

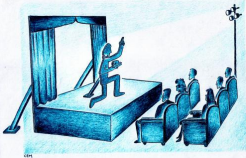





NOVEMBER 2019

Mon	Tue	Wed	Thu	Fri
				<p style="text-align: right;">1</p> <p>9:00 Good Morning/Walk</p> <p>9:30 Calendar/Stretch</p> <p>10:00 Music</p>  <p>10:45 Fall Art</p> <p>12:00 LUNCH</p> <p>1:15 TGIF!</p> <p>*watching our favorite old 90's sitcoms & reminiscing</p>  <p><small>shutterstock.com • 134794310</small></p>

***Please bring your \$10 by November 1st for the Soups on Fundraiser Event on Friday November 8th**


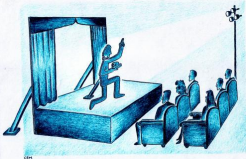




NOVEMBER 2019

Mon	Tue	Wed	Thu	Fri
4	5	6	7	8
<p>9:00 Good Morning</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Walk OR Self-Care (tools given to help anxiety and to relax the body & mind)</p> <p>11:00 Music</p>  <p>12:00 LUNCH</p> <p>1:15 CAN-DO Theatre Club OR IXL/Independent Learning</p>  <p>OR</p> 	<p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Gym or Menu Plan</p> <p>10:45 Calendar Brainstorm We want your ideas for the December calendar!</p> <p>12:00 LUNCH</p> <p>1:30 Let's Remember-a visit with a war veteran to talk about why Remembrance day is important</p> <p>2:15 Free Time</p>	<p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep</p> <p>11:00 Book Club</p> <p>12:00 LUNCH</p> <p>1:15 Music with Kevin & Patricia</p>  <p>2:15 What do you MEME?</p>	<p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 Lunch Prep</p> <p>11:00 Free Time OR Community Volunteering (Christmas baking for Amelia Rising)</p> <p>11:45 LUNCH</p> <p>1:00 Wellness Afternoon-Men & Women combined</p>	<p>9:00 Good Morning/Walk</p> <p>9:30 Stretch/Calendar</p> <p>10:00 No Bake- Independent Baking</p> <p>11:15 Music</p>  <p>BOOK PARABUS TO ARRIVE AT CAPITOL CENTRE PARKING LOT FOR 12:45</p> <p>12:45-2:00 The Gathering Place Soups on Fundraiser Event</p> <p>2:00 Downtown Walk</p> <p>COST: \$10 (Money must be collected for this event by November 1st)</p> <p>Pick up 3pm at Capitol Centre Parking Lot</p>

NOVEMBER 2019

Mon	Tue	Wed	Thu	Fri
11	12	13	14	15
9:00 Good Morning	9:00 Good Morning/Walk	9:00 Good Morning/Walk	9:00 Good Morning/Walk	9:00 Good Morning/Walk
9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar	9:30 Stretch/Calendar
10:00 Walk OR Self-Care (tools given to help anxiety and to relax the body & mind)	10:00 Gym OR Menu Plan	10:00 Lunch Prep	10:00 Lunch Prep/Music	10:00 Music
11:00 Music	10:45 Watch & Learn	11:00 Book Club	11:00 Motor Skills & Low Impact Exercise OR Volunteering in the Community (poster hanging around neighbourhood for Climate Change march)	
	11:30 Journal	BOOK PARABUS TO ARRIVE AT APOLLO FOR 1:30	11:00 Motor Skills & Low Impact Exercise OR Volunteering in the Community (poster hanging around neighbourhood for Climate Change march)	10:45 BINGO with Shawn V
12:00 LUNCH	12:00 LUNCH	11:45 LUNCH	12:00 LUNCH	11:45 LUNCH
1:15 CAN-DO Theatre Club OR IXL/Independent Learning	1:15 Music with Darius	1:30 Gym Time @ Apollo with Coach Kayleigh	12:00 LUNCH	BOOK PARABUS TO ARRIVE AT YMCA for 1:00
			1:15 Music with James Palmer	1:00-2:45 Swimming at YMCA
	2:15 Free Time	Pick up 3pm at Apollo		
OR				*No membership required for this swim
				*please remember to bring a towel & swimsuit
				Pick up 3pm at YMCA

NOVEMBER 2019

Mon	Tue	Wed	Thu	Fri
18	19	20	21	22
9:00 Good Morning 9:30 Stretch/Calendar 10:00 Walk OR Self Care 11:00 Music  12:00 LUNCH 1:15 CAN DO Theater Club OR IXL/Independent Learning  OR 	9:00 Good Morning/Walk 9:30 Stretch/Calendar 10:00 Gym OR Menu Plan 10:45 Watch & Learn 11:30 Journaling 12:00 LUNCH 1:15 Dance Workshop with Jill Lang	9:00 Good Morning/Walk 9:30 Stretch/Calendar 10:00 Lunch Prep 11:00 Free Time 12:00 LUNCH 1:15 Visit with Steve the Reptile Guy (in the Gym with Issachar students) 	9:00 Good Morning/Walk 9:30 Stretch/Calendar 10:00 Lunch Prep OR Music 11:00 Motor Skills & Low Impact Exercise OR Volunteering in the Community *Cogeco Tour see note attached for details 12:00 LUNCH BOOK PARABUS TO ARRIVE AT MEMORIAL GARDENS FOR 1:00 1:00-1:50 Skate  2:00 Social Time at Memorial Gardens Pick up 3pm at Memorial Gardens	9:00 Good Morning/Walk 9:30 Stretch/Calendar 10:00 Music  10:45 Free Style Art-choose your style and explore (watercolor/acrylic/ coloring etc...) 11:45 LUNCH 1:15 Christmas Cookie Baking and Tea with Tanya & Kids

This week the “Volunteering in the Community” program has the opportunity to tour Cogeco please see attached note

NOVEMBER 2019

Mon	Tue	Wed	Thu	Fri
25	26	27	28	29
9:00 Good Morning 9:30 Stretch/Calendar 10:00 Walk OR Self Care 11:00 Music  12:00 LUNCH 1:15 CAN DO Theatre Club OR IXL/Independent Learning  OR 	9:00 Good Morning/Walk 9:30 Stretch/Calendar 10:00 Gym or Menu Plan 10:45 Watch & Learn 11:30 Journaling 12:00 LUNCH BOOK PARABUS TO ARRIVE AT HOMESENSE for 1:30 1:30 Grocery Shopping at Sobey's/Plaza Shopping Pick up 3pm in front of Homesense	9:00 Good Morning/Walk 9:30 Stretch/Calendar 10:00 Book Club 10:30 Walk BOOK PARABUS TO ARRIVE TO BINGO FOR 11:45 11:45 Lunch at Bingo Cost: \$6 12:30-3:00 BINGO Pick up 3pm at the Bingo Hall OR 11:15 Lunch Prep 12:00 LUNCH 1:15 Music  2:00 Free Time Pick up 3pm at PADDLE *Please book your transportation according to what activity you choose	9:00 Good Morning/Walk 9:30 Stretch/Calendar 10:00 Lunch Prep OR Interactive Music 11:00 Clean Green & Beautiful neighborhood clean up 12:00 LUNCH 1:15 Women's Wellness and Men's Health 2:00 Wellness Activities	9:00 Good Morning/Walk 9:30 Stretch/Calendar 10:00 Baking for Christmas Tea BOOK PARABUS TO ARRIVE AT THE CAPITOL CENTRE PARKING LOT FOR 12:45 1:00 Lunch at The Moose Cost: \$15-30 Pick up 3pm at Capitol Centre Parking Lot

