

Exercise with Natalie is M, W  
10:30 in the Activity Room

# November 2024

Shuttle Bus Tues & Thurs  
9:30-12 & 1-3:30



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					10:00 Trivia (L) 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Bean Bag Toss (L) 3:30 Happy Hour (BL)	2:00 Bingo (AR) 2:00 Entertainment with Everything Country (L)
3 10:30 Coffee & Chats (BL)	4 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Sean R (L) 3:30 Happy Hour (BL)	5 10:00 Chair Yoga (AR) 10:30 Activity Meeting With Ashley (BL) 2:00 Bingo (AR) 2:00 Entertainment with Don Owen (L) 3:30 Happy Hour (BL)	6 10:30 Fun & Fitness (AR) 11:00 Book Club (LIB) 12:00-2:00 Tocara Pop Up (L) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Let's Travel: Portugal (BL) 3:30 Happy Hour (BL)	7 10:00 Chair Yoga (AR) 10:30 You Be The Judge (L) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	8 10:00 Nail Parlor (AR) 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Trivia (L) 3:30 Happy Hour (BL)	9 2:00 Bingo (AR)
10 10:30 Coffee & Chats (BL)	11 Ashley off Remembrance Day 10:00 Boomer Visits 10:00 Trip to the Cenotaph for the Remembrance Day Ceremony 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 3:30 Happy Hour (BL)	12 Ashley off 10:00 Chair Yoga (AR) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	13 Ashley off 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Karaoke (BL) 3:30 Happy Hour (BL)	14 Ashley off 10:00 Chair Yoga (AR) 10:30 Anglican Church (4th Floor) 2:00 Bingo (AR) 2:00 Entertainment with Michael T (L) 3:30 Happy Hour (BL)	15 Ashley off 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Ed Smith (L) 3:30 Happy Hour (BL)	16 2:00 Bingo (AR)
17 10:30 Coffee & Chats (BL)	18 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Hal Allison (L) 3:30 Happy Hour (BL)	19 10:00 Chair Yoga (AR) 10:30 Craft Group: Christmas Craft (AR) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	20 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Bowling (L) 3:30 Happy Hour (BL)	21 10:00 Chair Yoga (AR) 10:30 Bean Bag Toss (L) 2:00 Bingo (AR) 2:00 Entertainment with Lawrence Marks (L) 3:30 Happy Hour (BL)	22 Natalie Off 10:00 Trivia (L) 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 3:30 Happy Hour (BL)	23 2:00 Bingo (AR)
24 10:30 Coffee & Chats (BL)	25 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Emilio (L) 3:30 Happy Hour (BL) 6:30 Sing-A-Long with The Cobourg Embers (L)	26 10:00 Chair Yoga (AR) 10:30 Resident's Council (BL) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	27 10:00-11:30 Hearing Aid Clinic (BL) 10:30 Fun & Fitness (AR) 11:00 Book Club (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Decorating for Christmas! 3:30 Happy Hour (BL) 6:30 Entertainment with Eric L (L)	28 10:00 Catholic Church (TR) 10:00 Chair Yoga (AR) 10:00 Decorating for Christmas! 2:00 Entertainment with Darlene and The Shamrockers (L) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	29 10:00 Trivia (L) 10:30 Zumba (BL) 11:30-3:00 Decorating The Van For The Parade! (L) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 3:30 Happy Hour (BL)	30 Ash & Nat in 2:00 Bingo (AR) 2:00 St Andrews Day Celebration (L) 6:00 Cobourg Santa Clause Parade (O)

ACTIVITY LOCATION LEGEND

AR- Activity Room

BL- Bar Lounge

L-Lobby

DR- Dining Room

O- Outdoors

TR-Theatre Room