

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# November 2017

## Spruce Lodge

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|--|---|--|---|--|---|---|
|  |   |  | 1<br>10:30 Scrapbooking<br>1:30 Rem. Cart<br>2:00 Gardening<br>3:00 Café  | 2<br>10:00 Fun & Fitness<br>10:30 Men's Group<br>11:00 Communion Service/ Anglican<br>1:30 Art Class(Alc)<br>2:00 Adv. Exercise Class<br>3:00 Café                                     | 3<br><b>Random Act of Kindness Day</b><br>10:00 Tai Chi/ Alc<br>10:00 Board/Card Games<br>10:00 Tone Chime group<br>11:30 Men's Music<br>2:00 Bingo (LR)<br>3:00 Café   | 4<br>10:00 Tea & Trivia<br>2:00 Bingo(LR)<br>3:00 Café  |
| 5<br><b>Clocks Go Back 1 Hour</b><br><br>10:00 T.V. Church<br>10:30 Indoor Gardening<br>2:00 Paper Bag Craft<br>7:00 Hymn Sing with Bethel Church | 6<br>10:30 Word Games (ALC)<br>10:00 Lady's Music Group<br>2:00 Card \ Board Games<br>3:00 Café<br>3:30 Men`s Jam Session   | 7<br>10:00 Christian School Kids Visit<br>2:00 Bingo (LR)<br>3:00 Café<br>7:00Violas Tribute Band  | 8<br>10:00-12:00 Hear Well Be Well Info<br>10:30 Baking Fun<br>10:30 RC Communion<br>11:15 LCC Communion<br>2:00 Travelogue- Griffith<br>2:30 Gentle Giants (LR)<br>3:00 Café | 9<br>10:00 Remembrance Day Craft<br>10:30 Men's Group<br>11:00 Serv./ Presbyterian<br>1:30 Art Class(Alc)<br>2:00 Adv. Exercise Class<br>3:00 Café                                     | 10<br>10:00 Tai Chi<br>10:30 Paper Bag Craft<br>10:00 Tone Chime group<br>11:30 Men's Music<br>2:00 Chocolate Tasting (ALC)<br>3:00 Café  | 11<br><b>Remembrance Day Service</b><br><br>2:00 Bingo(LR)<br>3:00 Café<br><small>Remembrance Day (Canada)</small> |
| 12<br>10:00 T.V. Church<br>10:30 Musicians and Their Music<br>2:00 Colouring Fun<br>7:00 Hymn Sing with Jubilee Church   | 13<br>10:30 Fun & Fitness<br>10:00 Lady's Music Group<br>2:00 Sun. Mon. Birthday Party With Randy Gray<br>3:30 Men`s Jam Session  | 14<br>10:00 Friendly Visits<br>11:00 Northwestern Band (LR)<br>2:00 Kountry Korner Band<br>2:30 Friendly Visits<br>3:00 Café                                     | 15<br>10:30 Friendly Visits<br>12:30 Sign up Lunch<br>2:00 Gardening<br>2:00 Readings & Prayers With Lorraine Brooks<br>3:00 Café<br>6:30 Sing-a-long with Karen B&C          | 16<br>10:30 Men's Group<br>11:00 Communion Service/ Anglican<br>1:30 Art Class(Alc)<br>2:00 Adv. Exercise Class<br>2:30 Music with Stephanie (LR)<br>3:00 Café                         | 17<br>10:00 Tai Chi/ Alc<br>10:30 Baking Dog Biscuits<br>10:00 Tone Chime group<br>11:30 Men's Music<br>2:00 Board/Card Game<br>3:00 Café   | 18<br><b>Winter Market and Gift Show 9am-2pm</b><br>  |
| 19<br>10:00 T.V. Church<br>10:30 Friendly Strolls<br>1:30-3:00 Country Bus Tour<br>7:00 Hymn Sing with The Stewart Family  | 20<br>9:00 Friendly Visits<br>10:30 Fun & Fitness<br>10:00 Lady's Music Group<br>2:00 Spelling Bee (ALC)<br>3:00 Café<br>3:30 Men`s Jam Session   | 21<br>10:00 Christian School<br>12:50-2:40 Glamour Pictures<br><br>3:00 Café | 22<br>10:30 Reminiscing Cart<br>2:30 Gentle Giants (LR)<br>2:00 Hymn Sing with Gladys<br>3:00 Hot Chocolate Café  | 23<br>10:00 Friendly Visits<br>10:30 Men's Group<br>11:00 Worship Service<br>1:30 Art Class(Alc)<br>2:00 Adv. Exercise Class<br>3:00 Café<br><small>Thanksgiving Day (US)</small>      | 24<br>10:00 Tai Chi/ Alc<br>10:30 Friendly Visits<br>10:00 Tone Chime group<br>11:30 Men's Music<br>2:00 Labyrinth Walks with Lesly<br>2:00 The Nic Scott Band (LR)   | 25<br>10:30 Word Games<br>2:00 Bingo(LR)<br>3:00 Café   |
| 26<br>10:00 T.V. Church<br>10:30 Reminiscing Cart<br>2:00 Trivia Quest<br>3:00 Hot Choc. Whipped Cream Café<br>7:00 Hymn Sing with Carla Pol and Friends   | 27<br><br><b>Christmas Tree Decorating</b><br>10:30 Fun & Fitness<br>10:00 Lady's Music Group<br>2:00 Card\ Board Games<br>3:00 Café<br>3:30 Men`s Jam Session | 28<br>9:15 Friendly Visits<br>10:30 Montessori<br>2:00 Music with Conn Smyth<br>3:00 Café  | 29<br>10:00 Piano/Karen Rempel<br>10:20 Shopping Trip<br>2:00 Family Sharing Circle (CH)<br>2:00 Bingo (LR)<br>3:00 Café  | 30<br>10:00 Friendly Visits<br>10:30 Men's Group<br>11:00 Service/ Lutheran<br>1:30 Art Class(Alc)<br>2:00 Adv. Exercise Class<br>3:00 Residents Council<br>7:00 The Just For Fun Band | <p>1. Swimming Wednesdays at 10:00am</p> <p>2. Bingo Thursday night's, 7-8 in Woodland Towers Dining Room. If interested in going contact 2227.</p> <p>3. Thank You to Scotia Bank and Cowan Insurance for coming in on Random Act of Kindness Day!</p> |   |