

Sunday Monday Tuesday Wednesday Thursday Friday

November 2024



<p>3</p>	<p>9:30 SENIOR STRENGTH W/ MOUSA 10:30 BIBLE STUDIES 11:00 LIBRARY 1:30 FLEXIBILITY CLASS 2:15 CARDS - PENNIES</p>	<p>4</p> <p>9:30 JOINT ROTATION EXERCISE 10:30 FUN WITH WORDS 2:00 MUSIC - BRIAN HOPWOOD</p>	<p>5</p> <p>9:30 STRENGTH EXERCISES (DUMBELLS) 2:00 GRADE 9 CLASS</p>	<p>6</p> <p>9:00 WHITECOURT - CASINO OR THRIFT STORE</p>
<p>10</p> <p>TIPPLE BAPTIST CHURCH W/ PASTOR DWAYNE 6:30 P.M.</p>	<p>11</p> <p>REMEMBRANCE DAY WAYNE'S BIRTHDAY</p>	<p>12</p> <p>9:30 SENIOR STRENGTH W/ MOUSA 1:30 FLEXIBILITY CLASS 2:00 COPD PRESENTATION</p>	<p>13</p> <p>9:30 HAND STRENGTH EXERCISE 2:00 TV HORSE RACES 4:00 CATHOLIC SERVICE</p>	<p>14</p> <p>9:30 STANDING BALANCE EXERCISES 1:00 HEARING AID CLINIC 2:00 LAUGHING YOGA & MEDITATION W/ SHANNON 3:00 DIGITAL LITERACY</p>
<p>17</p> <p>ENTWISTLE CHURCH W/ PASTOR ERICH 2:00 P.M.</p>	<p>18</p> <p>9:30 SENIOR STRENGTH W/ MOUSA 10:30 BIBLE STUDIES 11:00 LIBRARY 1:30 FLEXIBILITY CLASS 2:15 DIABETES PRESENTATION</p>	<p>19</p> <p>9:30 STRENGTH EXERCISES (RESISTANCE BANDS) 11:00 SHOPPING DV & THRIFT STORE ELISABETH'S BIRTHDAY</p>	<p>20</p> <p>9:30 JOINT ROTATION EXERCISE 10:30 FAMILY COUNCIL MEETING 2:00 MUSIC - GLEN & SYLVIA</p>	<p>21</p> <p>9:30 STRENGTH EXERCISES (DUMBELLS) 10:30 FAMILY FEUD 2:00 LAUGHING YOGA & MEDITATION W/ SHANNON DOROTHY'S BIRTHDAY</p>
<p>24</p> <p>HYMN SING 6:30 P.M.</p>	<p>25</p> <p>9:30 SENIOR STRENGTH W/ MOUSA 10:30 BIBLE STUDIES 1:30 FLEXIBILITY CLASS 2:00 FALL PREVENTION</p>	<p>26</p> <p>9:30 HAND STRENGTH EXERCISES 10:30 FUN WITH WORDS 2:00 CHRISTMAS CRAFTING</p>	<p>27</p> <p>9:30 STRENGTH EXERCISES (RESISTANCE BANDS) 10:30 RESIDENT MEETING 2:00 FLOOR CURLING</p>	<p>28</p> <p>9:30 JOINT ROTATION EXERCISE 2:00 MUSIC - HERDING KATZ</p>
<p>9:30 STRENGTH EXERCISES (RESISTANCE BANDS) 2:00 BINGO</p>	<p>9:30 STRENGTH EXERCISES (RESISTANCE BANDS) 2:00 REMEMBRANCE SERVICE</p>	<p>9:30 FLEXIBILITY EXERCISES 10:30 FUN WITH WORDS 2:00 BINGO</p>	<p>9:30 STANDING BALANCE EXERCISES 10:30 FOOD CLUB 2:00 DICE HORSE FEUD</p>	<p>9:30 STRENGTH EXERCISES (DUMBELLS) 2:00 CHRISTMAS FEUD 6:00 MOONLIGHT TALKERS EVANSBURG</p>