

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

LEST WE FORGET

<p>FALL BACK *Change Clocks Back 1 Hour*</p> <p>Afternoon 2:00-4:30 BINGO & Card Games</p>	<p>5</p> <p>10:00 Fit N Fun Fitness 11:00 Cardiac Circuit 11:00 Word Games 2:00 Chair Yoga w/ Simone 3:30 BINGO</p>	<p>6</p> <p>National Merlot Day 10:00 Rise, Shine N Stretch 11:00 Pump It Up 11:00 Tea & Trivia 2:00 Walmart Outing (Sign-Up) 3:00 Matinee Movie Film: The Parent Trap 4:00 Wine & Cheese</p>	<p>7</p> <p>10:00 Fit N Fun Fitness 11:00 Movement Matters 10:30 SJF Catholic Rosary Prayer & Communion. 11:00 Colour Poppies 2:00 Dollarama Outing (Sign-Up) 4:00 RINGO Card Game</p> 	<p>8</p> <p>10:00 Rise, Shine N Stretch 11:00 Pump It Up 11:00 50's Bowling 11:00 Anglican Church Service W/ Father Stone 2:00 Lotto 6/49 Game 3:30 Men's Club: Billiards 4:00 Happy Hour</p>	<p>9</p> <p>10:00-11:45AM TUCK SHOP Covid & Flu Vaccination Clinic 10:00 Endurance Exercise 11:00 Cardiac Circuit 11:00 Tea & Trivia 2:30 Hot Cinnamon Roll Social 4:00 Mini Golf on 2nd Floor</p>	<p>10</p> <p>11:00 Moment Of Silence & The Last Post</p> <p>3:30 Remembrance Day Service w/ Royal Canadian Legion</p>  <p><small>Veterans Day Remembrance Day (Canada)</small></p>
<p><small>Diwali (Hindi)</small></p>	<p>12</p> <p>10:00 Fit N Fun Fitness 11:00 Cardiac Circuit 11:00 Hang Man 2:00 Tim Hortons Outing (Sign-Up) 3:30 BINGO</p>	<p>13</p> <p>10:00 Rise, Shine N Stretch 11:00 Pump It Up 2:00 High Tea Social 3:00 Matinee Movie Film: Book Club 4:00 Happy Hour</p>	<p>14</p> <p>10:00 Fit N Fun Fitness 11:00 Movement Matters 2:30 RINGO Card Game & Chips 4:00 Who Am I Quiz? 5:00 Steak Night (Sign-Up) 7:00 CARP Meeting *Residents welcome to attend*</p>	<p>15</p> <p>10:00 Rise, Shine N Stretch 11:00 Pump It Up 11:00 Susie Q Sing Along 2:00 BINGO! 3:30 Arts & Crafts 4:00 Happy Hour</p> 	<p>16</p> <p>10:00-11:45AM TUCK SHOP 10:00 Endurance Exercise 11:00 Cardiac Circuit 11:00 Bean Bag Toss 2:00 Hymn Sing W/ Bob Hamilton 2:30 Tea & Donut Social 4:00 Basketball Throw Competition</p>	<p>17</p> <p>18</p>
<p>Afternoon 2:00-4:30 Origami & Paper Crafts</p> 	<p>19</p> <p>10:00 Fit N Fun Fitness 11:00 Cardiac Circuit 11:00 Word Games 2:00 Chair Yoga w/ Simone 3:30 BINGO</p>	<p>20</p> <p>10:00 Rise, Shine N Stretch 11:00 Pump It Up 11:00 Tea & Trivia 2:00 Paint N Sip 3:00 Matinee Movie Film: A Dogs Purpose 4:00 Happy Hour</p>	<p>21</p> <p>10:00 Fit N Fun Fitness 11:00 Movement Matters 10:30 SJF Catholic Rosary Prayer & Communion. 2:30 RINGO Card Game 4:00 Tongue Twisters</p>	<p>22</p> <p>10:00 Rise, Shine N Stretch 11:00 Pump It Up 11:00 Suzy Q Sing - Along 2:00 ArmChair Travel To: Scotland 3:30 Word Games 4:00 Happy Hour</p> <p><small>Thanksgiving Day (US)</small></p>	<p>23</p> <p>10:00-11:45AM TUCK SHOP 10:00 Endurance Exercise 11:00 Cardiac Circuit 11:00 Susie Q Sing Along 2:30 Ice Cream Sundae Stand 4:00 Basketball Throw Competition</p>	<p>24</p> <p>25</p>
<p>26</p> <p>10:00 Fit N Fun Fitness 11:00 Cardiac Circuit 11:00 Word Games 2:00 Spot The Difference Game 3:30 BINGO</p>	<p>27</p> <p>10:00 Rise, Shine N Stretch 11:00 Pump It Up 11:00 Colouring Club 2:00 Lotto 6/49 Game 3:00 Matinee Movie Film: Catch Me If You Can 4:00 Happy Hour</p>	<p>28</p> <p>10:00 Fit N Fun Fitness 11:00 Movement Matters 2:30 RINGO Card Game & Chips 4:00 Basketball Throw Competition 5:00 Steak Night (Sign-Up)</p>	<p>29</p> <p>10:00 Rise, Shine N Stretch 11:00 Pump It Up 11:00 Tea & Trivia 2:00 Birthday Party! 4:00 Happy Hour 4:00 Riddle Me This!</p> 	<p>Bramalea Retirement Residence 30 Peel Centre Drive Brampton ON L6T 4G3 For activity information please contact Jessie 905-790-7900 ext.105, jlemens@levliving.com</p>		