




November 2022

Contact us if you have any questions.

*outings have limited space

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Stretch and Strength 1:30 Bingo - SOL 2:45 Tai Chi - SOL 6:00 Evening Games - SOL	2 10:00 Drum Fit - SOL 1:30 Rule 62 - SOL	3 10:30 Church Service - SOL 1:30 Balloon Volley Ball - SOL	4 10:00 exercises - SOL 1:30 Bible Study - SOL	5 10:00 Baking - SOL 1:30 Bowling - SOL
6 10:00 Friendly Visits - SOL 1:30 Virtual Church - SOL	7 10:00 Did you know - SOL 1:30 Avon Strings - SOL 3:00 KES visit - SOL	8 10:00 Stretch and Strength - SOL 1:30 Bingo - SOL 2:45 Tai Chi - SOL 6:00 Evening Games - SOL	9 10:00 Drum Fit - SOL 1:30 Crafts - SOL 	10 10:30 Church Service - SOL 1:30 Rocks and Rings - SOL	11 10:30 Remembrance Day Service - SOL	12 10:00 coffee time - SOL 1:30 Bowling - SOL
13 10:00 Friendly Visits - SOL 1:30 Virtual Church - SOL	14 10:00 Did you know - SOL 1:30 TBA - SOL	15 10:00 Stretch and Strength - SOL 1:30 Bingo - SOL 2:45 Tai Chi - SOL 6:00 Dave Riley and Friends	16 10:00 Drum Fit - SOL	17 10:30 Church Service - SOL 1:30 Hymn Sing - SOL	18 10:00 exercises - SOL 1:30 Jeopardy - SOL	19 10:00 Baking - SOL 1:30 Bowling - SOL 
20 10:00 Friendly Visits - SOL 1:30 Virtual Church - SOL	21 10:00 Did you know - SOL 1:00 Scenic Drive - OUT 1:30 Bible Study - SOL 3:00 KES visit - SOL	22 10:00 Stretch and Strength - SOL 1:30 Bingo - SOL 2:45 Tai Chi - SOL 6:00 Evening Games - SOL	23 10:00 Drum Fit - SOL 1:30 Crafts - SOL	24 10:30 Church Service - SOL 1:30 Resident Council and Tea - Wall 	25 10:00 exercises - SOL 11:00 Anglican Communion Service - SOL 1:30 Race cars - SOL	26 10:00 coffee time - SOL 1:30 Bowling - SOL
27 10:00 Friendly Visits - SOL 1:30 Virtual Church - SOL	28 10:00 Did you know - SOL 1:30 Baking - SOL 3:00 KES visit - SOL	29 10:00 Stretch and Strength 1:30 Bingo - SOL 2:45 Tai Chi - SOL 6:00 Camp Fire Sing-along	30 10:00 Drum Fit - SOL 1:30 Decorate Christmas tree - SOL			

OUT - Outings

SOL - Solarium

Wall - Wallace Place Dining Room
Programs are subject to change