

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MEALTIMES
FIRST SITTING
 Breakfast 8:00-8:40am
 Lunch 11:45am-12:25pm
 Supper 4:45-5:25pm
SECOND SITTING
 Breakfast 8:50-9:30am
 Lunch 12:35-1:15pm
 Supper 5:35-6:15pm

November 2024

Sprucewood Place

LOCATIONS:

DR – Dining Room
 O – Outside
 104, 201, 301 - Rooms

10:00am Seated Yoga (201)	11:00am Madlibs (104)	1:15pm 1-1s	3:00pm Spiritual Care Resident Satisfaction Survey (DR)	3:30pm Music Appreciation (DR)	5:30pm Active engagement Visits	6:15pm Short Stories (301)	7:15pm Puzzling Group (301) <i>Diwali (Hindu)</i>
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Daylight Saving Time Ends

3 10:00am Fun & Fitness (201) 11:00am Bits & Pieces (301) 1:15pm Yahtzee (201) 5:45pm 1-1s 6:15pm Bingo (DR) 6:30pm Good 'Ol Days (104) 7:30pm Cribbage (DR) 7:45pm Active Engagement Visits (201)	4 2:30pm Painting Afternoon (301) 4:00pm Dice Games (104) 5:30pm Active Engagement Visits 6:15pm Music Appreciation (DR) 6:30pm Meditative Colourig (301) 7:15pm Guided Relaxations (104) 7:30pm Manicures (301)	5 10:00am Virtual Catholic Mass (DR) 11:00am Watercolour Painting (301) 1:15pm Yahtzee (DR) 2:15pm Military Speaker (DR) 3:00pm Puzzling Group (301) 4:15pm 1-1s 6:15pm Ladies Tea (104) 7:15pm Meditative Colouring (104)	6 10:00am Seated Yoga (201) 11:00am Word Games (DR) 1:15pm 1-1s 2:00pm Do You Hear what I Hear? (301) 3:00pm Karaoke (DR) 5:30pm Active Engagement Visits 6:30pm Board Games (104)	7 11:00am Billiards (301) 1:15pm Calm Your Mind (201) 2:15pm Name That Tune (DR) 3:30pm Craft (301) (Remembrance Day) Bingo (DR) 6:15pm Active Engagement Visits	8 10:00am Baking Group (104) 1:15pm Memory Matching (104) 2:30pm Movie Afternoon (DR) 3:30pm Dice Games (104) 4:30pm Active Engagement Visits
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11 10:00am Seated Yoga (201) 11:00am Devotions (104) 5:30pm Active Engagement Visits 6:15pm Famous Faces (104) 7:30pm Meditative Colouring (104)	12 10:00am Virtual Catholic Mass (DR) 11:00am Fun & Fitness (201) 2:00pm Men's Group (104) 3:30pm Karaoke (DR)	13 10:00am Word Games (DR) 11:00am Uno Card Game (201) 2:30pm Billiards (301) 5:30pm 1-1s 6:15pm Bingo (DR)	14 2:00pm 1-1s 3:00pm Gratitude Journalling (104) 3:30pm Musical Instruments (301)	15 2:00pm 1-1s 3:00pm Gratitude Journalling (104) 3:30pm Musical Instruments (301)	16
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3:00pm Grey Cup Kickoff Party (DR)

17 10:00am Fun & Fitness (201) 11:00am Creative Doodle (301) 1:15pm 1-1s 2:30pm Billiards (301) 3:30pm Open Activity (301) 6:15pm Bingo (DR) 7:45pm Active Engagement Visits	18 11:00am Hymn Sing (301) 1:15pm Puzzling Group (301) 2:30pm Your Voice & Home Quality Resident & Family Council Meeting (DR) 5:30pm 1-1s 6:15pm Dice Games (104) 6:15pm Good 'Ol Days (104) 7:15pm Axe Throw (201) 7:15pm Short Stories (104)	19 10:00am Virtual Catholic Mass (DR) 11:00am Fun & Fitness (201) 1:15pm 1-1s 2:00pm Ladies Tea (104) 3:30pm Devotions (301) 3:30pm Badminton (201) 6:15pm Karaoke (DR) 7:15pm Memory Matching (104)	20 10:00am Famous Faces (301) 11:00am Word Games (DR) 1:15pm Ring Toss (201) 2:00pm 1-1s 3:00pm Board/Card Game Social (DR) Active Engagement Visits Billiards (301) Good 'Ol Days (104) Cribbage (104) Meditative Colouring (301)	21 11:00am Puzzling Group (104) 1:15pm Creative Doodle (104) 2:00pm Milestones (DR) 3:00pm Hymns of Faith (301) 4:00pm Ripley's Believe it or Not (DR) 5:30pm 1-1s 6:15pm Bingo (DR) 6:15pm Dice Games (104) 7:30pm Memory Matching (104) 7:45pm Active Engagement Visits	22 1:15pm Good 'Ol Days (201) 2:00pm Baking Group (104) 3:30pm Crib Group (DR) 6:15pm Virtual Concert (DR) 7:45pm 1-1s
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24 10:00am Dancercise (201) 11:00am Short Stories (301) 1:15pm 1-1 Visits 3:00pm Bingo (DR)	25 10:00am Guided Relaxations (201) 11:00am Manicures (301) 12:00pm Taco Time Lunch Group (104) 1:15pm Puzzling Group (301) 3:00pm Library Program (DR)	26 10:00am Virtual Catholic Mass (DR) 2:00pm Hot Chocolate Social (DR) 3:00pm Active Engagement Visits	27 DECORATE FOR CHRISTMAS 10:00am Seated Yoga (201) 11:00am Word Games (DR) 11:00am Badminton (201) 1:15pm Madlibs (301) 1:30pm Gratitude Journalling 2:30pm Famous Faces (301) 3:30pm Music Appreciation (DR)	28 10:00am Fun & Fitness (201) 11:00am Billiards (301) 2:30pm Great Gatsby Party (DR) 4:00pm Active Engagement Visits 5:30pm 1-1s 6:15pm Needlework Group ((104) 7:30pm Trivia (104)	29 1:15pm Bible Readings (104) 2:00pm Axe Throw (201) 3:00pm Trivia (104) 4:00pm Supper Group (104) 6:15pm Movie Night (DR) 7:45pm 1-1s
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Thanksgiving Day

Programs are subject to change, please see whiteboards for daily activities.