

Sunday

Monday







Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Bramalea Retirement Residence 30 Peel Centre Drive Brampton ON L6T 4G3 For activity information please contact Jessie 905-790-7900 ext.105, jlemens@bramalearr.com</p>		<p>1</p>	<p>2</p>	<p>10:00 Rise, Shine N Stretch 11:00 Pump It Up</p>	<p>10:00 Endurance Exercise 11:00 Cardiac Circuit</p>	<p>4 9:00 Breakfast Club (Sign-Up) 5 11:00 Name That Tune! 2:00 Word Games 3:00 Paint and Sip</p>
<p>*CHANGE CLOCKS 1 HOUR BACK*</p>  <p>Daylight Saving Time Ends</p>	<p>6 10:00 Fit N Fun Fitness 11:00 Cardiac Circuit 2:00 BOWLING 3:30 BINGO!</p>	<p>7 10:00 Rise, Shine N Stretch 11:00 Pump It Up 2:30 Jeopardy 3:30 Aquafit 4:00 Happy Hour</p>	<p>9 10:00 Fit N Fun Fitness 11:00 Movement Matters 11:00 Short Stories 2:30 RINGO Card Game 4:00 Sing – Along</p> 	<p>10 10:00 Rise, Shine N Stretch 11:00 Pump It Up 11:00 War Time Song Quiz 4:00 Happy Hour 6:00 Colouring Club 7:00 Trivia Hour 7:30 Lotto 6/49 Game</p>	<p>11 10:00 Endurance Exercise 11:00 Cardiac Circuit 11:00 Moment of Silence 3:00 Remembrance Day Service</p> <p><small>Veterans Day Remembrance Day (Canada)</small></p>	<p>12 9:00 Breakfast Club (Sign-Up) 11:00 Jeopardy 2:00 High Tea Social 3:00 Baskin Robins Outing (Sign-Up)</p>
<p>13 11:15 Christian Church Service w/ Pastor Joseph Clark</p>	<p>14 10:00 Fit N Fun Fitness 11:00 Cardiac Circuit 2:00 Hot Chocolate Social 3:30 BINGO!</p> 	<p>15 10:00 Rise, Shine N Stretch 11:00 Pump It Up 11:00 Anglican Church Service w/ Father Jeff Stone 2:30 Colouring Club 3:30 Aquafit 4:00 Happy Hour</p>	<p>16 10:00 Fit N Fun Fitness 10:30 SJF Catholic Rosary prayer & Communion 11:00 Movement Matters 2:30 RINGO Card Game 4:00 Arts & Crafts 5:00 Steak Night (Sign-Up)</p>	<p>17 10:00 Rise, Shine N Stretch 11:00 Pump It Up 11:00 Word Games 4:00 Happy Hour 6:00 Ice Breaker Game 7:00 Trivia Hour 7:30 BINGO!</p>	<p>18 10:00 Endurance Exercise 11:00 Cardiac Circuit 11:00 Apple Cider Day Social 2:00 Walmart Outing (Sign-Up)</p>	<p>19 CHRISTMAS BAZAAR 10AM-4PM</p>  <p>2:30 BINGO!</p>
<p>20 11:15 Christian Church Service w/ Pastor Joseph Clark</p>	<p>21 10:00 Fit N Fun Fitness 11:00 Cardiac Circuit 7:00 Movie Night In Fireplace lounge</p>	<p>22 10:00 Rise, Shine N Stretch 11:00 Pump It Up 2:30 Nail Painting W/ Jessie 3:30 Aquafit 4:00 Happy Hour</p> 	<p>23 10:00 Fit N Fun Fitness 11:00 Movement Matters 11:00 Trivia Hour 2:30 RINGO Card Game 4:00 Sing Along</p>	<p>24 10:00 Rise, Shine N Stretch 11:00 Pump It Up 11:00 Think Fast In A Jar 4:00 Happy Hour 6:00 Ladder Toss 7:00 Trivia Hour 7:30 Lotto 6/49 Game</p> <p><small>Thanksgiving Day (US)</small></p>	<p>25 10:00 Endurance Exercise 11:00 Cardiac Circuit 4:00 Hot Chocolate & Cookie Social 6:50 Christmas Lights Tour (Sign-Up)</p>	<p>26 9:00 Breakfast Club (Sign-Up) 11:00 Trivia Hour 2:00 Christmas Card Decorating 3:00 Paint and Sip</p>
<p>27 11:15 Christian Church Service w/ Pastor Joseph Clark</p>	<p>28 10:00 Fit N Fun Fitness 11:00 Cardiac Circuit 2:00 Skip-Bo 3:30 BINGO!</p> 	<p>29 10:00 Rise, Shine N Stretch 11:00 Pump It Up 2:30 Scavenger Hunt 3:30 Aquafit 4:00 Happy Hour</p>	<p>30 10:00 Fit N Fun Fitness 10:30 SJF Catholic Rosary prayer & Communion 11:00 Movement Matters 2:30 RINGO Card Game 4:00 5 Second Rule 5:00 Steak Night (Sign-Up)</p>	<h1>November 2022</h1>		



The Pals

by Darnley Rigg

Have you seen the pals sir?
 As they swing out through the town
 There's Tom, Dick and Harry
 Smith, Robinson and Brown;
 A credit to their colonel sir
 In their uniform so neat
 I'm sure we all are proud of them
 As they march along the street

Don't they look so smart
 When they're out upon parade
 Men from every rank of life
 And every kind of trade
 Married men and single men
 All ready to face the foe
 God grant the pals of Accrington
 Wherever they may go

Their officers are proud of them
 These lads in navy blue
 All workers, not shirkers
 When they've got work to do
 All volunteers not conscripts
 Beloved by all the gals
 Give them a cheer when they appear
 They're worth it are the Pals.

November Birthdays

In astrology, those born from November 1–21 are Scorpios. Scorpios cherish the truth and are not afraid to go to extraordinary lengths to uncover mysteries and get what they want. Those born from November 22–30 are Archers of Sagittarius. These Archers are philosophical seekers of knowledge who love traveling to new places to absorb new cultures.

- Phylis T – Nov 02
- William P – Nov 10
- Norma L – Nov 10
- Nellie K – Nov 11
- Stephen L – Nov 12
- Agnes W – Nov 20
- Anneliese G – Nov 22
- Ruxmani L – Nov 23
- Lewis F – Nov 26

Remembrance Day service
NOVEMBER 11 @ 3:00PM

- ✓ IF ANY RESIDENTS ARE INTERESTED IN PROVIDING PICTURES/ MEMORABILIA TO HAVE ON OUR DISPLAY TABLE OF PAST VETERANS, PLEASE HAND IN TO JESSIE (EXT 105) OR FRONT DESK. Thank you!



Celebrating November

Remembrance Day
November 11

Baskin Robins Outing (Sign-Up)
November 12

World Kindness Week
November 13–19

SJF Catholic Rosary & Communion
November 16 & 30

Steak Night (Sign-Up)
November 16 & 30

Apple Cider Day
November 18

Walmart Outing (Sign-Up)
November 18

Christmas Bazaar
November 19

Christmas Lights Tour
November 27

INTRODUCING OUR NEW HEAD CHEF:



RHADY CURRAN

“Hi all!
 I had the opportunity to work as a cook in different airport lounges, restaurants, hotels, & catering companies. Shortly after, I became a part of the Bramalea Retirement Residence team as a chef 2 years ago. I am super pleased to have been promoted and offered the Executive Chef position! It is with great pleasure to serve all of you.”