



# NOVEMBER 2024 - A1 OLYMPIC VIEW LODGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 10:15 Fitness Fun Oak Room 11:00 "Good News" News-Oak Room 2:15 Sing Along	<b>2</b> 10:00 Word Games A3 Dining Room
<b>3 Daylight Savings</b> <b>Clocks go back 1 hr.</b> 10:30 Church Service w/ Chaplain Francis A1 Dining Room	<b>4</b> 10:15 Fitness Fun 11:00 "Good News" Oak Room 2:15 Crossword Puzzle	<b>5 Veterans Week</b> <b>November 5-11</b> 10:15 Church Service Oak Room 2:15 Happy Hour with The Wee Big Band	<b>6</b> 10:30 Legion Social 2:15 Veteran's Jeopardy Oak Room	<b>7</b> 10:30 Military Bingo with CFB Esquimalt Oak Room 2:15 Happy Hour with Barry Eaglestone	<b>8 National Indigenous</b> <b>Veterans Day</b> 10:15 Basic Training Oak Room 10:45 Military Expressions Trivia 2:15 Sing Along w/ Fred	<b>9</b> 10:00 Word Games A3 Dining Room 2:15 Music for Veterans Piano Recital Oak Room
<b>10</b> 10:30 Church Service w/ Chaplain Francis A1 Dining Room 	<b>11 Remembrance Day</b> 10:30 Remembrance Day Service 2:00 Canadian Scottish Regiment Pipes & Drums Band	<b>12</b> 10:15 Church Service Oak Room 10:30 Board Games 2:15 Happy Hour with Brian Porter	<b>13</b> 10:30 Cribbage Group 11:30 Morning Brain Games 2:15 Loonie Bingo !! Oak Room	<b>14</b> 10:30 Creative Arts Oak Room 2:15 Happy Hour with the Capital City Syncopators	<b>15</b> 10:15 Fitness Fun Oak Room 11:00 "Good News" News-Oak Room 2:15 Sing Along w/ Fred Oak Room	<b>16</b> 10:00 Word Games A3 Dining Room
<b>17</b> 10:30 Church Service w/ Chaplain Francis A1 Dining Room	<b>18</b> 10:15 Fitness Fun 11:00 "Good News" Oak Room 2:15 Word Games & Trivia	<b>19</b> 10:15 Church Service Oak Room 10:30 Puzzle Time 2:15 Happy Hour with Sean McCool	<b>20</b> 10:30 Cribbage Group 11:30 Morning Walks 2:15 November Birthday Party	<b>21</b> 10:30 Car Derby with HMCS Calgary Oak Room 2:15 Happy Hour with Jean Bedard	<b>22</b> 10:15 Chair Yoga & Meditation Oak Room 10:30 Cribbage Group 2:15 Armchair Travel	<b>23</b> 10:00 Word Games A3 Dining Room
<b>24</b> 10:30 Church Service w/ Chaplain Francis A1 Dining Room	<b>25</b> 10:15 Fitness Fun 11:00 "Good News" Oak Room 1:45 Veterans Meeting 2:15 Crossword	<b>26</b> 10:15 Church Service Oak Room 2:15 Happy Hour with Jesse T. Brown	<b>27</b> 10:30 Cribbage Group 11:30 Morning Brain Games 2:15 Bingo !! Oak Room	<b>28</b> 10:30 Creative Arts Oak Room 2:15 Happy Hour with Val Turner	<b>29</b> 10:15 Fitness Fun Oak Room 11:00 "Good News" News-Oak Room 2:15 Armchair Travel	<b>30</b> 10:00 Word Games A3 Dining Room