






NOVEMBER 2024 - B2 BIRCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1 10:30 Poppies Crafts Coloring 2:15 Sing Along with Fred - Oak Room	2 10:30 Morning Stretch 11:15 Bowling 2:15 Manicure and Nail Painting
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 Nov 5-11 10:15 Church Service w/ Chaplain Francis 10:30 Morning Walk 2:15 Happy Hour with The Wee Big Band	6 10:30 Legion Social Oak Room 10:30 Creative Arts With Jodie! 2:15 Veteran's Jeopardy - Oak Room	7 11:00 Military BINGO!!! with CFB Esquimalt Oak Room 2:15 Happy Hour with Barry Eaglestone	8 National Indigenous Veterans Day 10:15 Basic Training Exercises 10:45 Military Trivia 2:15 Armchair Travel to England	9 10:30 Basic Boot Camp Training 2:15 Music for Veterans Project Piano Recital Oak Room	
10 10:30 Church Service with Chaplain Francis	11 Remembrance Day 10:30 Remembrance Day Service 2:00 Canadian Scottish Regiment Pipes & Drums Band	12 10:15 Church Service w/ Chaplain Francis 10:30 Morning Visits 2:15 Happy Hour with Brian Porter	13 10:30 Creative Arts With Jodie! 2:15 Loonie Bingo!!! Oak Room 2:15 Reminiscing & Social Tea	14 10:15 Morning Exercise 11:15 Seated Soccer 2:15 Happy Hour with The Capital City Syncopators	15 10:30 Finish The Phrase 11:15 Word Games 2:15 Sing Along with Fred - Oak Room	16 10:30 Morning Stretch 11:15 Axe Throwing 2:15 Manicure and Nail Painting	
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 w/ Chaplain Francis Oak Room 2:15 Happy Hour with Sean McCool	20 10:30 Creative Arts With Jodie! 2:15 LODGE BIRTHDAY PARTY 	21 10:30 Cars Darby w/ HMCS Calgary Oak Room 2:15 Happy Hour with Jean Bedard	22 10:30 Morning Exercise 11:15 Volleyball Balloon 2:15 Bingo!!!	23 10:30 Word Games 11:15 Finish The Phrase 2:15 Coffee Social	
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	26 10:15 Church Service w/ Chaplain Francis 10:30 Table Top Games 2:15 Happy Hour with Jesse. T Brown	27 10:30 Creative Arts With Jodie! 2:15 Bingo!!! Oak Room	28 10:15 Christmas Arts and Crafts 2:15 Happy Hour with Val Turner	29 10:30 Morning Exercise 11:15 Finish The Phrase 2:15 Movie View's Choice	30 10:30 Lodge Chores Calendars Delivery With helping hands 2:15 Manicure and Nail Painting	