

# NOVEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT		
	<b>1</b> 10:30 - 3:00 <b>Alta Vida &amp; Carda Fashions</b> 7:00 Carpet Bowling *	<b>2</b> 9:00 Resident Council (UL) * 9:30 Functional Fitness 10:45 Chair Fit	<b>3</b>	<b>4</b> 9:30 Functional Fitness 10:45 Chair Fit	<b>5</b> 10:00 PraiseMoves Fitness	<b>6</b>		
<b>7</b> 11:15 Worship Service *	<b>8</b> 1:30 Bible Study * 7:00 Carpet Bowling *	<b>9</b> 9:30 Functional Fitness 10:45 Chair Fit <b>1:00 - 3:00 Hearing Clinic *</b> <i>- by appt (call 604-533-4797)</i>	<b>10</b> <b>10:00 AGM *</b> <b>3:00 Alzheimer's Society:            Dementia Talk *</b>	<b>11</b> <b>REMEMBRANCE DAY</b> 9:30 Functional Fitness 10:45 Chair Fit <b>3:00 Video Presentation:            Remembrance Day *</b>	<b>12</b> 10:00 PraiseMoves Fitness	<b>13</b>		
<b>14</b> 11:15 Worship Service *	<b>15</b> 1:30 Bible Study * 7:00 Carpet Bowling *	<b>16</b> 9:30 Functional Fitness 10:45 Chair Fit	<b>17</b>	<b>18</b> 9:30 Functional Fitness 10:45 Chair Fit	<b>19</b> <i>PraiseMoves cancelled today</i>	<b>20</b> <b>10:00 - 2:00 Artisan            Christmas Market</b>		
<b>21</b> 11:15 Worship Service *	<b>22</b> 1:30 Bible Study * 7:00 Carpet Bowling *	<b>23</b> 9:30 Functional Fitness 10:45 Chair Fit	<b>24</b>	<b>25</b> 9:30 Functional Fitness 10:45 Chair Fit	<b>26</b> 10:00 PraiseMoves Fitness	<b>27</b>		
<b>28</b> 11:15 Worship Service *	<b>29</b> 1:30 Bible Study * 7:00 Carpet Bowling *	<b>30</b> 9:30 Functional Fitness 10:45 Chair Fit	<b>ABBREVIATION KEY:</b> HW = Harrison West Chapel UL = Oasis Upper Lounge * = Event free of charge <i>Unless stated otherwise,            events take place in the Oasis</i>				<b>ENCOURAGEMENT CARDS / LETTERS</b> These are difficult times for many seniors in our Village. If you would like to make some letters/cards with an encouraging word and/or scripture please feel free to do so and drop off at the Harrison West reception desk. We will ensure these get delivered to residents in the Emerald and/or Harrison who are needing an encouraging word right now!	