





NOVEMBER 2023 - B1 PALM AND MAGNOLIA LODGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 Creative Arts on Palm North w/ Hamish 10:30 Fun & Fitness With Funny Animal Videos 2:15 Vic G - Guitar 6:00 Just for Laughs	2 10:30 Fun & Fitness With Table Top Games 2:00 Bocce Ball 6:00 Simple Pleasures One to One Visits	3 10:30 Creative Arts on Palm South w/ Rosamund 2:00 Fun & Fitness With Sing Along 6:00 Hand Massage	4 2:00 Movie Matinee 6:00 Armchair Travel
5 DAYLIGHT SAVINGS CLOCKS BACK 1 HR. 10:30 Sing Along 2:15 Church Service With Chaplain Francis	6 10:00 Bible Study 11:00 Themed Exercise 2:00 Remembrance Day Documentary Music Therapy with Lynette	7 10:30 Creative Arts on Magnolia w/ Rosamund 10:30 Themed Exercise 2:00 Poppies Crafts 6:00 Short Stories	8 Indigenous Veteran's day 10:30 Creative Arts on Palm North w/ Hamish 10:30 Themed Exercise 2:15 Brain Porter—Guitar 6:00 Documentary	9 * 10:30 Themed Exercise 2:00 Honour our past 6:00 Simple Pleasures Picture Perfect	10 10:30 Creative Arts on Palm South w/ Rosamund 2:00 Fun & Fitness With Marching Tunes 6:00 Hand Massage	11* REMEMBRANCE DAY SERVICE 10:30—12:30
12 10:30 Sing Along 2:15 Church Service With Chaplain Francis	13 10:00 Bible Study 11:00 Balloon Volleyball 2:00 Manicure & Spa Music Therapy with Lynette	14 10:30 Creative Arts on Magnolia w/ Rosamund 10:30 Fun & Fitness With Bean Bag Toss 2:00 Bocce Ball 6:00 Short Stories	15 10:30 Creative Arts on Palm North w/ Hamish 10:30 Fun & Fitness With Puzzle & Games 2:15 Steve Peabody — Guitar 6:00 Documentary	16 10:30 Fun & Fitness With Shake With Music 2:00 Mini Golf 6:00 Simple Pleasures Word Games	17 * 10:30 Creative Arts on Palm South w/ Rosamund 2:00 Fun & Fitness With Balloon Toss 6:00 Hand Massage	18 2:00 Movie Matinee 6:00 Armchair Travel
19 10:30 Sing Along 2:15 Church Service With Chaplain Francis	20 Canadian History Week 10:00 Bible Study 11:00 Bean Bag Toss 2:00 Painting & Coloring Music Therapy with Lynette	21 10:30 Creative Arts on Magnolia w/ Rosamund 10:30 Fun & Fitness With Volleyball 2:00 Birthday Party  6:00 Short Stories	22 10:30 Creative Arts on Palm North w/ Hamish 10:30 Fun & Fitness With Word Game 2:15 Barry Eaglestone — Guitar 6:00 Documentary	23 10:30 Fun & Fitness With Guess That Word 2:00 Pasta Feast 6:00 Simple Pleasures Picture Perfect	24 10:30 Creative Arts on Palm South w/ Rosamund 2:00 Fun & Fitness With Bean Bags Toss 6:00 Hand Massage	25 2:00 Movie Matinee 6:00 Armchair Travel
26 10:30 Sing Along 2:15 Church Service With Chaplain Francis	27 10:00 Bible Study 11:00 Balloon Toss 2:00 Concert-Andre Rieu Music Therapy with Lynette	28 10:30 Creative Arts on Magnolia w/ Rosamund 10:30 Fun & Fitness With Ping Pong Game 2:00 Bowling 6:00 Short Stories	29 10:30 Creative Arts on Palm North w/ Hamish 10:30 Exercise & Fun 2:15 Jesse Thomas Brown—Piano 6:00 Just For Laughs	30 10:30 Fun Fitness With Balloon Toss 2:00 Household Chores 6:00 Simple Pleasures One to One Visits		

Legend—Palm North—PN, Palm South—PS, Magnolia—Mag

* Please check Elevator Poster

Life happens! Activities subject to change