Mom Creations Pop-Up (L)</b><br><b>10:30 Coffee And Chats (BL)</b>        | <b>13</b> 10 - Boomer Visits<br>10:30 Fun & Fitness (AR)<br>11 -Computer Info with Bill (Library)<br>1:30pm Cards & Scrabble<br>3:30pm- Happy Hour<br><b>6:30pm Entertainment With Deidrey (L)</b> | <b>14</b> <b>10-2 Fifth Avenue Pop-Up Shop (L)</b><br>10:30—Virtual Chair Yoga (BL)<br><b>2pm Men’s Club (4th Floor)</b><br>2pm Bingo (AR)<br>3:30- Happy Hour (BL)           | <b>15</b><br><b>9:30-11:30 Hearing Aid Clinic (BL)</b><br>10:30 Fun & Fitness (AR)<br>1:30pm Card Group ( AR)<br><b>2 pm Entertainment With Darlene (L)</b><br>3:30pm- Happy Hour (BL) | <b>16</b> 10:30—Virtual Chair Yoga<br>10:30 Trinity Church (4th Floor)<br><b>10-2 Oral Health Checks (BL)</b><br>2:00 Bingo (AR)<br>3:30- Happy Hour (BL)<br>6:30 Sing-a-long- L                   | <b>17</b><br>10:30 Zumba<br>1:30—Card Group (AR)<br>1:30 Movie Afternoon<br><b>2pm Entertainment with Lawrence Marks (L)</b><br>3:30pm- Happy Hour (BL)  | <b>18</b><br>2:00 Bingo (AR)<br>6:30 Movie –TR<br>   |
| <b>19</b><br><b>10:30 Coffee And Chats (BL)</b>   | <b>20</b> 10 - Boomer Visits<br>10:30 Fun & Fitness (AR)<br>11 -Computer Info with Bill<br><b>2pm Entertainment With Sean Roberts (L)</b><br>1:30pm Cards & Scrabble (AR)<br>3:30pm - Happy Hour   | <b>21</b><br><b>10-2 Bob Woodworking Pop-up (L)</b><br>10:30 Virtual Chair Yoga<br>2pm Bingo<br>3:30pm Happy Hour (BL)  | <b>22</b><br>10:30 Fun & Fitness (AR)<br>1:30 Card Group ( AR)<br><b>2pm Entertainment With Eric Lambier (L)</b><br>3:30pm- Happy Hour (BL)  | <b>23</b><br>10:00 Catholic Church (TR)<br>10:30—Virtual Chair Yoga<br>2:00 - Bingo<br>3:30pm - Happy Hour (BL)<br>6:30pm Sing-a-long- L   | <b>24</b><br>10:30 Zumba<br>1:30pm—Card Group (AR)<br>1:30 Movie Afternoon<br><b>2pm Entertainment With Robert D’Cruz (L)</b><br>3:30pm- Happy Hour (BL) | <b>25</b><br>2pm Bingo (AR)<br>6:30 Movie –TR   |
| <b>26</b><br><b>10:30 Coffee And Chats (BL)</b>   | <b>27</b> 10 - Boomer Visits<br>10:30 Fun & Fitness (AR)<br>11 -Computer Info with Bill<br>1:30pm —Card Group (AR)<br><b>2pm Entertainment With Hal (L)</b><br>3:30pm - Happy Hour (BL)            | <b>28</b><br><b>10-2 Confection Corner Pop-Up (L)</b><br><b>10:30 Resident Council Meeting (BL)</b><br>10:30 Virtual Chair Yoga<br>2:pm Bingo (AR)<br>3:30pm- Happy Hour (BL) | <b>29</b><br>10:30 Fun & Fitness (AR)<br>11—Book Club (Library )<br>1:30pm Card Group ( AR)<br><b>2pm Entertainment With Emilio (L)</b><br>3:30pm- Happy Hour (BL)                     | <b>30</b><br>10:30—Virtual Chair Yoga<br><b>11-2 Bling it on (L)</b><br>2:00 - Bingo (AR)<br>3:30- Happy Hour (BL)<br>6:30pm Sing-a-long (L)   |   |   |

ACTIVITY LOCATION LEGEND

AR– Activity Room

BL– Bar Lounge

L-Lobby

DR– Dining Room

O– Outdoors

TR-Theatre Room