



HALLMARK ON THE LAKE ACTIVITIES NOVEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>HAPPY BIRTHDAY!</p> <p>Lillian M. 3rd Cathy L. 6th Jack H. 14th</p>	<p>CALENDAR LEGEND:</p> <p>AC - Activity Centre BR - 2nd Floor Bridge CM - Cafe Du Monde EX - 4th Floor Exercise Room LB - 4th Floor Library PH - Preservation Hall TS - Town Square</p>	<p>Activities with a poppy have a description on back of the calendar</p> <p>Any activity with a kite is a joint outing with Hallmark on the Park</p>	<p>Please sign up at the Concierge for any activity that is inside the lines</p>		<p>1</p> <p>11:00 Stretch & Exercise (EX) 3:15 Crafting Ornaments for "Trees of Hope" (AC)</p>	<p>2</p> <p>3:00 Ladder Ball with Abigail (TS) 7:00 TGIS Social Hour (CM)</p>
<p>3 Daylight Savings Time Ends</p> <p>10:30 Coffee Break (CM) 2:30 Gaither Video (PH)</p> <p>** Set clocks back 1 hour</p>	<p>4</p> <p>9:30 Bus Shuttle Service</p> <p>2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social (CM) 3:00 Bingo (AC)</p>	<p>5</p> <p>10:45 Bible Study (PH) 2:00 Sing-Along with Marion Knight ** Last one before she retires! (TS) 3:30 Falls Prevention Worksheet: at Concierge</p>	<p>6</p> <p>9:30 Bus Shuttle Service</p> <p>2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social (CM) 3:30 Amplifon Hearing Workshop (PH)</p>	<p>7</p> <p>9:30 Coffee Break (CM) 10:30 Remembrance Day Service (TS) 2 - 3 Fall Hazards Crime Scene Challenge (AC) 3:15 Fall Hazard Info (PH)</p>	<p>8 Plaid Day</p> <p>9:30 Coffee Break (CM) 11:00 Stretch & Exercise (EX)</p> <p>1:45 Shopping at Highstreet Walmart ~5 min drive</p>	<p>9</p> <p>2:00 Movie Afternoon (PH) "Fly Over BC" <i>Comedy</i> 3:00 RummyKub with Abigail (CM) 7:00 TGIS Social Hour (CM)</p>
<p> Fall Prevention Week November 4-8 </p>						
<p>10</p> <p>10:30 Coffee Break (CM) 2:30 Gaither Video (PH)</p>	<p>11 Remembrance Day</p> <p>9:30 Coffee Break (CM) 2:30 Ice Cream Social (CM)</p>	<p>12</p> <p>10:30 FaceTime with team in Guatemala & see English House (PH) 10:45 Bible Study (PH) 2:30 Bocce Ball (TS)</p>	<p>13</p> <p>9:30 Bus Shuttle Service</p> <p>2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social (CM) 3:00 Music with Bond of Love (TS)</p>	<p>14</p> <p>9:30 Coffee Break (CM) 11:00 Bones & Balance: Falls Prevention (EX) 2:30 Make & Eat Veggies and dip tray (AC)</p>	<p>15 * No Exercise Today</p> <p>9:30 Bus Shuttle Service</p> <p>11:30 Lunch at River's Restaurant</p>	<p>16</p> <p>2:00 Movie Afternoon (PH) "Billy Graham: An Extraordinary Journey" 3:00 Skip-Bo Game with Abigail (CM) 7:00 TGIS Social Hour (CM)</p>
<p>17</p> <p>10:30 Coffee Break (CM) 3:00 Chapel Service led by Barry Ashton from Northview Community Church (TS)</p>	<p>18</p> <p>9:30 Bus Shuttle Service</p> <p>2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social (CM) 3:00 Bingo (AC)</p>	<p>19 Birthday Party!</p> <p>10:45 Bible Study (PH) 2:30 Hymn Sing (TS)</p>	<p>20</p> <p>9:30 Bus Shuttle Service</p> <p>2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social (CM) 2:30 Plunder Jewelry (TS)</p>	<p>21</p> <p>9:30 Coffee Break (CM) 11:00 Bones & Balance (EX) 2:30 Balloon Volleyball (TS) 3:30 Miracle Ear Clinic (AC)</p>	<p>22</p> <p>9:30 Coffee Break (CM) 11:00 Stretch & Exercise (EX)</p> <p>1:45 Country Drive to Fort Langley with Stop at the Blacksmith Bakery ~2 hour round trip</p>	<p>23</p> <p>11:00 Music with the Pentones (TS) 2:00 Movie Afternoon (PH) "Galapagos" <i>Documentary</i> 7:00 TGIS Social Hour (CM)</p>
<p>24</p> <p>10:30 Coffee Break (CM) 2:45 Country Gospel with Cliff Dyck (TS) 3:00 Chapel Service led by St. Matthews Anglican Church at Hallmark on the Park</p>	<p>25</p> <p>9:30 Bus Shuttle Service</p> <p>1:00 Resident Community Discussion (TS) 2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social (CM)</p>	<p>26</p> <p>10:45 Bible Study (PH) 2:30 Video Visit: The Footsteps of Jesus (PH)</p>	<p>27</p> <p>9:30 Bus Shuttle Service</p> <p>2:00 Stretch & Exercise (EX) 2:30 Ice Cream Social (CM) 3:00 Trip to Seven Oaks Mall to decorate Hallmark's "Tree of Hope"</p>	<p>28</p> <p>9:30 Coffee Break (CM) 11:00 Bones & Balance (EX) 2:30 Nick's Music (TS)</p>	<p>29 Christmas Decorating Day!</p> <p>11:00 Brain Fitness Handout: Pick up at Concierge 2:30 Resident Led Scrabble Game (CM)</p>	<p>30</p> <p>2:00 Piano Recital (TS) 7:00 TGIS Social Hour (CM)</p>

WHAT'S HAPPENING THIS NOVEMBER

Tree of Hope: Crafting Ornaments and Tree Decorating

Crafting takes place November 1st at 2:30pm in Activity Centre

Decorating takes place November 27th at Seven Oaks Shopping Centre

This holiday season Hallmark will be giving back to the local community through Trees of Hope. We are joining many other organizations to support:



**The Big Brother Big Sisters of the Fraser Valley &
The Fraser Valley Health Care Foundation**

by entering our very own "Hallmark" tree into the 11th Annual "Trees of Hope" at Seven Oaks Shopping Centre.



We will work together to create ornaments and then those interested in the tree set up can take the bus to the mall to decorate. In December we will view all the trees and vote on our favourites!

** Please sign up at Concierge for the bus, as space is limited

Remembrance Day Service

Thursday November 7th at 10:45am in Town Square

We invite each Resident, as well as their family members and friends, to come to the Remembrance Service being held at Hallmark on the Lake. It will be a moving experience as we pause to thank those who served Canada in the Military and those who paid the ultimate sacrifice. This was all to procure us the freedoms we enjoy every day. Our own veterans from Hallmark will be assisting in the service by bringing in the flags, doing readings and laying of the Wreath.

Amplifon Hearing Workshop

Wednesday, November 6th at 3:30pm in Preservation Hall

Amplifon, previously known as "Miracle Ear" puts on a hearing clinic once a month here at Hallmark. This month they will also be presenting on hearing, hearing loss and ways you can set yourself up for success to hear more clearly. Come learn some tips and tricks, ask your questions and get some new information.

Fall Prevention Week: Worksheet & Spot the Fall Risk "Crime Scene"

November 4-8th

Falls are the leading cause of injury for seniors. One in three British Columbians over the age of 65 will fall once every year, and falls are the main reason why older adults lose their independence. Many falls can be prevented and there are many resources available to keep seniors injury-free. Throughout this week various resources and experiences will be available for you to learn more on this topic. Did you know strength building exercise is key to fall prevention? Have you tried our exercise class? It's created by Fraser Health to specifically strengthen seniors to prevent falls. Come join Emily who leads the exercise class and try it out!

Want to test your ability to spot fall risks? Drop by the "falls crime scene" in the Activity Centre on November 7th sometime between 2-3pm to see if you can see the dangers! No one will be at risk by participating. There are prizes to those who can spot the most risks!