














November 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Lest We Forget</i></p> 		<p>1</p> <p>11:15 Active Game 1:30 Musical Memories 2:45 Garden Strolls 3:30 Old Time Show 4:15 Music & Massage 6:30 Senses Alive</p>	<p>2</p> <p>11:15 Active Game 1:30 Helping Hands 2:15 Afternoon Social 3:30 Old Time Show 4:15 Music & Massage 6:00 Hymn Sing</p>	<p>3</p> <p>2:00 Chinese Fellowship Sol 11:15 Active Game 1:30 Arts & Crafts 2:45 Garden Strolls 4:15 Music & Massage 6:00 Simple Pleasures</p>	<p>4</p> <p>11:00 Music Therapy 11:30 Outing: Casino 1:30 Musical Memories 2:45 Helping Hands 4:15 Music & Massage 6:00 Senses Alive</p>	<p>5</p> <p>11:15 Active Game 1:30 Brain Games 2:45 Bible Reading 4:15 Music & Massage 6:00 Sing-a-long</p>
<p>6 Back to Standard Time 11:15 Active Game 12:45 Pet Care 1:30 Musical Memories 2:45 Helping Hands 3:30 Old Time Show 4:15 Music & Massage 6:15 Simple Pleasures</p>	<p>7</p> <p>11:15 Active Game 2:00 Ladies Auxiliary Social with John P. 2:30 Hand & Nail Care 3:30 Old Time Show 4:15 Music & Massage 6:15 Sing-a-long</p>	<p>8 10:00 Yoga Class SorVest 11:15 Active Game 1:30 Musical Memories 2:45 Garden Strolls 3:30 Resident & Family Council 4:15 Music & Massage 6:30 Senses Alive</p>	<p>9</p> <p>11:15 Active Game 1:30 Helping Hands 2:15 Afternoon Social 3:30 Old Time Show 4:15 Music & Massage 6:00 Hymn Sing</p>	<p>10 Massage Therapy 9:15 Outing: Remembrance Service 10:30 Bethesda Ministry Sol 11:15 Active Game 1:30 Arts & Crafts 2:45 Garden Strolls 4:15 Music & Massage 6:00 Simple Pleasures</p>	<p>11 REMEMBRANCE DAY 10:45 Remembrance Day Service SorVest 2:30 "In Remembrance" Social with Leo A. SorVest 4:15 Music & Massage 6:00 Senses Alive</p>	<p>12 Scenic Drive & Hot Choco 11:15 Active Game 1:30 Brain Games 2:45 Bible Reading 3:30 Old Time Show 4:15 Music & Massage 6:00 Sing-a-long</p>
<p>13</p> <p>11:15 Active Game 12:45 Pet Care 1:30 Musical Memories 2:45 Helping Hands 3:30 Old Time Show 4:15 Music & Massage</p>	<p>14</p> <p>11:15 Active Game 2:15 Hot Chocolate Social with Tom H. 2:45 Hand & Nail Care 4:15 Music & Massage 6:15 Sing-a-long</p>	<p>15 Scenic Drive & Apple Cider 11:15 Active Game 1:30 Musical Memories 2:45 Garden Strolls 3:30 Old Time Show 4:15 Music & Massage 6:30 Senses Alive</p>	<p>16</p> <p>11:15 Active Game 1:30 Helping Hands 2:30 Birthday Party with Patrizia C. 4:15 Music & Massage 6:00 Hymn Sing</p>	<p>17</p> <p>11:15 Active Game 1:30 Arts & Crafts 2:45 Garden Strolls 3:30 Old Time Show 4:15 Music & Massage 6:00 Simple Pleasures</p>	<p>18</p> <p>11:00 Music Therapy 11:30 Outing: Zone Bowling 1:30 Musical Memories 2:45 Helping Hands 4:15 Music & Massage 6:00 Senses Alive</p>	<p>19</p> <p>11:15 Active Game 1:30 Brain Games 2:45 Bible Reading 3:30 Old Time Show 4:15 Music & Massage</p>
<p>20</p> <p>11:15 Active Game 12:45 Pet Care 2:00 Lutheran Church Service Solheim 4:15 Music & Massage 6:15 Simple Pleasures</p>	<p>21 11:00 Outing: The Pantry 11:15 Active Game 1:30 Friendly Visits 2:30 Afternoon Entertainment with Brian Z. 4:15 Music & Massage 6:15 Sing-a-long</p>	<p>22</p> <p>10:00 Yoga Class SorVest 11:15 Active Game 1:30 Musical Memories 2:45 Mobile Library 3:30 Old Time Show 4:15 Music & Massage</p>	<p>23</p> <p>11:15 Active Game 1:30 Helping Hands 2:15 Afternoon Social 2:30 Pub Social with Rob J. 3:30 Old Time Show 4:15 Music & Massage 6:00 Hymn Sing</p>	<p>24 Massage Therapy 10:15 Outing: Shadbolt Centre 11:15 Active Game 1:30 Arts & Crafts 2:15 Ladies Auxiliary Social Sol. 4:15 Music & Massage 6:00 Simple Pleasures</p>	<p>25 Seniors Tea: Byrne Creek S 11:00 Music Therapy 11:15 Active Game 1:30 Musical Memories 2:45 Helping Hands 4:15 Music & Massage 6:00 Senses Alive</p>	<p>26</p> <p>11:15 Active Game 1:30 Brain Games 2:45 Bible Reading 3:30 Old Time Show 4:15 Music & Massage</p>
<p>27</p> <p>11:15 Active Game 12:45 Pet Care 1:30 Musical Memories 2:45 Helping Hands 3:30 Old Time Show 4:15 Music & Massage 6:15 Simple Pleasures</p>	<p>28 Christmas Decorating 11:15 Christmas Décor. Sorting 1:30 Friendly Visits 2:00 Tree Trimming & Hot Chocolate 4:15 Music & Massage 6:15 Sing-a-long</p>	<p>29</p> <p>11:15 Active Game 1:30 Musical Memories 2:00 Celebration of Life SorVest 2:45 Garden Strolls 3:30 Old Time Show 4:15 Music & Massage 6:30 Senses Alive</p>	<p>30</p> <p>11:15 Active Game 1:30 Helping Hands 2:15 Afternoon Social 3:30 Old Time Show 4:15 Music & Massage 6:00 Hymn Sing</p>	 <p><i>In Flanders fields the poppies blow, between the crosses, row on row. That mark our place and in the sky, the larks still bravely singing fly.</i></p> 		

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<p>Lest We Forget</p> 		<p><i>1 Scenic Drive & Apple Cider</i></p> <p>9:35 Pet Care 10:00 Fun n' Fitness 11:15 Music & Massage 2:15 Afternoon Social 3:30 Helping Hands 4:00 Friendly Visits 6:00 Hymn Sing <i>Solheim</i></p>	<p>2</p> <p>9:35 Pet Care 10:00 Fun n' Fitness 11:15 Puzzles & Games 2:15 Hymn Sing 3:30 Helping Hands</p>	<p>3</p> <p>11:15 Ladder Ball 12:45 Pet Care 2:00 Chinese Fellowship Sol 1:45 Bowling 4:15 Current Events 6:00 Game Show</p>	<p>4</p> <p>9:35 Pet Care 10:00 Bell Choir Ves- <i>them</i> 11:30 Outing: Casino 4:00 Brain Games</p>	<p>5</p> <p>9:35 Pet Care 10:00 Fun n' Fitness 11:15 Music & Massage 2:15 Arts & Crafts 3:30 Helping Hands 4:00 Friendly Visits</p>
<p>6 Back to Standard Time</p> <p>Family Day</p> 	<p>7</p> <p>11:00 Outing: The Pantry 2:00 Ladies Auxiliary Social with John P. 4:15 Mobile Library 6:00 Bingo</p>	<p>8 9:35 Pet Care</p> <p>10:00 Yoga Class SorVest 11:15 Music & Massage 2:30 Bible Reading & Sharing 3:30 Helping Hands 3:30 Resident & Family Council 4:00 Friendly Visits 6:00 Hymn Sing <i>Solheim</i></p>	<p>9</p> <p>9:35 Pet Care 10:00 Fun n' Fitness 11:15 Puzzles & Games 2:15 Hymn Sing 3:30 Helping Hands</p>	<p>10 Massage Therapy</p> <p>9:15 Outing: Remembrance Service 10:30 Bethesda Ministry 11:15 Ladder Ball 12:45 Pet Care 2:00 Chinese Fellowship Sor 4:15 Current Events 6:00 Game Show</p>	<p>11 REMEMBRANCE DAY</p> <p>9:35 Pet Care</p> <p>10:45 Remembrance Day Service SorVest 2:30 "In Remembrance" Social with Leo A. SorVest 4:00 Brain Games</p>	<p>12</p> <p>9:35 Pet Care 10:00 Fun n' Fitness 11:15 Music & Massage 2:15 Arts & Crafts 3:30 Helping Hands 4:00 Friendly Visits</p>
<p>13</p> <p>Family Day</p>	<p>14</p> <p>11:15 Volleyball 1:00 Pet Care 2:15 Hot Chocolate Social with Tom. H 4:15 Creative Writing 6:00 Bingo</p>	<p>15 9:35 Pet Care</p> <p>10:00 Fun n' Fitness 11:15 Music & Massage 2:30 Bible Reading & Sharing 3:30 Helping Hands 4:00 Friendly Visits 6:00 Hymn Sing <i>Solheim</i></p>	<p>16</p> <p>9:35 Pet Care 10:00 Fun n' Fitness 11:15 Puzzles & Games</p> <p>2:30 Birthday Party with Patrizia C. 3:30 Helping Hands</p>	<p>17</p> <p>11:15 Ladder Ball 12:45 Pet Care 1:45 Bowling 3:00 Movie Time 4:15 Current Events 6:00 Game Show</p>	<p>18 Bowling: Zone Bowling</p> <p>9:35 Pet Care 10:00 Bell Choir Ves- <i>them</i> 11:15 Gardening 11:30 Outing: Zone Bowling 1:30 Crossword Puzzle 2:15 Karaoke</p>	<p>19 Scenic Drive & Hot Choco</p> <p>9:35 Pet Care 10:00 Fun n' Fitness 11:15 Music & Massage 2:15 Arts & Crafts 3:30 Helping Hands 4:00 Friendly Visits</p>
<p>20</p> <p>Family Day</p> <p>2:00 Lutheran Church Service Solheim</p>	<p>21</p> <p>11:15 Volleyball 1:00 Pet Care 2:30 Afternoon Entertainment with Brian Z 4:15 Creative Writing 6:00 Bingo</p>	<p>22 9:35 Pet Care</p> <p>10:00 Yoga Class SorVest 11:15 Music & Massage 2:15 Afternoon Social 3:30 Helping Hands 4:00 Friendly Visits 6:00 Hymn Sing <i>Solheim</i></p>	<p>23</p> <p>9:35 Pet Care 10:00 Fun n' Fitness 11:15 Puzzles & Games</p> <p>2:30 Pub Social with Rob J. 3:30 Helping Hands</p>	<p>24 Massage Therapy</p> <p>10:15 Outing: Shadbolt Centre 11:15 Ladder Ball 1:00 Crossword Puzzle 2:15 Ladies Auxiliary Social Sol. 4:15 Current Events 6:00 Game Show</p>	<p>25 9:35 Pet Care</p> <p>10:00 Bell Choir Ves- <i>them</i> 11:15 Gardening 12:00 Outing: Senior's Tea 1:30 Crossword Puzzle 2:15 Karaoke</p>	<p>26</p> <p>9:35 Pet Care 10:00 Fun n' Fitness 11:15 Music & Massage 2:15 Arts & Crafts 3:30 Helping Hands 4:00 Friendly Visits</p>
<p>27</p> <p>Family Day</p>	<p>28 Christmas Decorating</p> <p>10:00 Christmas Décor. Sorting 11:00 Outing: Swiss Chalet 2:00 Tree Trimming & Hot Chocolate 4:15 Creative Writing 6:00 Bingo</p>	<p>29</p> <p>9:35 Pet Care 10:00 Fun n' Fitness 11:15 Music & Massage 2:00 Celebration of Life SorVest 3:30 Helping Hands 4:00 Friendly Visits 6:00 Hymn Sing <i>Solheim</i></p>	<p>30</p> <p>9:35 Pet Care 10:00 Fun n' Fitness 11:15 Puzzles & Games 2:15 Hymn Sing 3:30 Helping Hands</p>	<p>In Flanders fields the poppies blow, between the crosses, row on row. That mark our place and in the sky, the larks still bravely singing fly.</p>  		

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<p>6 Back to Standard Time Family Day </p>	<p>7 9:35 Pet Care x 2 10:00 Fun n' Fitness 11:15 Music & Massage 2:00 Ladies Auxiliary Social with John P 2:30 Friendly Visits 4:00 Helping Hands 6:00 Bingo Ostheim</p>	<p>8 10:00 Yoga Class SorVest 11:15 Volleyball 12:45 Pet Care 1:45 Arts & Crafts 3:30 Resident & Family Council 4:00 Creative Writing 6:00 Hymn Sing</p>	<p>9 9:35 Pet Care 10:00 Bowling 11:15 Music & Massage 2:15 5 Card Bingo 3:30 Helping Hands 6:00 Cribbage Sorheim</p>	<p>10 Massage Therapy 9:15 Outing: Remembrance Service 9:35 Pet Care x 2 10:30 Bethesda Ministry 2:15 Bingo 3:30 Friendly Visits 4:15 Helping Hands 6:00 Game Show Ostheim</p>	<p>11 REMEMBRANCE DAY 10:45 Remembrance Day Service SorVest 2:30 "In Remembrance" Social with Leo A. SorVest 4:00 Helping Hands 6:00 Reminiscing</p>	<p>12 Scenic Drive & Hot Choco 9:35 Pet Care 10:00 Fun n' Fitness 11:15 Music & Massage 2:15 Simple Pleasures 3:30 Hand & Nail Care 6:00 Scrabble SorVest</p>
<p>13 Family Day</p>	<p>14 9:35 Pet Care x 2 10:00 Fun n' Fitness 11:15 Music & Massage 2:15 Hot Chocolate Social with Tom. H 2:30 Friendly Visits 4:00 Helping Hands 6:00 Bingo Ostheim</p>	<p>15 11:15 Volleyball 12:45 Pet Care 1:45 Arts & Crafts 3:00 Movie Time 4:00 Creative Writing 6:00 Hymn Sing</p>	<p>16 9:35 Pet Care 10:00 Bowling 11:15 Music & Massage 2:30 Birthday Party with Patrizia C. 6:00 Cribbage Sorheim</p>	<p>17 9:35 Pet Care x 2 10:00 Fun n' Fitness 11:15 Music & Massage 2:15 Bingo 3:30 Friendly Visits 4:15 Helping Hands 6:00 Game Show Ostheim</p>	<p>18 10:00 Bell Choir Vestheim 11:30 Bowling: Zone Bowling 3:00 Movie Time 4:00 Helping Hands 6:00 Karaoke</p>	<p>19 9:35 Pet Care 10:00 Fun n' Fitness 11:15 Music & Massage 2:15 Simple Pleasures 3:30 Hand & Nail Care 6:00 Scrabble SorVest</p>
<p>20 Family Day 2:00 Lutheran Church Service</p>	<p>21 9:35 Pet Care x 2 10:00 Fun n' Fitness 11:00 Lunch: The Pantry 2:30 Afternoon Entertainment with Brian Z 4:00 Helping Hands 6:00 Bingo Ostheim</p>	<p>22 10:00 Yoga Class SorVest 11:15 Volleyball 12:45 Pet Care 1:45 Arts & Crafts 3:00 Movie Time 4:00 Creative Writing 6:00 Hymn Sing</p>	<p>23 9:35 Pet Care 10:00 Bowling 11:15 Music & Massage 2:30 Pub Social w/ Rob J 3:00 Friendly Visits 6:00 Cribbage Sorheim</p>	<p>24 Massage Therapy 9:35 Pet Care x 2 10:15 Outing: Shadbolt Centre 11:15 Music & Massage 2:15 Ladies Auxiliary Social 4:15 Helping Hands 6:00 Game Show Ostheim</p>	<p>25 10:00 Bell Choir Vestheim 11:15 Pet Care 12:00 Outing: Senior's Tea 4:00 Helping Hands 6:00 Karaoke</p>	<p>26 9:35 Pet Care 10:00 Fun n' Fitness 11:15 Music & Massage 2:15 Simple Pleasures 3:30 Hand & Nail Care 6:00 Scrabble SorVest</p>
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<p>Lest We Forget</p> 	<p>1 9:45 Fun n' Fitness 11:15 Puzzles & Games 2:15 Brain Games 3:30 Music & Massage 6:00 Hymn Sing <i>Solheim</i></p>	<p>2 11:15 Volleyball 1:30 Outing: Coffee & Dessert 3:00 Movie Time 4:15 Hymn Sing 6:00 Cribbage</p>	<p>3 9:45 Fun n' Fitness 11:15 Hand & Nail Care 2:00 Chinese Fellowship Sol 2:15 Karaoke 3:30 Helping Hands 6:00 Game Show <i>Ostheim</i></p>	<p>4 10:00 Bell Choir 11:15 Crossword Puzzle 11:30 Outing: Casino 1:30 Brain Games 2:15 Bowling 3:30 Music & Massage 4:00 Friendly Visits</p>	<p>5 Scenic Drive & Hot Choco 11:15 Ladder Ball 1:45 5 Card Bingo 3:00 Movie Time 4:15 Creative Writing 6:00 Scrabble</p>	
<p>6 Back to Standard Time Family Day </p>	<p>7 9:45 Fun n' Fitness 11:15 Current Events 2:00 Ladies Auxiliary Social with John P. 4:00 Friendly Visits</p>	<p>8 10:00 Yoga Class 11:15 Current Events 1:15 Scenic Drive & Apple Cider 2:15 Brain Games 2:30 Bible Reading Ostheim 3:30 Music & Massage 3:30 Resident & Family Council Solheim 6:00 Hymn Sing</p>	<p>9 11:15 Volleyball 1:45 Arts & Crafts 3:00 Movie Time 4:15 Hymn Sing 6:00 Cribbage</p>	<p>10 Massage Therapy 9:15 Outing: Remembrance Service 9:45 Fun n' Fitness 10:30 Bethesda Ministry Sol 11:15 Hand & Nail Care 2:00 Chinese Fellowship 3:30 Helping Hands 6:00 Game Show <i>Ostheim</i></p>	<p>11 REMEMBRANCE DAY 10:45 Remembrance Day Service 2:30 "In Remembrance" Social with Leo A. 4:00 Friendly Visits</p>	<p>12 11:15 Ladder Ball 1:45 5 Card Bingo 3:00 Movie Time 4:15 Creative Writing 6:00 Scrabble</p>
<p>13 Family Day</p>	<p>14 9:45 Fun n' Fitness 11:00 Outing: Swiss Chalet 11:15 Current Events 2:15 Hot Chocolate Social with Tom H. 3:30 Helping Hands 4:00 Friendly Visits</p>	<p>15 9:45 Fun n' Fitness 11:15 Puzzles & Games 2:15 Brain Games 2:30 Bible Reading Ostheim 3:30 Music & Massage 6:00 Hymn Sing <i>Solheim</i></p>	<p>16 11:15 Volleyball 1:45 Helping Hands 2:30 Birthday Party with Patrizia C. 4:15 Hymn Sing 6:00 Cribbage</p>	<p>17 9:45 Fun n' Fitness 11:15 Hand & Nail Care 12:15 Lunch Club 2:15 Karaoke 3:30 Helping Hands 6:00 Game Show <i>Ostheim</i></p>	<p>18 10:00 Bell Choir 11:15 Crossword Puzzle 11:30 Outing: Zone Bowling 1:30 Brain Games 2:15 Bowling 3:30 Music & Massage 4:00 Friendly Visits</p>	<p>19 11:15 Ladder Ball 1:45 5 Card Bingo 3:00 Movie Time 4:15 Creative Writing 6:00 Scrabble</p>
<p>20 Family Day 2:00 Lutheran Church Service Solheim</p>	<p>21 9:45 Fun n' Fitness 11:15 Current Events 2:30 Afternoon Entertainment with Brian Z. 4:00 Friendly Visits</p>	<p>22 10:00 Yoga Class 11:15 Puzzles & Games 2:15 Brain Games 3:30 Music & Massage 6:00 Hymn Sing <i>Solheim</i></p>	<p>23 11:15 Volleyball 1:45 Helping Hands 2:30 Pub Social with Rob J. 4:15 Hymn Sing 6:00 Cribbage</p>	<p>24 Massage Therapy 9:45 Fun n' Fitness 10:15 Outing: Shadbolt Centre 11:15 Hand & Nail Care 2:15 Mobile Library 2:15 Ladies Auxiliary Social Sol. 3:30 Helping Hands 6:00 Game Show <i>Ostheim</i></p>	<p>25 10:00 Bell Choir 11:15 Crossword Puzzle 12:00 Outing: Senior's Tea 1:30 Brain Games 2:15 Bowling 3:30 Music & Massage 4:00 Friendly Visits</p>	<p>26 Scenic Drive & Hot Choco 11:15 Ladder Ball 1:45 5 Card Bingo 3:00 Movie Time 4:15 Creative Writing 6:00 Scrabble</p>
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