Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		n Heights Recreation			1 10:00 Sit and Be Fit 2:00 Bingo~TTL 3:30 Carpet Bowling~TTL	2:30 Tea Time and Movie Matinee~TTL "To The Ends of The Earth"
COMMUNION 3	10:00 Sit and BeFit 4	9:00 BLT <b>5</b>	6	10:00 Remembrance 7	8	9
10:00 Worship Service In Chapel 2:30 Manicures ~ TTL	10:40 Baking~TTL  "Oatmeal Clippies" 2:00 Craft – Make a  Poppy ~TTL 2:30 Tea and Oatmeal Clippies Tasting~TTL	Breakfast~TTL 10:15 Sit and Be Fit 10:40 Crosswords ~TTL 2:00 Bingo~TTL <b>3:00 Flu Shots~RO</b> 3:30 Painting Group~8 <sup>th</sup> Fl	10:00 Sit and Be Fit~TTL 10:45 Falls Prevention Trivia and Tips~TTL 1:30 Walmart Shuttle	Day Ceremony ~Chapel 2:00 Fall's Prevention Bingo with Michelle~TTL 3:00 A Veteran's Day Discussion~TTL	Craft and	2:00 Hot Chocolate Social~TTL 2:30 Tea Time and Movie Matinee~TTL "Seven Brides for Seven Brothers"
10:00 Worship Service In Chapel 2:30 Manicures ~TTL	انگار Remebrance Day	10:00 Sit and Be Fit~TT 11:30 Lunch Out Roadhouse Grill ~Sign Up 2:00 Bingo~TTL 3:15 Men's Group Table Pool ~ meet in LB 3:30 Painting Group~8 <sup>th</sup> FI 3:45 Piano and Pet Visits~ LB	10:00 Sit and Be Fit~T <b>fl3</b> 10:45 "Remembering A Trip to the Bakery" ~TTL 2:00 Hymn Sing ~TTL 2:00 Operation Christmas Child Packing ~ML 3:00 Wii Bowling ~TTL 3:30 Bible Study ~ PR	10:00 Sit and Be Fit~TTL 10:45 Breaking Bread Trivia Challenge~TTL 2:30 BirthdayCelebration	10:00 Sit and Be Fit 15 10:30 Baking~TTL "Pumpkin Pie Chocolate Chip Cookies" 2:00 Bingo~TTL 2:15 Outdoor Walks~LB 3:00 Small Talks with Pastor Loren~TTL	
10:00 Worship Service In Chapel 2:30 Manicures ~TTL		10:00 Sit and Be Fit 19 10:45 Baking "Apple Crisp"~TTL 11:45 Piano in the Lobby With Candice 2:00 Bingo~TTL 2:30 Outdoor Walks~LB 3:30 Painting Group~8 <sup>th</sup>	9:30 Ros & Comm ~5 <sup>th</sup> F20 9:30 Walmart Shuttle     ~Sign Up 2:00 Hymn Sing ~TTL 3:00 Ukulele     Concert~DR 3:30 Bible Study ~ PR	10:00 Sit and Be Fit 21 11:30 Lunch Out To White Rock Legion ~Sign Up 2:00 Painting Group With Jess Rice~TTL 3:00 Men's Group Table Pool ~ meet in LB	10:00 Sit and Be Fit~TTL 10:45 Short Story~TTL "Procking Broad for Coate"	23 2:00 Hot Chocolate Social~TTL 2:30 Tea Time and Movie Matinee~TTL "Eddie the Eagle"
10:00 Worship Service In Chapel 2:30 Manicures ~TTL	1:00-3:00 Kwantlen Wellness Fair ~ML 1:30 Music Making with Heather~TTL 2:30 Writing an "I <b>Am</b> " Poem~TTL	GRANDFRIENDS~TTL 2:00 Bingo~TTL 3:15 Men's Group Table Pool ~ meet in LB 3:30 Painting Group~8 <sup>th</sup> FI 3:45 Piano and Pet Visits with Layla ~ LB	9:15 Connect Hearing <b>27</b> Hearing Aid Service~TTL 10:00 Sit and Be Fit~TTL 10:45 Random Trivia 2:00 Hymn Sing ~TTL 3:00 Wii Bowling ~TTL 3:30 Bible Study ~ PR	Eggs and Bacon~TTL 10:30 Sit and Be Fit~TTL 2:00 S ing-a-Long	10:00 Sit and Be Fit~TT <b>29</b> 11:30 Outing to	30 2:30 Tea Time and Movie Matinee~TTL "Hidden Hawaii"