



November 2019

PLEASE NOTE
This calendar is subject to
change without notice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Office: 250-595-6257</i> <i>Activities: 250-519-4437</i> <i>Hairdresser: 250-519-4438</i> <i>Bus: 250-893-0048</i> <i>Foot Care: 250-858-7729</i> <i>Or 250-415-9517</i>					1 All Saints Day 10:00 Fitness with Alexis 10:45 Crafts for Missions 11:00 Tuck Shop Tour With Cindy 1:30 Mattick's Farm 6:45 Progressive Bridge	2 Computer Skills 10:00 Video Fitness 10:00 Knit-Wits 3:30 Communion Service 6:45 Card Games 7:00 Movie Night "The Imitation Game"
3 Fall Back One hour  1:10 Symphony Pops "Old Blue Eyes" 6:30 Wizard Card Games 7:00 Scrabble	4 10:00 Stretch/Strength 10:45 Prayer Gathering 11:15 Mental Aerobics 1:00 – 4:00 Annual Flu Clinic 6:30 *Bingo Night 6:45 Board Games	5 9:00-12:00 Flu Clinic 9:45 Chair Yoga 10:45 Exploring the Bible 1:00 Bus Trip to Costco 6:30 Card Games 7:00 Documentary "They Shall Not Grow Old"	6 10:00 Sit and Be Fit 2:30 Birthday Tea with Mark Davies on Guitar 6:30 Cribbage Games 6:45 Story Telling in Library w/Lee Porteous	7 10:00 Gentle Fitness 10:30 Gym Assistance 10:45 Penny 4Your Thoughts 12:30 Student Nurses 1:30 Packing Party/Shoebox 2:00 Joy Thru Music 6:15 Mahjong Training 6:30 Wizard Card Games	8 Purdy Orders Due 10:00 Fitness with Alexis 10:45 Crafts for Missions 1:30 BC Royal Museum "Mayan Exhibit" 2:00 TBA 2:00 Bridge Classes 6:45 Progressive Bridge	9 Computer Skills 10:00 Video Fitness 10:00 Knit-Wits 6:45 Card Games 7:00 Movie Night "Red Joan"
10 6:30 Wizard Card Games 7:00 Scrabble	11  10:15 Remembrance Day Service Lunch Buffet 7:00 Movie: "Paths of Glory"	12 9:45 Chair Yoga 10:45 Exploring the Bible Dedicate Shoe Boxes 1:00 Marg Best Jewelry 1:30 Oak Bay Village & Library 6:30 Card Games	13 9:30 Scooter Clinic with Canada Scooters 10:00 Sit and Be Fit 2:30 BH Resident Author Book Reading & Signing 6:30 Cribbage Games 7:00 Talk: Dunsmuir Pt 1	14 10:00 Video Fitness 10:00 Air Traffic Control Tour 10:30 Gym Assistance 10:45 Penny 4Your Thoughts 12:30 Student Nurses 2:00 Joy Thru Music 6:15 Mahjong Training 6:30 Wizard Card Games	15 Purdy Orders Arrive 10:00 Fitness w/Alexis 10:30 Brunch @MyChosen 10:45 Crafts for Missions 2:00 Bridge Classes 3:00 Arts & Craft Set Up 6:45 Progressive Bridge	16 Computer Skills Annual Arts & Crafts Show & Sale 10:00 PM to 2:00 PM 6:45 Card Games 7:00 Evening Entertainment Eric McQuillan Vocals & Piano
17 6:30 Wizard Card Games 7:00 Scrabble 7:00 Evening Chapel Service	18 10:00 Stretch/Strength 10:45 Prayer Gathering 11:15 Mental Aerobics 2:00 Water Colour Classes 2:00 Care RX Presentation "Stress Management" 6:30 *Bingo Night 6:45 Board Games	19 9:00 Chocolate Deliveries 9:45 Chair Yoga 10:45 Exploring the Bible 1:30 Christmas Shopping @Hillside Mall 6:30 Card Games 6:45 Canadian Suite Duo	20 10:00 SMU Students Visit 10:00 Sit and Be Fit 1:30 Deliver Shoe Boxes to BC Distribution Centre 6:30 Cribbage Games 7:00 Netflix Documentary "Dancing with the Birds"	21 10:00 Gentle Fitness 10:30 Gym Assistance 10:45 Penny 4Your Thoughts 1:30 Physio Care @Home "Arthritis" 2:00 Joy Thru Music 6:15 Mahjong Training 6:30 Wizard Card Games	22 10:00 Fitness with Alexis 10:45 Crafts for Missions 1:00 Afternoon Drive 2:00 Bridge Classes 2:00 Dining Committee Mtg 2:35 Adventure Lecturer 6:45 Progressive Bridge	23 Computer Skills 10:00 Video Fitness 10:00 Knit-Wits 6:45 Card Games 7:00 Movie Night "Some Like It Hot"
24 Grey Cup in 'On the Big Screen' 6:30 Wizard Card Games 7:00 Scrabble	25 10:00 Stretch/Strength 10:45 Prayer Gathering 11:00 Annual Christmas Tree Trimming 2:00 Water Colour Classes 3:15 Darlaine's Sing A Long 6:30 *Bingo Night 6:45 Board Games	26 9:45 Chair Yoga 10:45 Exploring the Bible 1:30 Oak Bay Village & Library 3:00 Walker Sanitization 6:30 Card Games 6:45 Newcombe Singers	27  10:00 Sit and Be Fit 11:00 Calendar Preview 1:30 Festival of Trees At The Bay Centre 2:00 Blood Pressure Clinic 6:30 Cribbage Games	28 10:00 Gentle Fitness 10:30 Gym Assistance 10:45 Penny 4Your Thoughts 2:00 Resident Info Hour 6:15 Mahjong Training 6:30 Wizard Card Games 7:00 Concert: Avalon Singers	29 10:00 Fitness with Alexis 10:45 Crafts for Missions 12:15 Over 800 Nativity Sets in One Location 2:00 Bridge Classes 6:45 Progressive Bridge	30 Computer Skills 10:00 Video Fitness 10:00 Knit-Wits 6:45 Card Games 7:00 Movie Night "Big"