

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Virtual United Church Service (SS-T) 10</p> <p>10:30 Songs and Stories for the Soul (RR-Chapel)</p> <p>1:30 Afternoon Social with Magnus (SS-B)</p> <p>2:00 Chair Exercise (RR-525)</p> <p>2:30 Knitting Club (SS-L)</p> <p>2:45 <i>When Calls the Heart</i> (SS-T)</p> <p>Thanksgiving Concert with Debbie at Dinner (Regular Seating Times)</p> <p>7:15 Movie Night: <i>Chocolat</i></p>	<p>Happy Thanksgiving! 11</p> <p>10:00AM Giving Thanks: Craft with Debbie (RR-B)</p> <p>10:30AM Virtual Church Service (SS-T)</p> <p><i>Special Thanksgiving Lunch (Regular Seating Times)</i></p> <p>2:00 Chair Exercise (RR-323)</p> <p>3:00 Bridge (RR-B)</p> <p>2:00 Hymn Sing with Fidele (SS-T)</p> <p>3:00 Giving Thanks: Discussion with Debbie (SS-B)</p> <p>7:00 BINGO with Dora (SS-A)</p> <p>7:15 Movie Night: <i>Holidate</i></p>	<p>12</p> <p>10:00 Chair Dance (SS-T)</p> <p>10:15 Fitminds (RR-AR)</p> <p>10:15 Tuck Shop (RR-LL)</p> <p>10:45 Virtual Armchair Travel (SS-T): <i>Berlin</i></p> <p>11:00 Outing: Rideau Carleton Casino</p> <p>2:00 Chair Exercise (RR-323)</p> <p>2:00 Chair Exercise (SS-A)</p> <p>2:30 Chair Exercise (SS-A)</p> <p>3:00 Outing: Giant Tiger</p> <p>3:00 Tea and Chatter (RR-B)</p> <p>7:00 Painting with Navy (SS-A)</p>	<p>13</p> <p>10:00 Moderate Intensity Exercise (SS-A)</p> <p>10:45 Yoga with Georgia (SS-A)</p> <p>10:15 Chair Dance (RR-B)</p> <p>2:00 Outing: Miller's Farm and Market (Pumpkin Patch)</p> <p>2:30 Chair Exercise (SS-P)</p> <p>3:00 Social Hour (SS-B)</p> <p>7:15 Movie Night: <i>Just Like Heaven</i></p>	<p>14</p> <p>9:45 Walking Group with Linda (RR/SS)</p> <p>10:00 Chair Tai Chi (SS-A)</p> <p>10:30 Chair Drums (RR-B)</p> <p>10:45 Fit Minds (SS-P)</p> <p>1:00 Walks/1:1s (RR)</p> <p>2:00 BINGO (RR-AR)</p> <p>2:00 Chair Exercise (SS-P)</p> <p>3:00 Pumpkin Painting (RR-A)</p> <p>7:15 Movie Night: <i>Yes Day</i></p>	<p>10 AM Blood Pressure Clinic 15</p> <p>10:00 Moderate Intensity Exercise (SS-A)</p> <p>10:15 Chair Dance (RR-B)</p> <p>10:15 Tuck Shop (RR-LL)</p> <p>10:45 Men's Group (SS-B)</p> <p>11:00 TED Talk (SS-T)</p> <p>2:00 Concert with Larry Wright (RR-DR)</p> <p>3:30 Afternoon TV Series: <i>Down to Earth, S1, E3</i> (RR-B)</p> <p>7:15 Cards and Games (SS-B)</p> <p>7:15 Movie Night (SS-T): <i>Larry Crown</i></p>	<p>16</p> <p>10:15 Virtual Catholic TV Mass (SS-T)</p> <p>11:00 Walking Club (RR and SS)</p> <p>2:00 BINGO (SS-A)</p> <p>3:15 Afternoon TV Series: <i>Down to Earth, S1, E3</i> (SS-T)</p> <p>7:15 Movie Night (SS-T): <i>Hitch</i></p>
<p>17</p> <p>10:00 Virtual United Church Service (SS-T)</p> <p>10:30 Group Scrabble (SS-B/RR-B)</p> <p>2:00 Chair Exercise (RR-525)</p> <p>2:30 Knitting Club (SS-L)</p> <p>2:45 <i>When Calls the Heart</i> (SS-T)</p> <p>3:00 The Crown (RR-Bistro)</p> <p>7:15 Movie Night: <i>Second Act</i></p>	<p>8 AM Chef Showcase (SS-DR) 18</p> <p>10:00 Moderate Intensity Exercise (SS-A)</p> <p>10:15 Chair Dance (RR-B)</p> <p>10:15 Tuck Shop (RR-LL)</p> <p>10:30 Women's Group (SS-A)</p> <p>1:30 Resident's Council Meeting (SS-A)</p> <p>2:00 Chair Exercise (RR-322)</p> <p>2:30 Chair Exercise (SS-A)</p> <p>2:45 Chair Exercise (RR-525)</p> <p>3:00 Bridge (RR-B)</p> <p>3:30 Virtual NAC Concert (SS-T)</p> <p>7:15 Resident Run BINGO (SS-A)</p> <p>7:15 Movie Night: <i>Funny Girl</i></p>	<p>19</p> <p>10:00 Outing: Walmart Baseline</p> <p>10:00 Chair Dance (SS-T)</p> <p>10:15 Fitminds (RR-AR)</p> <p>10:15 Tuck Shop (RR-LL)</p> <p>10:45 Virtual Armchair Travel (SS-T): <i>Italy</i></p> <p>2:00 Concert with Roxy Swan (SS-DR)</p> <p>7:15 Movie Night: <i>The Bucket List</i></p>	<p>20</p> <p>10:00 Moderate Intensity Exercise (SS-A)</p> <p>10:45 Yoga with Georgia (SS-A)</p> <p>10:15 Chair Dance (RR-B)</p> <p>2:00 PM Outing: Merivale Bowling Centre</p> <p>2:00 Ball Exercise (RR-322)</p> <p>2:00 Chair Exercise (SS-P)</p> <p>2:00 Ball Exercise (RR-525)</p> <p>3:00 Walks and 1:1s (RR)</p> <p>3:00 Social Hour (SS-B)</p> <p>7:15 Movie Night: <i>How Do You Know</i></p>	<p>21</p> <p>9:45 Walking Group with Linda (RR/SS)</p> <p>10:00 Chair Dance (SS-T)</p> <p>10:00 Chair Tai Chi (RR-4th/Flr)</p> <p>10:30 Chair Drums (RR-B)</p> <p>11:00 Movie Committee Meeting (SS-A)</p> <p>10:45 Fit Minds (SS-A)</p> <p>1:00 Walks/1:1s (RR)</p> <p>2:00 BINGO (RR-AR)</p> <p>2:00 Chair Exercise (SS-P)</p> <p>2:00 Painting with Ellen (SS-A)</p> <p>3:00 Social Hour (RR-B)</p> <p>7:15 Movie Night: <i>1981</i></p>	<p>11:30 Chef Showcase (RR-DR) 22</p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Moderate Intensity Exercise (SS-A)</p> <p>10:15 Chair Dance (RR-B)</p> <p>10:15 Tuck Shop (RR-LL)</p> <p>10:45 Men's Group (SS-B)</p> <p>11:00 TED Talk (SS-T)</p> <p>2:00 Chair Exercise (RR-322)</p> <p>2:00 Chair Exercise (SS-B)</p> <p>2:45 Chair Exercise (RR-525)</p> <p>3:00 Patio Party (SS-B)</p> <p>3:30 Afternoon TV Series: <i>Down to Earth, S1, E4</i> (RR-B)</p> <p>7:15 Cards and Games (SS-B)</p> <p>7:15 Movie Night: <i>Love,</i></p>	<p>23</p> <p>10:15 Virtual Catholic TV Mass (SS-T)</p> <p>11:00 Walking Club (RR and SS)</p> <p>2:00 BINGO (SS-A)</p> <p>3:15 Afternoon TV Series: <i>Down to Earth, S1, E4</i> (SS-T)</p> <p>7:15 Movie Night (SS-T): <i>Facing the Giants</i></p>
<p>24</p> <p>10:00 Virtual United Church Service (SS-T)</p> <p>10:30 Songs and Stories for the Soul (RR-Chapel)</p> <p>2:00 BINGO with Magnus (RR-B)</p> <p>2:30 Knitting Club (SS-L)</p> <p>2:45 <i>When Calls the Heart</i> (SS-T)</p> <p>3:00 The Crown (RR-Bistro)</p> <p>7:15 Movie Night (SS-T): <i>The Mirror Has Two Faces</i></p>	<p>25</p> <p>10:00 Moderate Intensity Exercise (SS-A)</p> <p>10:15 Chair Dance (RR-B)</p> <p>10:15 Tuck Shop (RR-LL)</p> <p>10:30 Hymn Sing with Fidele (SS-T)</p> <p>10:45 Fit Mind-Puzzles (SS-A)</p> <p>2:00 Concert with Dai Bassett (RR-DR)</p> <p>3:00 Bridge (RR-B)</p> <p>7:15 Resident Run BINGO (SS-A)</p> <p>7:15 Movie Night: <i>The Bounty Hunter</i></p>	<p>26</p> <p>10:00 Chair Dance (SS-T)</p> <p>10:15 Fitminds (RR-AR)</p> <p>10:15 Tuck Shop (RR-LL)</p> <p>10:45 Virtual Armchair Travel (SS-T): <i>Iceland</i></p> <p>11:15 Outing: Lunch at Red Lobster</p> <p>2:00 Chair Exercise (RR-323)</p> <p>2:00 Chair Exercise (SS-A)</p> <p>2:30 Chair Exercise (SS-A)</p> <p>2:00 Outing: Scenic Drive</p> <p>3:00 Tea and Chatter (RR-B)</p> <p>7:00 Painting with Navy (SS-A)</p>	<p>27</p> <p>10:00 Moderate Intensity Exercise (SS-A)</p> <p>10:45 Yoga with Georgia (SS-A)</p> <p>10:15 Chair Dance (RR-B)</p> <p>2:00 PM Outing: <i>Color Me Mine Pottery and Craft</i></p> <p>2:30 Chair Exercise (SS-P)</p> <p>2:00 Ball Exercise (RR-322)</p> <p>2:45 Ball Exercise (RR-525)</p> <p>3:00 Walks and 1:1s (RR)</p> <p>3:00 Social Hour (SS-B)</p> <p>7:15 Movie Night: <i>Feel the Beat</i></p>	<p>Special Birthday Dinner 28</p> <p>9:45 Walking Group with Linda (RR/SS)</p> <p>10:00 Chair Dance (SS-T)</p> <p>10:30 Chair Drums (RR-B)</p> <p>10:45 Fit Minds (SS-P)</p> <p>1:00 Walks/1:1s (RR)</p> <p>2:00 BINGO (RR-AR)</p> <p> Birthday Dinner and Celebration in RR and SS (Regular Seating Times)</p> <p>7:15 Movie Night: <i>Maid in Manhattan</i></p>	<p>10 AM Blood Pressure Clinic 29</p> <p>10:00 Moderate Intensity Exercise (SS-A)</p> <p>10:15 Chair Dance (RR-B)</p> <p>10:15 Tuck Shop (RR-LL)</p> <p>10:45 Men's Group (SS-B)</p> <p>11:00 TED Talk (SS-T)</p> <p>2:00 & 3:00 Halloween Costume Party and Social (RR-L/SS-L)</p> <p>7:15 Cards and Games (SS-B)</p> <p>7:15 Movie Night (SS-T): <i>50 First Dates</i></p>	<p>30</p> <p>10:15 Virtual Catholic TV Mass (SS-T)</p> <p>11:00 Walking Club (RR and SS)</p> <p>2:00 BINGO (SS-A)</p> <p>3:15 Afternoon TV Series: <i>Down to Earth, S1, E5</i> (SS-T)</p> <p>7:15 Movie Night (SS-T): <i>Rose Island</i></p>