


# NOVEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>Abbreviation Key</b>            ADP = 3rd Fl ADP Room            CK= Country Kitchen            CR = Computer Room            FM = First Floor Meeting Rm            H = Harrison MPR            LL = Lower Lounge</p> <p>ML = Main Floor Lounge            MPR= Multi-Purpose Room            O= Oasis Auditorium            W= Wellness Service Room            T = 3rd Fl Theatre Room            * = Sign-Up Required (call 2000)</p>		1 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bus Outing: Save-On-Foods 1:30 Bocce Ball (MPR) 6:30 BINGO Night (LL)	2 10:00 Bus Outing: Scenic Drive to White Rock 10:30 Chair Fit (MPR) 1:30 Noodle Hockey (MPR) 3:15 Java Music Club (CK) <i>- by invitation</i> 6:30 Jeopardy! Night (MPR)	3 10:30 Stretch & Strength (MPR) <b>2:30 Catholic Mass (MPR)</b> 3:30 Virtual Reality (CK) 6:45 Movie Night: Promised Land (T)	4 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Shuffleboard (MPR)
5 10:00 Worship Service (MPR) 3:15 Board Games (LL)	6 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Word Games (MPR)	7 10:00 Art Expression (ADP) 10:30 Stretch & Strength (MPR) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Road to Avonlea (T)	8 10:00 Bus Outing: Walmart & Lunch at McDonalds 10:30 Balance Class (MPR) <b>1:30 Movie Matinee:            A League Of Their Own (MPR)</b> 6:30 BINGO Night (LL)	9 10:30 Chair Fit (MPR) 1:30 Noodle Hockey (MPR) 3:15 Armchair Travel to Europe (MPR) <b>6:30 Marching Through the 40's            Show with Linda &amp; Malcolm (LL)</b>	10 10:30 Stretch & Strength (MPR) 2:30 Cranium Crunches (LL) 2:30 Catholic Mass (H) 3:30 Virtual Reality (CK) 6:45 Movie Night: Promised Land (T)	<b>11 REMEMBRANCE DAY</b> <b>10:30 Remembrance            Day Service (MPR)</b> 2:00 Bowling (MPR)
12 10:00 Worship Service (MPR) 3:15 Board Games (LL)	13 <i>no Bible Study today</i> 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Active Games (MPR)	14 10:30 Stretch & Strength (MPR) <b>1:30 Men's Group (ML)</b> 3:30 Hymn Sing (MPR) 6:45 Movie Night: Road to Avonlea (T)	15 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bus Outing: Save-On-Foods <b>2:30 Resident Council (MPR)</b> 6:30 BINGO Night (LL)	16 10:00 Bus Outing: Mennonite Christmas Market & Lunch 10:30 Chair Fit (MPR) <b>1:00 - 3:00 Hearing Clinic (MPR)*</b> <i>- free sign-up: call ext 2000</i> 3:15 Java Music Club (CK) <i>- by invitation</i> 6:30 Jeopardy! Night (MPR)	17 10:30 Stretch & Strength (MPR) <b>2:30 Catholic Mass (MPR)</b> 3:30 Virtual Reality (CK) 6:45 Movie Night: Promised Land (T)	18 <b>10:00 - 3:00 Artisan            Christmas Market (O)</b> 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Shuffleboard (MPR)
19 10:00 Worship Service (MPR) 3:15 Board Games (LL)	20 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Word Games (MPR)	21 10:00 Art Expression (ADP) 10:30 Stretch & Strength (MPR) <b>10:30 Day of Inspiration (O)</b> <i>- free ticketed event</i> 3:30 Hymn Sing (MPR) 6:45 Movie Night: Road to Avonlea (T)	22 10:30 Bus Outing: Surrey Museum & Elisabeth's Chalet 10:30 Balance Class (MPR) 1:30 Bocce Ball (MPR) 6:30 BINGO Night (LL)	23 10:30 Chair Fit (MPR) <b>3:15 Name That Tune (LL)</b> 6:30 Jeopardy! Night (LL)	24 <b>10:00 - 3:00 Emerald            Christmas Market (MPR)</b> 2:30 Catholic Mass (H) 6:45 Movie Night: Promised Land (T) <b>7:00 Mennonite Educational            Institute Christmas Concert (O)</b>	25 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Bowling (MPR)
26 10:00 Worship Service (MPR) 3:15 Board Games (LL)	27 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) <b>6:30 Evening Social:            Minute to Win It (MPR)</b>	28 10:30 Stretch & Strength (MPR) <b>1:30 Men's Group (ML)</b> 3:30 Hymn Sing (MPR) 6:45 Movie Night: Road to Avonlea (T)	29 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bus Outing: Save-On-Foods 1:30 Horse Race Game (MPR) 6:30 BINGO Night (LL)	30 10:30 Chair Fit (MPR) 1:30 Noodle Hockey (MPR) 3:15 Java Music Club (CK) <i>- by invitation</i> 6:30 Jeopardy! Night (MPR)	<p>Phone Extensions            Nurse – ext 2101            Reception - ext 2000            Pastor Lorin - ext 2018            Wellness - ext 2025/2004</p> 