











NOVEMBER 2024 - WEST COAST LODGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:45 Fun & Fitness 2:15 Movie Matinee - <i>Dirty Dancing</i> 3:15 Simple Pleasures - <i>Hand Massage</i>	
3 Daylight Savings Fall Back  9:30 Church Service - with Chaplain Francis	4 10:45 Fun & Fitness - <i>Boot Camp Exercise</i> 2:15 Music Therapy - with Allan 3:15 Hymn Sing	5 10:45 Fun & Fitness 2:15 Active Games - <i>Dart Throwing</i> 3:15 Crafting - <i>W/ Paper Poppies</i>	6 10:30 Creative Arts with Hamish 2:15 Sing Along - with Fred 3:15 Documentary - <i>Ultimate Battleships</i>	7 10:45 Fun & Fitness 2:15 Live Music! - Ron Ogden 3:15 Lodge Walks	8 <i>National Indigenous Veterans Day</i>  10:45 Fun & Fitness 2:15 Movie Matinee - <i>Viewers Choice</i> 3:15 Simple Pleasures - <i>Paint wood roses</i>	9
10 9:30 Church Service - with Chaplain Francis  <i>Left We forget</i>	11 Remembrance Day Service 10:30-12:30	12 10:45 Fun & Fitness 2:15 Active Games - <i>Balloon Volleyball</i> 3:15 Book Reading - <i>W/ Hot chocolate</i>	13 10:30 Creative Arts with Hamish 2:15 Word Games - <i>Anagram</i> 3:15 Documentary - <i>Indian Traditions And Culture with Surprise Treat</i>	14 10:45 Fun & Fitness 2:15 Live Music! - Barry Eaglestone 3:15 Lodge Walks	15 10:45 Fun & Fitness 2:15 Movie Matinee - <i>Anne of Green Gables</i> 3:15 Simple Pleasures - <i>Colouring & Crafts</i>	16
17 9:30 Church Service - with Chaplain Francis	18 10:45 Fun & Fitness 2:15 Music Therapy - with Allan 3:15 Hymn Sing	19 10:45 Fun & Fitness 2:15 November Birthday Party! 	20 10:30 Creative Arts with Hamish 2:15 Sing Along - with Fred 3:15 Arm Chair Travel - <i>w/Rick Steve</i>	21* 10:45 Fun & Fitness 2:15 Live Music! - Byron Woods 3:15 Lodge Walks	22 10:45 Fun & Fitness 2:15 Movie Matinee - <i>Huckleberry Finn</i> 3:15 Simple Pleasures - <i>Manicures</i>	23
24 9:30 Church Service - with Chaplain Francis	25 10:45 Fun & Fitness 2:15 Music Therapy - with Allan 3:15 Hymn Sing	26 10:45 Fun & Fitness 2:15 Active Games - <i>Bean Bag Toss</i> 3:15 Book Reading - <i>And Jokes</i>	27 10:30 Creative Arts with Hamish 2:15 Word Games - <i>Word Trivia</i> 3:15 Music Concert - <i>Elvis Presley</i>	28 10:45 Fun & Fitness 2:15 Live Music! - Eugene Shifrin 3:15 Lodge Walks	29 10:45 Fun & Fitness 2:15 Movie Matinee - <i>Viewers Choice</i> 3:15 Simple Pleasures - <i>Colouring & Crafts</i>	30

* Please check Elevator Poster

Life happens! Activities subject to change