

Sunday

Monday

Tuesday

Wednesday


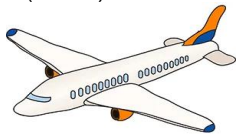

Thursday

Friday

Saturday

# November 2024

Apartments \* Villas \* Courts \* PSA \* SALC

<p><b>10:30</b> Preston Mennonite Church Live Stream (BDR)</p> <p><b>10:30</b> Salvation Army Church Service (CA)</p> 	<p><b>9:00</b> Bowling (B)</p> <p><b>10:00</b> Forever Young Strength (CA)</p> <p><b>11:15</b> Fairview Fit (CA)</p> <p><b>1:45</b> QiGong (CA)</p> <p><b>2:00</b> Guided Craft (CCR1)</p> <p><b>6:30</b> Golf Card Game (3FL)</p> <p><b>7:00</b> Yahtzee (CCR3)</p>	<p><b>9:45</b> Keep Fit (CA)</p> <p><b>11:00</b> Chair Yoga (CA)</p> <p><b>1:30</b> Courts Exercise (FC)</p> <p><b>1:30</b> Crafts (CCR1)</p> <p><b>2:00</b> Aviation Presentation (CA)</p> <p><b>2:30</b> Wellness Warriors (3FL)</p> <p><b>2:45</b> PSA Exercise (PSA)</p> <p><b>6:45</b> Rook (CCR3)</p> 	<p><b>10:00</b> Bingo (CCR3)</p> <p><b>11:15</b> Fairview Fit (CA)</p> <p><b>1:00</b> TRX (CA)</p> <p><b>2:00</b> Drum Jam (CA)</p> <p><b>3:15</b> Bean Bag Baseball (CA)</p> <p><b>7:00</b> Cards (CCR3)</p>	<p><b>9:30</b> Yarn &amp; Thread Club (CCR1)</p> <p><b>9:45</b> Keep Fit (CA)</p> <p><b>11:00</b> Chair Yoga (CA)</p> <p><b>1:00 Bus: Grocery</b></p> <p><b>1:30</b> Courts Exercise (FC)</p> <p><b>2:00</b> Bible Study (3FL)</p> <p><b>2:45</b> PSA Exercise (PSA)</p> <p><b>7:00</b> Cribbage (CCR3)</p>	<p><b>9:00</b> Bowling (B)</p> <p><b>10:15</b> Chapel (CA)</p> <p><b>11:15</b> Fairview Fit (CA)</p> <p><b>1:00</b> TRX (CA)</p> <p><b>2:00</b> Yoga (CA)</p> <p><b>7:00</b> Crokinole (CCR1)</p> <p style="text-align: center;"><small>Indigenous Veterans Day</small></p>	<p style="text-align: center;"><b>LEGEND</b></p> <p>B - Basement BDR – Boardroom by Reception CA – Centre Auditorium CCR – Centre Craft Room 1,2,3 FIT – Fitness Room LIB – Library LTC Act Room – Long Term Care Activity Room SL – Suites Lobby 3FL – 3rd Floor Lounge <small>Dia de los Muertos &amp; All Souls Day &amp; Govardhan Puja &amp; Birth of the Baha'u'llah'</small></p> 
<p><b>10:30</b> Preston Mennonite Church Live Stream (BDR)</p> <p><b>10:30</b> Salvation Army Church Service (CA)</p> <p><b>7:00</b> Voices of Victory Choir (CA)</p>	<p><b>9:00</b> Bowling (B)</p> <p><b>10:00</b> Forever Young Strength (CCR3)</p> <p><b>10:45</b> Remembrance Day Celebration (CA)</p> <p><b>11:15</b> Fairview Fit (CCR3)</p> <p><b>6:30</b> Golf Card Game (3FL)</p> <p><b>7:00</b> Yahtzee (CCR3)</p> 	<p><b>9:30</b> Kindred Credit Union (LIB)</p> <p><b>9:45</b> Keep Fit (CA)</p> <p><b>11:00</b> Chair Yoga (CA)</p> <p><b>1:30</b> Courts Exercise (FC)</p> <p><b>1:30</b> Crafts (CCR1)</p> <p><b>2:45</b> PSA Exercise (PSA)</p> <p><b>5:00</b> Seniors Social Supper</p> <p><b>6:45</b> Rook (CCR3)</p>	<p><b>10:00</b> Bingo (CCR3)</p> <p><b>11:15</b> Fairview Fit (CA)</p> <p><b>1:00</b> TRX (CA)</p> <p><b>2:00</b> Drum Jam (CA)</p> <p><b>3:15</b> Bean Bag Baseball (CA)</p> <p><b>7:00</b> Cards (CCR3)</p>	<p><b>9:30</b> Yarn &amp; Thread Club (CCR1)</p> <p><b>9:45</b> Keep Fit (CCR3)</p> <p><b>11:00</b> Chair Yoga (CCR3)</p> <p><b>1:00 Bus: Giant Tiger</b></p> <p><b>1:30</b> Courts Exercise (FC)</p> <p><b>2:00</b> Bible Study (3FL)</p> <p><b>2:45</b> PSA Exercise (PSA)</p> <p><b>7:00</b> Cribbage (CCR3)</p>	<p><b>9:00</b> Bowling (B)</p> <p><b>10:15</b> Chapel (CCR3)</p> <p><b>11:15</b> Fairview Fit (CCR3)</p> <p><b>1:00</b> TRX (CCR3)</p> <p><b>2:00</b> Yoga (CCR3)</p> <p><b>7:00</b> Crokinole (CCR1)</p>	<p style="text-align: center;"><b>HANDICRAFT SALE</b></p> <p style="text-align: center;"><b>8:30 TO 1:30 IN THE CENTRE AUDITORIUM</b></p> 
<p><b>10:30</b> Preston Mennonite Church Live Stream (BDR)</p> <p><b>10:30</b> Salvation Army Church Service (CA)</p> <p><b>7:00</b> Eagle Street Fellowship Hymn Sing (CA)</p>	<p><b>9:00</b> Bowling (B)</p> <p><b>10:00</b> Forever Young Strength (CCR3)</p> <p><b>11:15</b> Fairview Fit (CCR3)</p> <p><b>1:45</b> QiGong (CA)</p> <p><b>6:30</b> Golf Card Game (3FL)</p> <p><b>7:00</b> Yahtzee (CCR3)</p>	<p><b>9:45</b> Keep Fit (CA)</p> <p><b>11:00</b> Chair Yoga (CA)</p> <p><b>11:00 Bus: Conestoga Mall</b></p> <p><b>1:30</b> Courts Exercise (FC)</p> <p><b>1:30</b> Crafts (CCR1)</p> <p><b>2:30</b> Wellness Warriors (3FL)</p> <p><b>2:45</b> PSA Exercise (PSA)</p> <p><b>6:45</b> Rook (CCR3)</p>	<p><b>10:00</b> Bingo (CCR3)</p> <p><b>11:15</b> Fairview Fit (CA)</p> <p><b>11:15</b> Roman Catholic Communion (LTC Act Rm)</p> <p><b>1:00</b> TRX (CA)</p> <p><b>2:00</b> Drum Jam (CA)</p> <p><b>2:00</b> Guided Craft (CCR1)</p> <p><b>3:15</b> Bean Bag Baseball (CA)</p> <p><b>7:00</b> Cards (CCR3)</p>	<p><b>9:45</b> Keep Fit (CCR3)</p> <p><b>10:00</b> Anglican Communion (3FL)</p> <p><b>10:30</b> St. Michael's Kids Program (CA)</p> <p><b>11:00</b> Chair Yoga (CCR3)</p> <p><b>11:15 Bus: Out to Lunch Bunch</b></p> <p><b>2:00</b> Bible Study (3FL)</p> <p><b>2:00</b> Falls Prevention Presentation (CA)</p> <p><b>7:00</b> Cribbage (CCR3)</p>	<p><b>9:00</b> Bowling (B)</p> <p><b>10:15</b> Chapel (CA)</p> <p><b>11:15</b> Fairview Fit (CA)</p> <p><b>1:00</b> TRX (CA)</p> <p><b>2:00</b> Yoga (CA)</p> <p><b>7:00</b> Crokinole (CCR1)</p>	<p>If you have any questions please contact:</p> <p><b>Lena, Programs &amp; Volunteers:</b> Ext. 4601</p> <p><b>Niamh, Spiritual Care:</b> Ext. 4250</p> <p><b>Jenn, Pool:</b> Ext. 4604</p> <p><b>Linda &amp; Matt, Fitness:</b> Ext. 4605</p> <p><b>Charge Nurse(after hours only):</b> Ext. 4471</p>
<p><b>10:30</b> Preston Mennonite Church Live Stream (BDR)</p> <p><b>10:30</b> Salvation Army Church Service (CA)</p>	<p><b>9:00</b> Bowling (B)</p> <p><b>10:00</b> Forever Young Strength (CA)</p> <p><b>11:15</b> Fairview Fit (CA)</p> <p><b>2:00</b> Entertainment – Martin Wall Singing (CA)</p> <p><b>6:30</b> Golf Card Game (3FL)</p> <p><b>7:00</b> Yahtzee (CCR3)</p>	<p><b>9:30</b> Kindred Credit Union (LIB)</p> <p><b>9:45</b> Keep Fit (CA)</p> <p><b>11:00</b> Chair Yoga (CA)</p> <p><b>1:30</b> Courts Exercise (FC)</p> <p><b>1:30</b> Crafts (CCR1)</p> <p><b>2:00</b> Guided Craft: Painting (CCR1)</p> <p><b>2:45</b> PSA Exercise (PSA)</p> <p><b>6:45</b> Rook (CCR3)</p> <p><b>7:00</b> Addison Women's Choir (CA)</p>	<p><b>10:00</b> Bingo (CCR3)</p> <p><b>11:15</b> Fairview Fit (CA)</p> <p><b>1:00</b> TRX (CA)</p> <p><b>1:30 – 2:30</b> Tree Trimming in Lobby – bring your ornament down to place on the tree!</p> <p><b>2:00</b> Drum Jam (CA)</p> <p><b>3:15</b> Bean Bag Baseball (CA)</p> <p><b>7:00</b> Cards (CCR3)</p>	<p><b>9:30</b> Yarn &amp; Thread Club (CCR1)</p> <p><b>9:45</b> Keep Fit (CA)</p> <p><b>11:00</b> Chair Yoga (CA)</p> <p><b>11:15 Bus: Out to Lunch Bunch</b></p> <p><b>1:30</b> Courts Exercise (FC)</p> <p><b>2:00</b> Bible Study (3FL)</p> <p><b>2:45</b> PSA Exercise (PSA)</p> <p><b>7:00</b> Cribbage (CCR3)</p> <p style="text-align: center;"><small>US Thanksgiving Day</small></p>	<p><b>9:00</b> Bowling (B)</p> <p><b>10:15</b> Chapel (CA)</p> <p><b>11:15</b> Fairview Fit (CA)</p> <p><b>1:00</b> TRX (CA)</p> <p><b>2:00</b> Yoga (CA)</p> <p><b>7:00</b> Crokinole (CCR1)</p>	<p><b>2:00</b> Police Chorus (CA)</p> 