




NOVEMBER 2024 - A3 COTTAGE GARDEN LODGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1 10:15 Fun & Fitness 11:00 Good News "News" Oak Room 2:15 Sing Along with Fred Oak Room	2 10:15 Finish The Line 10:30 Word Games 2:15 Ladies Nail Painting A3
3 Daylight Savings Clocks go back 1 hr. 10:30 Church Service with Chaplain Francis	4 10:30 Fun &, Fitness 11:00 Good News "News" Oak Room	5 Veterans Week 5-11 10:15 Church Service Oak Room 10:30 Morning walks 2:15 Happy Hour with "The Wee Big Band"	6 10:30 Legion Social Oak Room 2:15 Jeopardy Oak Room 2:30 Room Visits	7 11:00 Military Bingo with CFB Esquimalt 2:15 Happy Hour with Barry Eaglestone	8 National Indigenous Veterans Day 10:15 Basic Training Exercises 10:45 Military Expressions Trivia 2:15 Movie - "LASSIE'S GREATEST ADVENTURE"	9 10:15 Canadian Trivia/ 10:30 Word Games 2:15 Music for Veterans Project Piano Recital	
10 10:30 Church Service with Chaplain Francis	11 Remembrance Day 10:30 Remembrance Day Ceremony 2:00 Canadian Scottish Regiment Pipes & Drums Band	12 10:15 Church Service Oak Room 2:15 Happy Hour with Brian Porter	13 10:15 Ladies Nail Painting 2:15 Loonie Bingo !!! Oak Room	14 10:30 Creative Arts Oak Room 2:15 Happy Hour with The Capital City Syncopators	12 10:15 Fun & Fitness 11:00 Good News "News" Oak Room 2:15 Sing Along with Fred Oak Room	16 10:15 Finish The Line 10:30 Word Games 2:15 Puzzles & Scrabble	
17 10:30 Church Service with Chaplain Francis	18 10:30 Fun &, Fitness 11:00 Good News "News" Oak Room	19 10:15 Church Service Oak Room 10:30 Morning Walks 2:15 Happy Hour with Sean McCool	20 10:15 Canadian Trivia / Finish the Line 2:15 Lodge Birthday Celebration	21 11:00 Car Derby with HMCS Calgary 2:15 Happy Hour with Jean Bedard	22 10:15 Chair Yoga and Meditation Oak Room 2:15 Painting & Coloring	23 10:15 Finish The Line 10:30 Word Games 2:15 Uno Group	
24 10:30 Church Service with Chaplain Francis	25 10:30 Fun &, Fitness 11:00 Good News "News" Oak Room 1:45 Veterans Association Meeting A1 Dining Room	26 10:15 Church Service Oak Room 10:30 Morning Walks 2:15 Happy Hour with Jesse T. Brown	27 10:15 Ladies Nail Painting 2:15 Bingo !!! Oak Room 2:30 Room Visits	28 10:30 Creative Arts Oak Room 2:15 Happy Hour with Val Turner	29 10:15 Fun & Fitness 11:00 Good News "News" Oak Room 2:15 Social Tea	30 10:15 Finish The Line 10:30 Word Games 2:15 Calendar Delivery with Helping Hands	