

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>PROMENADE</h1> <h2>Memory Care/Assisted Living</h2> <h1>November 2024</h1>						<p>1</p> <p>8:30 Scenery Walk (2<sup>nd</sup>) 10:15 Latin Chair Dancing (3<sup>rd</sup>) 11:000 Sing A Long (RR T) 2:00 Art Class: Poppies (RR AR) 3:00 Social Hour (RR B) 3:00 Chair Zumba (3rd)</p>
<p>3</p> <p>9:30 Colouring Club (RR AR) 10:30 Sing A Long (3<sup>rd</sup>) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 1:30 Bean Bags (2<sup>nd</sup>) 2:30 Movie Matinee (RR T)</p>	<p>4</p> <p>8:30 Scenery Walk (2<sup>nd</sup>) 9:30 Monday Manicures (3<sup>rd</sup>) 10:30 Coffee &amp; Current Events (RR B) 11:00 Beach Ball Catch (3<sup>rd</sup>) 2:00 Veterans Meeting (SS YR) 2:00 Monday Manicures (2nd) 3:00 Social Hour (RR B) 3:15 Bocce Ball (3<sup>rd</sup>)</p>	<p>5</p> <p>8:30 Scenery Walk (3<sup>rd</sup>) 9:30 Colouring Club (RR AR) 10:30 Fun and Fitness (2<sup>nd</sup>) 1:30 Smile Toss (3rd) 3:00 Bean Bags (RR LL) 4:00 Scenery Walk (2nd)</p>	<p>6</p> <p>8:30 Scenery Walk (2<sup>nd</sup>) 9:30 1:1 Visits (2<sup>nd</sup>) 10:30 Armchair Travel: Bulgaria (RR T) 10:45 The Price Is Right! (3<sup>rd</sup>) 2:00 Bingo (RR T) 3:00 Fun and Fitness (3<sup>rd</sup>) 3:00 Social Hour (RR B)</p>	<p>7</p> <p>8:30 Scenery Walk (3<sup>rd</sup>) 9:45 Ball Toss (3<sup>rd</sup>) 1:30 Painting Class with Anita (RR LL) 2:30 Billiards (RR GR) 3:15 Afternoon Stretching (3rd) 4:00 Mocktail Social and Dance Party (2nd)</p>	<p>8</p> <p>8:30 Scenery Walk (2<sup>nd</sup>) 9:30 1:1 Visits (3<sup>rd</sup>) 10:30 Sing A Long (RR T) 2:00 Veterans Rehearsal (SS L) 2:00 Baking Club: Cappuccino Cookies (RR LL) 3:00 Social Hour (RR B) 3:00 Chair Zumba (3rd)</p>	<p>9</p> <p>9:30 1:1 visits (2<sup>nd</sup> &amp; 3<sup>rd</sup>) 10-3pm Seasonal Craft Fair (SS L) 1:30 Bean Bags (3<sup>rd</sup>) 3:15 Fit Minds (2nd) 4:00 Hot Chocolate Social (RR B)</p>
<p>10</p> <p>9:30 Colouring Club (RR AR) 10:30 Sing Along (3<sup>rd</sup>) 11:00 St. Mary's Catholic Stream Mass (RR T) 1:30 Bean Bags (2<sup>nd</sup>) 2:30 Movie Matinee (RR T)</p>	<p>11</p> <p>8:30 Scenery Walk (2<sup>nd</sup>) 10:30 Promenades Remembrance Day Ceremony (SS L) 1:15 Bocce Ball (3rd) 2:00 Monday Manicures (2<sup>nd</sup>) 3:00-5:00 Veterans Appreciation Social (SS B) Remembrance Day</p>	<p>12</p> <p>8:30 Scenery Walk (3<sup>rd</sup>) 9:30 Colouring Club (RR AR) 10:00 Fun and Fitness (2nd) 10:45 Music Therapy (2nd) 1:30 Blood Pressure &amp; Weight Clinic (RR WC) 1:30 Painting Fall Trees (3rd) 2:00 Lecture with Professor Cammy (RR T) 4:00 Scenery Walk (2<sup>nd</sup>)</p>	<p>13</p> <p>8:30 Scenery Walk (2<sup>nd</sup>) 10:30 Armchair Travel: Toronto (RR T) 10:45 Ticket to Ride! (3<sup>rd</sup>) 2:00 Bingo (RR T) 3:00 Fun and Fitness (3rd) 3:00 Social Hour (RR B) 4:00 1:1 Visits (2nd)</p>	<p>14</p> <p>8:30 Scenery Walk (3<sup>rd</sup>) 9:45 Balloon Tennis (3<sup>rd</sup>) 1:30 Scenic Drive 3:00 Remembrance Day Follow Up Discussion (RR LL) 4:00 Afternoon Stretching (3<sup>rd</sup>)</p>	<p>15</p> <p>8:30 Scenery Walk (2<sup>nd</sup>) 9:30 Latin Chair Dancing (3rd) 10:30 Sing A Long (RR T) 2:00 Art Class: Watercolour Mountains (RR AR) 3:00 Social Hour (RR B) 3:00 Chair Zumba (3<sup>rd</sup>)</p>	<p>16</p> <p>9:30 1:1 visits (2<sup>nd</sup>) 1:30 Bean Bags (3<sup>rd</sup>) 3:15 Fit Minds (2nd) 4:00 Sharing Memories Social (RR B)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																						
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>																						
9:30 Colouring Club (RR AR) 10:30 Sing A Long (3 <sup>rd</sup> ) <b>11:00 St. Mary's Catholic Live Stream Mass (RR T)</b> 1:30 Bean Bags (2 <sup>nd</sup> ) <b>2:30 Movie Matinee (RR T)</b>	8:30 Scenery Walk (2 <sup>nd</sup> ) 10:30 Coffee and Current Events (RR B) <b>11:00 Beach Ball Catch (3<sup>rd</sup>)</b> 1:15 Mindful Colouring (3 <sup>rd</sup> ) 2:00 Monday Manicures (2 <sup>nd</sup> ) 3:00 Social Hour (RR B) <b>3:15 Bocce Ball (3<sup>rd</sup>)</b>	8:30 Scenery Walk (3 <sup>rd</sup> ) <b>9:30 Latin Chair Dancing (3<sup>rd</sup>)</b> 9:30 Colouring Club (RR AR) <b>10:30 Fun and Fitness (2<sup>nd</sup>)</b> 10:45 Music Therapy (3 <sup>rd</sup> ) <b>2:00 Live Entertainment with Roxy Swan (SS L)</b> <b>4:00 Scenery Walk (2<sup>nd</sup>)</b>	8:30 Scenery Walk (2 <sup>nd</sup> ) 9:30 1:1 Visits (2 <sup>nd</sup> ) <b>10:30 Armchair Travel: Amsterdam (RR T)</b> <b>10:45 Lucky Dip! (3<sup>rd</sup>)</b> <b>2:00 Bingo (RR T)</b> <b>3:00 Fun and Fitness (3<sup>rd</sup>)</b> 3:00 Social Hour (RR B) 4:00 1:1 Visits (2 <sup>nd</sup> )	8:30 Scenery Walk (3 <sup>rd</sup> ) <b>9:45 Ball Toss (3<sup>rd</sup>)</b> <b>1:30 Billiards (RR GR)</b> <b>3:15 Afternoon Stretching (3<sup>rd</sup>)</b> <b>4:00 Mocktail Social and Dance Party (2<sup>nd</sup>)</b>	8:30 Scenery Walk (3 <sup>rd</sup> ) 10:30 Sing A Long (RR T) 2:00 Baking Club: Peanut Butter Blossoms (RR AR) <b>3:00 Chair Zumba (3<sup>rd</sup>)</b> 3:00 Social Hour (RR B)	9:30 1:1 visits (2 <sup>nd</sup> & 3 <sup>rd</sup> ) <b>1:30 Bean Bags (3<sup>rd</sup>)</b> 3:15 Fit Minds (2 <sup>nd</sup> ) 4:00 Chai Tea Social (RR B)																						
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>																						
9:30 Colouring Club (RR AR) 10:30 Sing Along (3 <sup>rd</sup> ) <b>11:00 St. Mary's Catholic Stream Mass (RR T)</b> 1:30 Bean Bags (2 <sup>nd</sup> ) <b>2:30 Movie Matinee (RR T)</b>	8:30 Scenery Walk (2 <sup>nd</sup> ) 9:30 Monday Manicures (3 <sup>rd</sup> ) 10:30 Coffee & Current Events (RR B) <b>11:00 Beach Ball Catch (3<sup>rd</sup>)</b> 2:00 Monday Manicures (2 <sup>nd</sup> ) 3:00 Social Hour (RR B) <b>3:15 Bocce Ball (3<sup>rd</sup>)</b>	8:30 Scenery Walk (3 <sup>rd</sup> ) 9:30 Colouring Club (RR AR) <b>10:00 Fun and Fitness (2<sup>nd</sup>)</b> 10:45 Music Therapy (2 <sup>nd</sup> ) 1:30 Painting Puppies (3 <sup>rd</sup> ) <b>3:00 Bean Bags (RR LL)</b> <b>4:00 Scenery Walk (2<sup>nd</sup>)</b>	8:30 Scenery Walk (2 <sup>nd</sup> ) <b>10:30 Armchair Travel: Ottawa in the 50s (RR T)</b> <b>10:45 Charades! (3<sup>rd</sup>)</b> <b>2:00 Bingo (RR T)</b> <b>3:00 Fun and Fitness (3<sup>rd</sup>)</b> 3:00 Social Hour (RR B) 4:00 Scenery Walk (2 <sup>nd</sup> )	8:30 Scenery Walk (3 <sup>rd</sup> ) <b>9:45 Balloon Tennis (3<sup>rd</sup>)</b> <b>1:30 Billiards (RR GR)</b> <b>3:15 Afternoon Stretching (3<sup>rd</sup>)</b>	8:30 Scenery Walk (2 <sup>nd</sup> ) <b>9:30 Latin Chair Dancing (3<sup>rd</sup>)</b> 10:30 Sing A Long (RR T) 2:00 Art Class: Good-Bye Fall Collage (RR AR) <b>3:00 Chair Zumba (3<sup>rd</sup>)</b> 3:00 Social Hour (RR B)	9:30 1:1 visits (2 <sup>nd</sup> ) <b>1:30 Bean Bags (3<sup>rd</sup>)</b> 3:15 Fit Minds (2 <sup>nd</sup> ) 4:00 Hot Chocolate Social (RR B)																						
				Type of Activity: <b>Blue - Fitness</b> <b>Green - New</b> <b>Red - Movie/ TV/Virtual</b> <b>Pink - Special</b> <b>Orange - Game</b> <b>Purple - Concert</b> <b>Brown - Bus Trip/Shopping</b>	<b>Location Code</b> <table border="1"> <tr><td>B</td><td>Bistro</td></tr> <tr><td>BR</td><td>SS Bridge Room</td></tr> <tr><td>GR</td><td>RR Game Room</td></tr> <tr><td>2<sup>nd</sup></td><td>2<sup>nd</sup> floor Dining Room</td></tr> <tr><td>T</td><td>Theatre</td></tr> <tr><td>C</td><td>Chapel</td></tr> </table>	B	Bistro	BR	SS Bridge Room	GR	RR Game Room	2 <sup>nd</sup>	2 <sup>nd</sup> floor Dining Room	T	Theatre	C	Chapel	<table border="1"> <tr><td>L</td><td>Lobby</td></tr> <tr><td>YR</td><td>SS Yoga Room</td></tr> <tr><td>Lib</td><td>SS Library</td></tr> <tr><td>3<sup>rd</sup></td><td>3<sup>rd</sup> floor lounge</td></tr> <tr><td>WC</td><td>Wellness Center</td></tr> </table>	L	Lobby	YR	SS Yoga Room	Lib	SS Library	3 <sup>rd</sup>	3 <sup>rd</sup> floor lounge	WC	Wellness Center
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