

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>PROMENADE</h1> <h2>ACTIVITY CALENDAR</h2> <h1>November 2024</h1>					<p>1</p> <p>10:00-11:30 Shopping at Walmart (RR) 10:15 Latin Chair Dancing (RR LL) 11:00 Sing A Long (RR T) 1:00 Bridge Game (SS BR) 1:30-3:00 Shopping at Walmart (SS) 2:00 Celebration of the Word (SS C) 2:00 Art Class - Poppies (RR AR) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "The Medallion" (SS T)</p>	<p>2</p> <p>10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:30 Movie Matinée: "Hello, Dolly" (SS T) 2:00 Bingo (RR T) 4:00 Cranberry Punch Social (RR B) 7:00 Saturday Night Movie: "Hello, Dolly!" (RR T)</p>
<p>3</p> <p>9:30 Colouring Club (RR AR) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 2:30 Movie Matinée: "The Medallion" (RR T) 3:00 Toonie Bingo (SS Lib) 4:00 Cranberry Punch Social (SS B)</p>	<p>4</p> <p>10:30 Coffee & Current Events (RR B) 10:30 Crochet Club (SS L) 1:00 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Art with Verbena (SS L4) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B)</p>	<p>5</p> <p>9:30 Colouring Club (RR AR) 10:00 Morning Exercises (SS YR) 10:45 Tuesday Trivia (RR T) 1:15 Euchre Games (SS BR) 3:00 Bean Bags (RR LL) 3:00 Toonie Bingo (SS Lib) 3:30 National Geographic Hour (RR T) Sens vs Buffalo 7pm (SS B)</p>	<p>6</p> <p>9:30 Colouring Club (RR AR) 10:00 Morning Exercise (RRG) 10:30 Armchair Travel: Bulgaria (RR T) 1:00 Bridge Game (SS BR) 2:00 One Line or Four Corners Bingo (RR T) 2:00 Veterans Meeting (RR LL) 2:30 Veterans Meeting (SS YR) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B)</p>	<p>7</p> <p>10:00-11:30 Shopping at Sobey's Tenth Line 10:00 Morning Exercise (SS YR) 10:30 Crochet Club (SS L) 10:45 Word Games (SS B) 10:30 Scrabble (RR T) 1:15 Euchre Games (SS BR) 1:30-3:00 Shopping at Winners/HomeSense 1:30 Painting with Anita (RR LL) 3:00 Toonie Bingo (SS Lib) 3:00 Tv Series: Golden Oldies TV Shows (RR T)</p>	<p>8</p> <p>10:00 Morning Exercise (RRG) 10:00-11:30 Shopping at Place D'Orleans 10:30 Sing A Long (RR T) 10:30 Chair Yoga (SS YR) 1:00 Bridge Game (SS BR) 2:00 Celebration of the Word (SS C) 2:00 Veterans Rehearsal (SS YR) 2:00 Baking Club - Cappuccino Cookies (RR AR) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "The Newton Boys" (SS T)</p>	<p>9</p> <p>10-3pm Christmas Craft Fair (SS L) 10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:30 Movie Matinée: "An Affair to Remember" (SST) 2:00 Bingo (RR T) 4:00 Hot Chocolate Social (RR B) 7:00 Saturday Night Movie: "An Affair to Remember" (RR T)</p>
<p>10</p> <p>9:30 Colouring Club (RR AR) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 2:30 Movie Matinée: "The Newton Boys" (RR T) 3:00 Toonie Bingo (SS Lib) 4:00 Hot Chocolate Social (SS B)</p>	<p>11</p> <p>10:30 Promenade's Remembrance Day Ceremony (SS L) 1:00 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Art with Verbena (SS L4) 3:00-5:00 Veterans Appreciation Social (SS B) Remembrance Day</p>	<p>12</p> <p>9:30 Colouring Club (RR AR) 10:00 Morning Exercises (SS YR) 10:45 Tuesday Trivia (RR T) 10:30 Blood Pressure Clinic (SSBR) 10:45 Watercolour Painting: Poppy Art (SS B) 1:15 Euchre Games (SS BR) 1:30 Chair Tai Chi (SS YR) 1:30 Blood Pressure & Weight Clinic (RR WC) 2:00 Lecture with Professor Cammy (RR T) 3:00 Toonie Bingo (SS Lib) Sens vs Toronto 7pm (SS B)</p>	<p>13</p> <p>10:00 Morning Exercise (RRG) 10:30 Armchair Travel: Toronto (RR T) 1:00 Bridge Game (SS BR) 2:00 One Line or Four Corners Bingo (RR T) 2:00 World Kindness Day Cards Workshop (SS B) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) World Kindness Day</p>	<p>14</p> <p>10:00-11:30 Shopping at Superstore 10:00 Morning Exercises (SS YR) 10:30 Crochet Club (SS L) 10:45: Word Games (SS B) 1:15 Euchre Games (SS BR) 3:00 Toonie Bingo (SS Lib) 3:00 Tv Series: Golden Oldies TV Shows (RR T) 3:00 Remembrance Day Follow Up Discussion (RR LL)</p>	<p>15</p> <p>10:00-2:00 Shopping & Lunch at Carlingwood Mall 10:15 Latin Chair Dancing (SS YR) 10:30 Sing A Long (RR T) 1:00 Bridge Game (SS BR) 2:00 Celebration of the Word (SS C) 2:00 Art Class: Watercolour Painting - Mountains (RR AR) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "The Bodyguard" (SS T)</p>	<p>16</p> <p>10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:30 Movie Matinée: "Men of Honor" (SS T) 2:00 Bingo (RR T) 4:00 Sharing Memories Social (RR B) 7:00 Saturday Night Movie: "Men of Honor" (RR T)</p>

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17 9:30 Colouring Club (RR AR) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 2:30 Movie Matinée: "The Bodyguard" (RR T) 3:00 Toonie Bingo (SS Lib) 4:00 Sharing Memories Social (SS B)	18 10:30 Coffee & Current Events (RR B) 10:30 Crochet Club (SS L) 1:00 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Art with Verbena (SS L4) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B)	19 9:30 Colouring Club (RR AR) 10:00 Morning Exercises (SS YR) 10:45 Tuesday Trivia (RR T) 1:15 Euchre Games (SS BR) 2:00 Live Entertainment with Roxy Swan (SS L) 3:30 National Geographic Hour (RR T) 4:00 Tech Tuesday (SS Lib) International Men's Day Sens vs Edmonton (SS B)	20 10:00 Morning Exercise (RRG) 10:30 Armchair Travel: Amsterdam (RR T) 1:00 Bridge Game (SS BR) 2:00 One Line or Four Corners Bingo (RR T) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 7:30 Evening Bingo \$5/card (SS B) -please sign up with Reception	21 10:00-2:00 Shopping & Lunch Outing to The Museum of History with Christmas Market 10:00 Morning Exercises (SS YR) 10:30 Crochet Club (SS L) 10:45 Word Games (SS B) 10:30 Scrabble (RR T) 11:00-2:00 Vendor: Lily's Variety (SS L) 1:15 Euchre Games (SS BR) 3:00 Toonie Bingo (SS Lib) 3:00 TV Series: Golden Oldies TV Shows (RR T)	22 10:00-11:30 Giant Tiger 10:00 Morning Exercise (RRG) 10:30 Sing A Long (RR T) 10:30 Chair Yoga (SS YR) 1:00 Bridge Game (SS BR) 1:30-3:00 Scenic Drive - Downtown 2:00 Celebration of the Word (SS C) 2:00 Baking Club: Peanut Butter Blossom Cookies (RR AR) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "Guess Who's Coming to Dinner" (SS T)	23 10:30 Crosswords (RR T) 11:00-2:00 Vendor: Pamela Maxwell (SS L) 1:15 Euchre Games (SS BR) 1:30 Movie Matinée: "Miracle From Heaven" (SS T) 2:00 Bingo (RR T) 4:00 Chai Tea Social (RR B) 7:00 Saturday Night Movie: "Miracles From Heaven" (RR T)																										
24 9:30 Colouring Club (RR AR) 11:00 St. Mary's Catholic Live Stream Mass (RR T) 2:30 Movie Matinée: "Guess Who's Coming to Dinner" (RR T) 3:00 Toonie Bingo (SS Lib) 4:00 Chai Tea Social (SS B)	25 10:30 Coffee & Current Events (RR B) 10:30 Crochet Club (SS L) 1:00 Bridge Game (SS BR) 2:00 Bingo (RR T) 3:00 Art with Verbena (SS L4) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B)	26 9:30 Colouring Club (RR AR) 10:00 Morning Exercises (SS YR) 10:00 Tech Tuesday (RR T) 10:45 Fall Trees Art (SS B) 10:45 Tuesday Trivia (RR T) 1:15 Euchre Games (SS BR) 1:30 Senior Suites Resident Council Meeting (SS) 1:30 Chair Tai Chi (SS YR) 3:00 Toonie Bingo (SS Lib) 3:00 Bean Bags (RR LL) 3:30 National Geographic Hour (RRT)	27 10:00 Morning Exercise (RRG) 10:30 Armchair Travel: Ottawa in the 50s (RR T) 1:00 Bridge Game (SS BR) 2:00 One Line or Four Corners Bingo (RR T) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) Birthday & Anniversary Dinner	28 10:00-11:30 Shopping at Fallingbrook Mall 10:00 Morning Exercises (SS YR) 10:30 Crochet Club (SS L) 10:45 Word Games (SS B) 11:00-3:00 Vendor: Jewelry Show with Olivia (SS L) 1:15 Euchre Games (SS BR) 1:30-3:00 Outing to Robert Plante Nursery 3:00 Toonie Bingo (SS Lib) 3:00 Tv Series: Golden Oldies TV Shows (RR T)	29 10:00-12:00 Hearing Clinic (RR WC) Please sign up with Reception 10:00-2:00 Lunch Outing to Casino Lac Leamy 10:15 Latin Chair Dancing (SS YR) 10:30 Sing a Long (RR T) 1:00 Bridge Game (SS BR) 2:00 Celebration of the Word (SS C) 2:00 Art Class: Goodbye Fall Collage (RR AR) 3:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "The Fugitive" (SS T)	30 10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:30 Movie Matinée: "Bewitched" (SS T) 2:00 Bingo (RR T) 4:00 Hot Chocolate Social (RR B) 7:00 Saturday Night Movie: "Bewitched" (RR T)																										
				Location Code Retirement Residence (RR) Senior Suites (SS) <table border="1"> <tr><td>B</td><td>Bistro</td></tr> <tr><td>LL</td><td>Lower Lounge</td></tr> <tr><td>GR</td><td>Game Room</td></tr> <tr><td>BR</td><td>Bridge Room</td></tr> <tr><td>AR</td><td>Activity Room</td></tr> <tr><td>T</td><td>Theatre</td></tr> <tr><td>BP</td><td>Back Patio</td></tr> </table>	B	Bistro	LL	Lower Lounge	GR	Game Room	BR	Bridge Room	AR	Activity Room	T	Theatre	BP	Back Patio	<table border="1"> <tr><td>L</td><td>Lobby</td></tr> <tr><td>D</td><td>Dining Room</td></tr> <tr><td>Lib</td><td>Library</td></tr> <tr><td>YR</td><td>SS Yoga Room</td></tr> <tr><td>G</td><td>Gym</td></tr> <tr><td>P</td><td>Pool</td></tr> </table>	L	Lobby	D	Dining Room	Lib	Library	YR	SS Yoga Room	G	Gym	P	Pool	Type of Activity: Blue - Fitness Green - New Red - Movie/ TV/Virtual Pink - Special Orange - Game Purple - Concert Brown - Bus Trip/Shopping
B	Bistro																															
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