

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2019

## WISTERIA P2 ACTIVITY CALENDAR

Recreation Coordinator: Melvin j. Ramos

All programs and activities are all subject to change. . .

1  
8:00 Breakfast  
9:30 Fun and Fitness  
10:30 Arts and Craft

1:00 Bible Study  
2:00 1:1 visits  
3:00 Music with RON

2  
“Don’t **WORRY**  
Be **HAPPY**”  
-unknown



3  
8:00 Breakfast  
9:30 Strength and Balance  
10:30 5 Cards BINGO

2:00 Music with Peter Tennant

3:30 Tidy Up

10:00 Sunday Service At the Chapel

Daylight Saving Time Ends

4  
8:00 Breakfast  
9:30 Strength and Balance  
10:30 Group Talk  
11:00- 3:30 Lunch Outing T5/P2P3

3:30 Tidy Up

5  
8:00 Breakfast  
9:30 Strength and Balance  
10:15 Music  
Therapy with Heather  
11:15 Group Singing

1:30 Activity Calendar Meeting

6  
8:00 Breakfast  
9:30 Strength and Balance  
10:30 “PAMPER ME”

2:00 5 Cards Bingo  
3:00 Hymn Sing  
3:30 1:1 visits

7  
8:00 Breakfast  
9:30 Fun and Fitness  
10:30 “Mental Aerobics”

1:00 Bible Study  
2:00 “COFFEE & TEA AFTERNOON”



10  
  
Lest We Forget  
**HAPPY REMEMBRANCE DAY!**  
Veterans Day (US)  
Remembrance Day (Canada)

10:00 Sunday Service At the Chapel

11  
8:00 Breakfast  
9:30 Strength and Balance  
10:30 Mental Aerobics

2:00 Music with Ron  
3:30 Tidy Up

12  
8:00 Breakfast  
9:30 Strength and Balance  
10:15 Music  
Therapy with Heather  
11:15 1:1 visits

2:00 5 Cards BINGO  
3:30 Tidy Up

13  
8:00 Breakfast  
9:30 Strength and Balance  
10:00 “Ladies Auxiliary” (At the Chapel)

2:00 “HAPPY HOUR”  
3:00 Hymn Sing  
3:30 Tidy Up

14  
8:00 Breakfast  
9:30 Fun and Fitness  
10:30 Group Talk

1:00 Bible Study  
2:00 Table Top Games  
3:00 Music with RON

15  
“The nature of reality is a process, a continuous changing flow.”  
- Miyamoto Musashi



17  
8:00 Breakfast  
9:30 Strength and Balance  
10:30 Ball Games

2:00 “SUPER BINGO”  
3:30 Tidy Up

10:00 Sunday Service At the Chapel

18  
8:00 Breakfast  
9:30 Strength and Balance  
10:30 Mental Aerobics

1:00- 3:30 Bus Outing T5/P2P3

3:30 Tidy Up

19  
8:00 Breakfast  
9:30 Strength and Balance  
10:15 Music  
Therapy with Heather  
11:15 1:1 visits

2:00 5 Cards BINGO  
3:30 Tidy Up

20  
8:00 Breakfast  
9:30 Strength and Balance  
10:30 “PAMPER ME”

2:00 Table Top Games  
3:00 Hymn Sing  
3:30 Tidy Up

21  
8:00 Breakfast  
9:30 Fitness and Fun  
10:30 Arts and Craft

1:00 Bible Study  
2:00 “MOVIE AFTERNOON”



24  
6:00 Special Breakfast  
9:30 Strength and Balance  
10:30 Christmas Decor

1:30 1:1 Visits

10:00 Sunday Service At the Chapel

25  
8:00 Breakfast  
9:30 Strength and Balance  
10:30 Christmas Decor

2:00 Music with Ron  
3:30 Tidy Up

26  
8:00 Breakfast  
9:30 Strength and Balance  
10:15 Music  
Therapy with Heather  
11:15 Group Singing

1:30 Recreation Department Meeting  
3:30 Tidy Up

27  
8:00 Breakfast  
9:30 Strength and Balance  
10:30 Christmas Decor

2:00 5 Cards BINGO  
3:00 Hymn Sing  
3:30 Tidy Up

28  
8:00 Breakfast  
9:30 Fun and Fitness  
10:30 Christmas Décor

1:00 Bible Study  
2:00 Table Top Games  
3:00 Music with RON

29  
“If your mind is open, you are free with the flow, to be in rhythm with the timing of change.”  
- Miyamoto Musashi

Thanksgiving Day (US)