## November 2024

|     | SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |  |
|-----|---|---|---|---|--|---|---|--|
|     |   |   | 830 TAKE DOWN HALLOWEEN 1 DECORATIONS 930 MUSIC & MOVEMENT 2 BIRTHDAY CELEBRATION   | 9 COFFEE TALK IN THE ACTIVITY 2 CENTER 10 MAKING CHRISTMAS CARD PLACEMATS 1 CRAFTING FOR THE CRAFT SALE PAPER QUILLING  |  |   |   |  |
|     | "THE SECRET TO GETTING AHEAD IS GETTING STARTED"  130 10 CENT BINGO | 9 BAKING WITH KALLAN FOR 4 CRAFT SALE 130 10 CENT BINGO IS CANCELLED 2 GARY NORMAN ENTERTAINMENT 3 ICE-CREAM SOCIAL 630 CARD BINGO                      | 9 HOT HAND WAX 5 11 LUNCH AT THE BLACK CAT RANCH 2 HCHS STUDENTS VISIT TO PLAY CARD GAMES IN THE ACTIVITY CENTER 630 CARD BINGO                           | 10 MORNING REFLECTIONS 6 9 BAKING WITH KALLAN FOR BAKE SALE 1030 RESIDENT MEETING 2 HAPPY HOUR 630 CRIBBAGE TOURNAMENT IN ACTIVITY CENTER                                 | 10 PRESENTATION ON SLIPS, 7 TRIPS, AND FALLS IN THE ACTIVITY CENTER 10 DISCUTEZ AVEC CARTER (CHAT WITH CARTER) 10 LIBRARY HOUR 1 SHOP N SNACK 630 CARD BINGO | 9 SEWING MACHINE 8 ORIENTATION 10 FIBER ARTS WITH TYNA  | 9 CRAFTING FOR CRAFT FAIR 9 WITH TYNA 11 CHRISTMAS FARMER'S MARKET & LUNCH OUTING TO BURGER KING                                |  |
|     | 10 "DREAMS DON'T WORK UNLESS YOU DO"  130 10 CENT BINGO             | REMEMBRANCE DAY 10 CEREMONY AT THE LEGION & STEAK OUT LUNCH OUTING 130 BAGPIPE CONCERT 130 10 CENT BINGO IS CANCELLED 3 ICE CREAM SOCIAL 630 CARD BINGO | 9 HOT HAND WAX 12 11 DECORATE FOR CHRISTMAS 1 COFFEE & DONUTS AT THE ADULT DAY PROGRAM 630 CARD BINGO   | 10 MORNING REFLECTIONS 13 10 DECORATE FOR CHRISTMAS 12-3 SHOPPING EXTRAVAGANZA 2 HAPPY HOUR 630 CRIBBAGE TOURNAMENT IN ACTIVITY CENTER                                    | 10 DECORATE FOR CHRISTMAS 14 10 DISCUTEZ AVEC CARTER (CHAT WITH CARTER) 1 SHOP N SNACK 2 HORSE RACE 630 CARD BINGO WITH HINTON YOUTH GROUP                   | 9 BAKING WITH KALLAN FOR 15 THE CRAFT SALE 930 MUSIC AND MOVEMENT 1 ONE ON ONE 130 DECORATE FOR CHRISTMAS     | 9-11 PET THERAPY 1 <sup>ST</sup> AND 3 <sup>RD</sup> 16<br>FLOOR<br>1 PRICING CRAFT ITEMS FOR<br>CRAFT SALE<br>1 HEARING CLINIC |  |
| *** | "LIFE IS SHORT SO MAKE IT<br>SWEET"<br>130 10 CENT BINGO            | 10 BAKING WITH KALLAN FOR 18 CRAFT SALE 130 10 CENT BINGO IN MEMORY OF EILEEN, FOLLOWED BY A SPECIAL DESSERT  | HAPPY INTERNATIONAL MEN'S 19 DAY 9 HOT HAND WAX LUNCH: CELEBRATING MEN FOR INTERNATIONAL MEN'S DAY 130 NORMAN RICE & SHIRLEY ENTERTAINMENT 630 CARD BINGO | 10 MORNING REFLECTIONS 20 10 GETTING READY FOR THE CRAFT FAIR 10 DISCUTEZ AVEC CARTER (CHAT WITH CARTER) 2 HAPPY HOUR 630 CRIBBAGE TOURNAMENT IN THE ACTIVITY CENTER      | 10 NORTHERN ROCKIES MUSEUM PRESENTATION 1 SHOP N SNACK 2 SHOW & SHARE 630 CARD BINGO   | 930 MUSIC AND MOVEMENT 22 2 SET UP FOR CRAFT FAIR 330 CHRISTMAS DINNER AT THE OVERLANDER                      | 10-2 CRAFT AND BAKE SALE 23 730 HOME ROUTES CONCERT AT PINE VALLEY LODGE (LINDY VOPNFJORD)                                      |  |
|     | "YOUR PATIENCE IS YOUR POWER"  130 10 CENT BINGO                    | 10 BAKING WITH KALLAN 25<br>130 10 CENT BINGO<br>3 ICE CREAM SOCIAL   | 9 HOT HAND WAX 26 11 LUNCH OUTING TO SMITTY'S RESTAURANT 130 LINKAGES 630 CARD BINGO  | 10 MORNING REFLECTIONS 27 10 DISCUTEZ AVEC CARTER (CHAT WITH CARTER) 2 THEMED HAPPY HOUR DRESS AS A HOCKEY FAN FOR YOUR FAVORITE TEAM 50/50 DRAW 630 HINTON UKULELE GROUP | 10 COFFEE TALK AT 28 STARBUCKS 1 SHOP N SNACK 2 DOCTORS' PRESENTATION IN ACTIVITY CENTER 630 CARD BINGO WITH HINTON YOUTH GROUP                              | 930 MUSIC AND MOVEMENT 10 COOKING WITH KALLAN 2 MOCKTAILS & GAMES IN THE ACTIVITY CENTER 630 SNOWFLAKE PARADE | 9-11 PET THERAPY 1 <sup>ST</sup> AND 3 <sup>RD</sup> 30<br>FLOOR<br>130 PAPER BINGO<br>630 MURDER MYSTERY PLAY AT<br>THE PATH   |  |

| Sunday                 | Monday   | Tuesday   | Wednesday   | Thursday                                    | Friday  | Saturday   |
|------------------------|--|---|---|---|---|--|
| l                      |  | mbe   | 202<br>ness   | 4   | 9 Senior's strength 10 Flexibility 11 Silver sneakers 130 Standing balance 230 Senior's strength/ Flexibility             | Live your life and forget your age!  |
| Vimensions of Wallbock | <ul> <li>10 Pelvic Floor Exercise Program (sign up REQ.)</li> <li>11 Parkinson's Program</li> <li>130 Standing balance</li> <li>230 Hand massage in the Garden Room</li> </ul> | 130 Reiki<br>Appointments<br>230 One on Ones  | <ul><li>1030 Resident Meeting</li><li>11 Parkinson's Program</li><li>130 Standing balance</li></ul>                                   |   | 9 Senior's strength 10 Daycare Visit 130 Standing balance 230 Senior's strength/ Flexibility                              | Lymphatic Massage with Geca. See Raileigh to book your appointment!              |
| Mental/ Emotional      | Veterans Day Remembrance Day (Canada)  | <ul><li>9 Flexibility</li><li>11 Out of office, SS cancelled</li><li>130 Yin Yoga</li><li>230 One on Ones</li></ul> | <ul><li>10 Pelvic Floor Exercise</li><li>Program (sign up REQ.)</li><li>11 Parkinson's Program</li><li>130 Standing balance</li></ul> |   | 9 Senior's strength 15 10 Flexibility 11 Christmas Farmers Market 130 Standing balance 230 Senior's strength/ Flexibility | Age is something that does not matter unless you are cheese!                     |
| Social                 | <ul> <li>10 Pelvic Floor Exercise Program (sign up REQ.)</li> <li>11 Parkinson's Program</li> <li>130 Standing balance</li> <li>230 Hand massage in the Garden Room</li> </ul> | 10 Death Café<br>130 Yin Yoga   | <ul><li>10 Pelvic Floor Exercise</li><li>Program (sign up REQ.)</li><li>11 Parkinson's Program</li><li>130 Standing balance</li></ul> |   | 9 Senior's strength 22<br>10 Daycare Visit<br>130 Standing balance<br>230 Senior's strength/<br>Flexibility               | Age is not 'lost<br>youth' but a new<br>stage of<br>opportunity and<br>strength! |
| <b>Environmental</b>   | 10 Pelvic Floor Exercise<br>Program (sign up REQ.)<br>11 Parkinson's Program<br>130 Standing balance<br>230 Hand massage in<br>the Garden Room                                 | 11 Silver sneakers<br>130 Yin Yoga  | <ul><li>10 Pelvic Floor Exercise</li><li>Program (sign up REQ.)</li><li>11 Parkinson's Program</li><li>130 Standing balance</li></ul> | <b>1030-12</b> Tele Rehab<br>(sign up REQ.) | 9 Senior's strength 29 10 Flexibility 11 Silver sneakers 130 Standing balance 230 Senior's strength/ Flexibility          | 30 Life and aging are the greatest gifts that we could possibly ever have!       |

\*\*\*Calendar is subject to change\*\*\*