


**NOVEMBER  
INFORMER**

| SUN 1                      | MONDAY 2  | TUESDAY 3   | WEDNESDAY 4   | THURSDAY 5  | FRIDAY 6  | SATURDAY 7   |
|----------------------------|---|---|---|---|---|--|
| C<br>L<br>O<br>S<br>E<br>D | 8:30 Wood Shop Opens<br><br>10:30 Gentle Yoga<br>11:00 Gentle Fitness<br><br>Bistro Open 10:00 - 2:00                 | 9:00 Bistro Opens<br>10:30 Adult Day Prog.<br>12:00 Senior Sports<br>No Barbershoppers today<br>1:00 Planning Mtg.                                  | 9:00 Bistro Opens<br>10:00 Next To New Opens<br>10:30 Balance For Life<br>12:45 Fun Darts<br>1:00 CARA            | 8:30 Wood Shop Opens<br>9:00 Bistro Opens<br>10:30 Next To New Opens<br>10:30 Spinz Around<br>12:00 Senior Sports<br>1:00 Coffee and Conversation                                 | 8:30 Wood Shop Opens<br>9:00 Bistro Opens<br>10:30 Next To New Opens<br>10:00 Walking<br>12:00 Bingo<br>Karaoke Night in Bistro   | 12:00 Bistro Opens<br>12:00 Pool & Shuffleboard<br>12:45 Fun Darts |
| 8                          | 9   | 10  | 11  | 12  | 13  | 14   |
| C<br>L<br>O<br>S<br>E<br>D | 8:30 Wood Shop Opens<br>Bistro Open 10:00 - 2:00<br>10:30 Gentle Yoga<br>11:00 Gentle Fitness                         | 8:30 Wood Shop Opens<br>9:00 Bistro Opens<br>10:30 Adult Day Prog.<br>10:45 Rembrance Day<br>Service<br>12:00 Senior Sports<br>12:30 Barbershoppers | C<br>L<br>O<br>S<br>E<br>D<br>Rembrance Day   | 8:30 Wood Shop Opens<br>9:00 Bistro Opens<br>10:30 Next To New Opens<br>10:30 Spinz Around<br>12:00 Senior Sports<br>1:00 Coffee and Conversation<br>5 Star Bingo                 | 8:30 Wood Shop Opens<br>9:00 Bistro Opens<br>10:30 Next To New Opens<br>10:00 Walking<br>12:00 Bingo<br>Karaoke Night in Bistro   | 12:00 Bistro Opens<br>12:00 Pool & Shuffleboard<br>12:45 Fun Darts |
| 15                         | 16  | 17  | 18  | 19  | 20  | 21   |
| C<br>L<br>O<br>S<br>E<br>D | 8:30 Wood Shop Opens<br>Bistro Open 10:00 - 2:00<br>10:30 Gentle Yoga<br>11:00 Gentle Fitness                         | 8:30 Wood Shop Opens<br>9:00 Bistro Opens<br>10:30 Adult Day Prog.<br><br>12:00 Senior Sports<br>12:30 Barbershoppers                               | 8:30 Wood Shop Opens<br>9:00 Bistro Opens<br>10:00 Next To New Opens<br>10:30 Balance For Life<br>12:45 Fun Darts | 8:30 Wood Shop Opens<br>9:00 Bistro Opens<br>9:15 Deerfoot Inn and Casino<br>10:30 Next To New Opens<br>10:30 Spinz Around<br>12:00 Senior Sports<br>1:00 Coffee and Conversation | 8:30 Wood Shop Opens<br>9:00 Bistro Opens<br>10:30 Next To New Opens<br>10:00 Walking<br>12:00 Bingo<br>Spruce Meadows<br>Christmas Market 11:00am<br>Karaoke Night in Bistro | 12:00 Bistro Opens<br>12:00 Pool & Shuffleboard<br>12:45 Fun Darts |
| 22                         | 23  | 24  | 25  | 26  | 27  | 28   |
| C<br>L<br>O<br>S<br>E<br>D | 8:30 Wood Shop Opens<br>Bistro Open 10:00 - 2:00<br>10:30 Gentle Yoga<br>11:00 Gentle Fitness<br>12:00 Pot Luch Lunch | 8:30 Wood Shop Opens<br>9:00 Bistro Opens<br>10:30 Adult Day Prog.<br>12:00 Senior Sports<br>12:30 Barbershoppers                                   | 8:30 Wood Shop Opens<br>9:00 Bistro Opens<br>10:00 Next To New Opens<br>10:30 Balance For Life<br>12:45 Fun Darts | 8:30 Wood Shop Opens<br>9:00 Bistro Opens<br>10:30 Next To New Opens<br>10:30 Spinz Around<br>12:00 Senior Sports<br>1:00 Coffee and Conversation                                 | 8:30 Wood Shop Opens<br>9:00 Bistro Opens<br>10:30 Next To New Opens<br>10:00 Walking<br>12:00 Bingo<br>Pasta Night   | 12:00 Bistro Opens<br>12:00 Pool & Shuffleboard<br>12:45 Fun Darts |
| 29                         | 30  | Please Note: Some of these activities function only when volunteers are available.  |   |   |   |  |
| G<br>R<br>E<br>Y           | C<br>U<br>P<br>Y<br>                |   |   |   |   |  |