

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Legend:

ML = Manor Lounge

CH = Chapel

PR = Panorama Room

Hts = Heights Lobby

TTL = Heights Tree Top Lounge

# November 2019

## Evergreen Manor Recreation Calendar

All programs are subject to change.

All programs take place in the Manor Lounge unless otherwise stated.

<b>3</b> 10:00 Worship Service ~CH  2:00 Painting with Lily  <i>Communion Sunday</i>  Daylight Saving Time Ends	<b>4</b> 9:00 Coffee Time 9:45 Exercise 10:30 Mental Aerobics <b>1:15 Swimming</b> 3:00 Hymn Sing 6:45 Carpet Bowling	<b>5</b> 8:45 Morning Prayer~6 <sup>th</sup> Fl 9:00 Coffee Time 9:45 Stretch & Strength 10:30 Word Games 2:00 2 <sup>nd</sup> and 3 <sup>rd</sup> Block Social 3:00 Sing at the Terraces (meet in Manor Lobby at 3)	<b>6</b> 9:00 Coffee Time 9:45 Stretch & Strength 10:30 Crossword <b>1:30 Walmart Outing</b> 3:30 Prayer & Bible Study  <i>Wacky Wednesdays</i> <i>Wear a mismatched outfit!</i>	<b>7</b> 9:00 Coffee Time 9:00 Ukulele Practice ~PR <b>10:00 Remembrance Day Ceremony</b> 11:30 Piano Music with Albert~Hts <b>11:00 Lunch Outing to Turkey House</b> 3:00 Skip-Bo	<b>8</b> 9:00 Coffee Time 9:45 Stretch & Strength 10:30 Word Games <b>11:00-2:00 Heights Craft Fair~Hts</b> 3:00 Carpet Bowling	<b>9</b> 9:00 Coffee Time
<b>10</b> 10:00 Worship Service ~CH  2:00 Games with Dagmar	<b>11</b> 9:00 Coffee Time 9:45 Exercise 10:30 Mental Aerobics  <i>REMEMBRANCE DAY</i>  Veterans Day (US) Remembrance Day (Canada)	<b>12</b> 8:45 Morning Prayer~6 <sup>th</sup> Fl 9:00 Coffee Time 9:45 Stretch & Strength 10:30 Word Games <b>12:00 Rib Lunch</b> 2:00 5 <sup>th</sup> and 6 <sup>th</sup> Block Social 3:00 Sing at the Terraces (meet in Manor Lobby at 3)	<b>13</b> 9:00 Coffee Time 9:45 Stretch & Strength 10:30 Crossword <b>2:00 Operation Christmas Child Box Packing Party</b> 3:30 Prayer & Bible Study  <i>Wear your favorite clothes!</i>	<b>14</b> 9:00 Coffee Time 9:00 Ukulele Practice ~PR <b>10:00 Chapel Celebration~CH</b> 11:30 Piano Music with Albert~Hts 3:00 Bingo with Ellie	<b>15</b> 9:00 Coffee Time 9:00 Stretch & Strength <b>10:00 Bus outing to AROCHA</b> 3:00 Finish the boxes for OPCC (if done, then Indoor Horseshoes)	<b>16</b> 9:00 Coffee Time
<b>17</b> 10:00 Worship Service ~CH  2:00 Painting with Lily	<b>18</b> 9:00 Coffee Time 9:45 Exercise <b>10:00 Country Drive</b> 10:30 Mental Aerobics <b>1:15 Swimming</b> 3:00 Hymn Sing 6:45 Carpet Bowling	<b>19</b> 8:45 Morning Prayer~6 <sup>th</sup> Fl 9:00 Coffee Time 9:45 Stretch & Strength 10:30 Word Games 11:45 Sing-A-Long ~Hts <b>2:00 Birthday Celebration with Brian Zalo</b> 3:30 Bean Bag Toss	<b>20</b> 9:00 Coffee Time <b>9:30 Walmart Outing</b> 9:45 Exercise with Dagmar 2:00 Music Favorites 3:00 Scrabble ~ML 3:30 Prayer & Bible Study  <i>Wear striped clothes!</i>	<b>21</b> 9:00 Coffee Time 9:00 Ukulele Practice ~PR 10:00 Hand Chimes ~ML 11:30 Piano Music with Albert~Hts	<b>22</b> 9:00 Coffee Time <b>10:00 "Whose Body is it Anyway" Presentation</b> 11:00-3:00 Decorate for Christmas 3:30 First Christmas Carol singing with hot chocolate	<b>23</b> 9:00 Coffee Time
<b>24</b> 10:00 Worship Service ~CH  2:00 Games with Dagmar	<b>25</b> 9:00 Coffee Time 9:45 Exercise 10:30 Mental Aerobics <b>1:00 Kwantlen Wellness Fair ~ ML</b> 3:00 Hymn Sing 6:45 Carpet Bowling	<b>26</b> 8:45 Morning Prayer~6 <sup>th</sup> Fl 9:00 Coffee Time 9:45 Exercise with Dagmar <b>9:30 All Day outing to Abbotsford</b>	<b>27</b> 9:00 Coffee Time 9:30 Preschool Kids Visit 10:45 Crossword 2:00 Making Christmas cookies to freeze and bake later 3:30 Prayer & Bible Study  <i>Wear all one color!</i>	<b>28</b> 9:00 Coffee Time 9:00 Ukulele Practice ~PR 10:00 Hand Chimes ~ML 11:30 Piano Music with Albert~Hts 3:00 Bingo with Dianne  Thanksgiving Day (US)	<b>29</b> 9:00 Coffee Time 9:45 Stretch & Strength 10:30 Word Games <b>11:30 Outing to Willowbrook Mall</b> 2:30 Afternoon Movie	<b>30</b> 9:00 Coffee Time