

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2023			9:45 Hello Harmony 10:30 Catholic Mass 11:15 Sit & Stretch 1:00 TLC Time 2:00 Boppin' for the Brain with Robing 2:45 Refreshments 3:30 Western Wednesday 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Sit & Stretch 1:00 TLC Time 2:00 Word Quest! 2:23 Refreshments 3:30 Musical Memories 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Friday Fitness 1:00 TLC Time 1:45 What's Cookin'! 2:30 Refreshments 3:30 Friday Funnies 6:00 Living Room Leisure	9:45 Hello Harmony! 10:30 Spiritual Hymns 11:15 Music & Movement 1:00 TLC Time 2:00 Entertainment with John G 3:30 Musical Memories 6:00 Living Room Leisure
***Daylight Savings Time Ends-Clocks go back 1 hour 9:45 Hello Harmony 10:30 Catholic Mass 11:15 Sit & Stretch 1:00 TLC Time 2:00 Zen Doodle 2:30 Refreshments 3:30 Musical Memories 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Seated Tai Chi 1:00 TLC Time 2:00 Bowling 2:30 Refreshments 3:30 Musical Memories 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Music & Movement 1:00 TLC Time 2:00 Bingo 2:30 Refreshments 3:30 Rosary 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Sit & Stretch 1:00 TLC Time 2:00 Autumn Wreath Craft 2:30 Refreshments 3:30 Western Wednesday	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Sit & Stretch 1:00 TLC Time 2:00 Mocktail Party 3:30 Musical Memories 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Friday Fitness 1:00 TLC Time 2:00 Word Quest! 2:30 Refreshments 3:30 Music with Chuck D 6:00 Living Room Leisure	Thank you for your service, Veterans 9:45 Hello Harmony! 10:30 Spiritual Hymns 11:15 Music & Movement 2:00 Saturday Matinee 2:30 Refreshments 4:00 Musical Memories 6:00 Living Room Leisure Veterans Day Remembrance Day (Canada)
9:45 Hello Harmony 10:30 Catholic Mass 11:15 Sit & Stretch 1:00 TLC Time 2:00 Puzzles 2:30 Refreshments 3:30 Musical Memories 6:00 Living Room Leisure Diwali (Hindi)	World Kindness Day 9:45 Hello Harmony 10:30 Catholic Mass 11:15 Seated Tai Chi 1:00 TLC Time 2:00 Button Craft for World Peace Day 2:30 Refreshments 3:30 Musical Memories 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Music & Movement 1:00 TLC Time 2:00 Bingo 2:30 Refreshments 3:30 Rosary 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 10:00 Out to Lunch at the Publik House 11:15 Sit & Stretch 1:00 TLC Time 2:00 Entertainment with David C 2:30 Refreshments 3:30 Western Wednesdays 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Sit & Stretch 1:00 TLC Time 2:00 Turkey Craft (pinecone or Oriental Trader) 2:30 Refreshments 3:30 Musical Memories 6:00 Living Room Leisure	World Peace Day 9:45 Hello Harmony 10:30 Catholic Mass 11:15 Friday Fitness 1:00 TLC Time 2:00 Entertainment with Marti Sawyer 2:30 Refreshments 3:30 Friday Funnies 6:00 Living Room Leisure	9:45 Hello Harmony! 10:30 Spiritual Hymns 11:15 Music & Movement 2:00 Saturday Matinee 2:30 Refreshments 4:00 Musical Memories 6:00 Living Room Leisure
9:45 Hello Harmony 10:30 Catholic Mass 11:15 Sit & Stretch 1:00 TLC Time 2:00 Zen Doodle 2:30 Refreshments 3:30 Musical Memories 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Seated Tai Chi 1:00 TLC Time 2:00 Bingo 2:30 Refreshments 3:30 Musical Memories 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Music & Movement 1:00 TLC Time 2:00 Music with Jeff Thomas 2:30 Refreshments 3:30 Rosary 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Sit & Stretch 1:00 TLC Time 2:00 Thanksgiving Social 3:30 Western Wednesdays! 6:00 Living Room Leisure	Happy Thanksgiving! 9:45 Hello Harmony 10:30 Catholic Mass 1:00 TLC Time 2:00 Movie Matinee: Miracle on 34th Street 4:00 Musical Memories 6:00 Living Room Leisure Thanksgiving Day (US)	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Friday Fitness 1:00 TLC Time 2:00 Birthday Party on Traditional 2:30 Refreshments 3:30 Friday Funnies 6:00 Living Room Leisure	9:45 Hello Harmony! 10:30 Boppin' for the Bram with Robin 2:00 Saturday Matinee 2:30 Refreshments 4:00 Musical Memories 6:00 Living Room Leisure
9:45 Hello Harmony 10:30 Catholic Mass 11:15 Sit & Stretch 1:00 TLC Time 2:00 Puzzles 2:30 Refreshments 3:30 Musical Memories 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Seated Tai Chi 1:00 TLC Time 2:00 Christmas Concert on TV 2:30 Refreshments 3:30 Musical Memories 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Music & Movement 1:00 TLC Time 2:00 Entertainment with Greg Peters 2:30 Refreshments 3:30 Rosary 6:00 Living Room Leisure Rita off	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Sit & Stretch 11:30 Men's Lunch 1:00 TLC Time 2:00 Bingo 2:30 Refreshments 3:30 Western Wednesdays 6:00 Living Room Leisure	9:45 Hello Harmony 10:30 Catholic Mass 11:15 Sit & Stretch 1:00 TLC Time 2:00 Christmas Movie on tv 2:30 Refreshments 3:30 Musical Memories 6:00 Living Room Leisure	*****Walking group times vary*****	

"November's sky is chill and drear, November's leaf is red and sear."- Sir Walter Scott