


# NOVEMBER 2023 - A1 OLYMPIC VIEW

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 10:30 Creative Arts w/ Rosamund 10:45 Tabletop Games 2:15 BINGO!!!! A1 Dining Room	<b>2</b> 10:30 Morning Crossword 2:15 Concerts In Care Oak Room	<b>3</b> 10:15 Fitness Fun -Oak Room 11:15 "Good News" News 2:15 Armchair Travel	<b>4</b> 10:00 Word Power A3 Dining Room
<b>5 DAYLIGHT SAVINGS            CLOCKS BACK 1 HR.</b> 10:45 Church Service w/ Chaplain Francis	<b>6</b> 10:30 Fitness Fun 11:15 Good News News 2:15 Wartime Recipes & Rationing	<b>7</b> 10:45 Bible Study 2:15 Happy Hour Wartime Sing Along w/ Val Turner Oak Room	<b>8 Indigenous            Veteran's Day</b> 10:30 Creative Arts w/ Rosamund 2:15 Basic Training Over The Years Oak Room	<b>9</b> 11:00 CFB Esquimalt Oak Room 2:15 Happy Hour w/ Wee Big Band Oak Room	<b>10</b> 10:15 Yoga Class & Meditation Oak Room 3:00 Armchair Travel	<b>11 REMEMBRANCE            DAY</b> 10:30 <b>Remembrance            Day Service</b> 1:45 <b>Pipes &amp; Drums</b> outside main entrance
<b>12 DIWALI</b> 10:45 Church Service w/ Chaplain Francis	<b>13</b> 10:30 Fitness Fun 11:15 Good News News 2:15 Brain Games & Trivia	<b>14</b> 10:45 Bible Study 11:00 Cribbage Club 2:15 Happy Hour w/ Jean Bedard Oak Room	<b>15</b> 10:30 Creative Arts w/ Rosamund 10:45 Tabletop Games 2:15 November Birthday Party	<b>16</b> 10:30 Manicures w/ Amrit 2:15 Happy Hour w/ Stan Davis Oak Room	<b>17</b> 10:30 Concerts In Care Oak Room 2:15 Snickerdoodles Baking Group	<b>18</b> 10:00 Word Power A3 Dining Room
<b>19</b> 10:45 Church Service w/ Chaplain Francis	<b>20</b> 10:30 Fitness Fun 11:15 Good News News 2:15 Brain Games & Trivia	<b>21</b> 10:45 Bible Study 11:00 Cribbage Club 2:15 Happy Hour w/ Barry Eaglestone Oak Room	<b>22</b> 10:30 Creative Arts w/ Rosamund 10:45 Tabletop Games 2:15 LOONIE BINGO!!!! Oak Room	<b>23</b> 10:30 Baking Peanut Butter Cookies 2:15 Happy Hour w/ Tony Klazek Oak Room	<b>24</b> 10:15 Yoga Class & Meditation -Oak Room 10:30 Scrabble 2:15 Armchair Travel	<b>25</b> 10:00 Word Power A3 Dining Room
<b>26</b> 10:45 Church Service w/ Chaplain Francis	<b>27</b> 10:30 Fitness Fun 11:15 Good News News 2:15 Brain Games & Trivia	<b>28</b> 10:45 Bible Study 2:15 Happy Hour w/ Jesse T. Brown Oak Room	<b>29</b> 10:30 Creative Arts w/ Rosamund 10:45 Tabletop Games 2:15 BINGO!!!! Oak Room	<b>30</b> 10:30 Morning Crossword 2:15 Happy Hour w/ Steve Peabody Oak Room	