














NOVEMBER 2019 ACTIVITIES AT HALLMARK ON THE PARK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAPPY BIRTHDAY JIM B. 10TH ROGER S. 15TH KATHLEEN P. 25TH	<div> Please sign up at the Concierge for any activity that is inside the lines. </div>	Knitting Corner is every Thursday at 7pm in the Living Room	Any activity with a kite is a joint outing with Hallmark on the Lake Activities with  on it will have a description on the back of the	EX-Exercise Room-Terrace Lv. FS-Fireside Room -Terrace Lv. HK- Hobby Kitchen-3rd Fl. HS-Hallmark Square-Main Fl. ICP-Ice Cream Parlour-Main Fl. LB- Library-3rd Fl. LR-Living Room-Hallmark Sq. DR-Dining Room- Ground Fl.	1 10:00 Keep Fit Class (EX) 11:00 Brain Fitness (FS) 2:30 Scrabble (ICP) 6:15 2-Bit Bingo (ICP)	2  SET CLOCKS BACK 1 HOUR BEFORE BED 1:30 Skip-Bo (ICP) 2:30 Movie Afternoon (FS) "The Book Of Henry" Emotional Drama
3 10:00 Coffee Break (ICP) 2:30 Gaither Video (FS) <div>  DAYLIGHT SAVINGS ENDS MAKE SURE CLOCKS ARE SWITCHED BACK 1 HOUR </div>	4 10:00 Keep Fit Class (EX) 2:30 Balloon Volleyball 3:30 Falls Prevention Worksheet *Pickup from Concierge*	5 <div> 9:30 Bus Shuttle Service </div> 2:30 Ice Cream Social (ICP) 2:30 Pet Therapy with Griff The Dog & Judie (HS) 3:30 Sing-along with Marion Knight (HS) **last one before she retires!	6 10:00 Keep Fit Class (EX) 11:00 Chapel (FS) 11:00 Life Labs (HK) (By Appointment Only) 2:00 Almplifon Hearing Presentation (FS) 	7 ** Afternoon Bus Shuttle <div> 10:00 Remembrance Day Service at Hallmark on the Lake  </div> <div> 1:30 Bus Shuttle Service </div> 2:30 Ice Cream Social (ICP)	8 Plaid Day! 10:00 Keep Fit Class (EX) 11:00 Brain Fitness (FS) 2:30 Fall Prevention: Crime Scene (FS) 7:00 Trivia Night with Youth Group (HS)	9 1:30 Skip-Bo (ICP) 2:30 Movie Afternoon (FS) "Grease" Musical Comedy
<div>  Fall Prevention Week November 4-8  </div>						
10 10:00 Coffee Break (ICP) 3:00 Country Gospel Music with Cliff Dyck (HS)	11 REMEMBRANCE DAY 10:00 Coffee Break (ICP) 2:30 November Trivia & Activity handout *Pickup from Concierge* 	12 <div> 9:30 Bus Shuttle Service </div> 2:30 Ice Cream Social (ICP) 2:30 Pet Therapy with Griff The Dog & Judie (HS) 3:45 DIY Nail Salon (HK)  6:45 Game of UNO with Sandra (ICP)	13 10:00 Keep Fit Class (EX) 11:00 Chapel (FS) 3:15 Oral Health Presentation (FS) 6:30 Fraser Valley Fiddlers Practice (HS)	14 <div> 9:30 Bus Shuttle Service </div> 11:00 Life Labs (HK) (By Appointment Only) 1:45 Bones & Balance (EX) 2:30 Ice Cream Social (ICP)	15 10:00 Keep Fit Class (EX) <div> 11:45 Lunch at Rivers Restaurant  </div> 2:00 Ornament Making for Tree Of Hope  6:15 2-Bit Bingo (ICP)	16 1:30 Skip-Bo (ICP) 2:30 Music with Shawn Mckee (HS) 2:30 Movie Afternoon (FS) "Apollo 13" Action & Space
17 10:00 Coffee Break (ICP) 2:30 Gaither Video (FS)	18 10:00 Keep Fit Class (EX) <div> 2:00 Country Drive & Stop for Coffee (2 Hour Roundtrip) </div>	19 <div> 9:30 Bus Shuttle Service </div> 2:30 Ice Cream Social (ICP) 3:30 Game of RummiKub (ICP) 6:45 Game of SkipBo with Sandra (ICP)	20 Birthday Party! 10:00 Keep Fit Class (EX) 11:00 Life Labs (HK) 11:00 Chapel (FS) 2:30 Generation Connect: Get to Know you Social (ICP) 6:30 Fraser Valley Fiddlers Practice (HS)	21 <div> 9:30 Bus Shuttle Service </div> 1:45 Bones & Balance (EX) 2:00 Miracle Ear (HK) 2:30 Ice Cream Social (ICP)	22 10:00 Keep Fit Class (EX) 11:00 Brain Fitness (FS) 2:30 Cut, Make & Eat! Veggies & Dip (HK) 6:15 2-Bit Bingo (ICP)	23 1:30 Skip-Bo (ICP) 2:30 Movie Afternoon (FS) "Julie & Julia" Cooking Dramedy
24 10:00 Coffee Break (ICP) 3:00 Chapel Service led by St Matthews Anglican Church (HS)	25 10:00 Keep Fit Class (EX) 11:00 Resident Community Discussion (FS) 2:30 TED Talks (FS) 	26 <div> 9:30 Bus Shuttle Service </div> 2:30 Ice Cream Social (ICP) 3:30 Scattegories (HS)	27 10:00 Keep Fit Class (EX) 11:00 Life Labs (HK) 11:00 Chapel (FS) <div> 2:45 Trip to Seven Oaks Mall to decorate Hallmark's "Tree of Hope"  </div> 6:30 Fraser Valley Fiddlers Practice (HS)	29 Christmas Decorating & Jeans Day! <div> 9:30 Bus Shuttle Service </div> 1:45 Bones & Balance (EX) 2:30 Ice Cream Social (ICP)	29 *No Keep Fit Today* 10:00 Coffee Break (ICP) 2:30 Nick's Music (HS) 6:15 2-Bit Bingo (ICP)	30 10:00 Piano Recital (HS) 1:30 Skip-Bo (ICP) 2:30 Movie Afternoon (FS) "Concussion" Sports Drama

WHAT'S HAPPENING THIS NOVEMBER

Amplifon Hearing Presentation

November 6th, 2:00pm in Fireside Room

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.

Remembrance Day Service

*November 7th, 10:30am at Hallmark on the Lake
Shuttle leaves at 10am!*

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.

Shuttle is available, Sign up at Concierge

Tree Of Hope: Crafting Ornaments & Tree Decorating at Sevenoaks Shopping Centre

*Crafting takes place November 15th
Decorating takes place November 27th*

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 Sevenoaks 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 set up. In December we will view all the trees and vote on our favourites!

**** Please sign up at Concierge for the bus.****
Space is limited

Do It Yourself: Nail Salon

November 12th, 3:45pm in the Hobby Kitchen

Join Michelle in the Hobby Kitchen to pamper yourself! Various nail polishes will be provided for you to use as well as some remover for touching up.
You will be painting your own nails for this activity

Fall Prevention Week

November 4-8th with Various Activities!

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 help 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 Michelle during 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. Prizes to those who can spot the most risks!