













November 2023

Spruce Lodge Nursing Home



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spruce Lodge Activity Department 519-271-4090 ext. 2227 activity@sprucelodge.on.ca	Contact Activities if interested in Outings or the Woman's & Men's Sign-Up Meals		10:00 Adv. Exercise 1 10:00 Indoor Gardening 11:30 Women's Music 2:00 Bingo 3:00 Café Social 6:30 Trivia Night	9:30 Sit & Stretches 2 10:30 Therapy Swim Time 2:00 Walking Group Outdoors 2:00 Therapy Music 3:00 Café Social	9:40 Arena Outing 3 11:30 Tone Chime Group 2:00 Word Games 3:00 Café Social	10:30 Fun & Fitness 4 2:00 Bingo 3:00 Café Social 
Clocks Go Back 1 Hour 5 10:30 Sunday Devotion Group 2:00 Baking 3:00 Café Social 	10:30 News and Events 6 10:30 Drum Circle 2:00 Sing-a-Long with Karen 2:00 Manicure Cart	10:30 Fun & Fitness 7 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 Café Social 6:15 Meditation Group	9:20 Country Drive 8 10:00 Indoor Gardening 10:30 RC Mass 11:15 Church Service 2:00 Carpet Bowling 3:00 Café Social 6:15 Friendship Circle	10:00 Christmas Glamour Shots 9 2:00 Bingo 2:00 Therapy Music 3:00 Café Social 4:00 DROM Drumming	10:30 Trivia Fun 10 11:30 Tone Chime Group 2:00 Music with Daisy & Friends 3:00 Café Social	10:30 Remembrance Day Service 11 2:00 Bingo 3:00 Café Social 
Happy Diwali 12 10:30 Sunday Devotion Group 2:00 Scrapbooking 3:00 S.L Cafe & Pub 	10:30 DROM 13 10:30 News and Events 2:00 Manicure Cart 2:00 Advance Exercise 2:00 Sing-a-Long	10:30 Fun & Fitness 14 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 Café Social 5:30 Men's Sign-Up Meal ←	10:00 Resident Council 15 11:00 Women's Music 2:00 Karaoke Fun 3:00 Café Social 5:30 Woman's Sign-Up Meal ←	9:40 Museum Outing 16 11:00 Church Service 2:00 Bingo 2:00 Therapy Music 3:00 Café Social 6:15 Friendship Circle	10:30 Music with Susie Q 17 11:30 Tone Chime Group 2:00 Virtual Wine Tour 3:00 Café Social 	10:30 Fun & Fitness 18 2:00 Bingo 3:00 Café Social 
10:00 Crafts 19 2:00 Trivia Fun 3:00 S.L Cafe & Pub	10:30 DROM Drumming 20 10:30 Spa Morning 2:00 Sing-a-Long with Karen 2:00 Manicure Cart	Wear Purple Day 21 10:30 Fun & Fitness 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 Café Social 6:15 Meditation 	10:00 Scrapbooking 22 10:30 Advance Exercise 11:00 Women's Music 2:00 Music: Waltz 6:15 Movie Night	10:00 Christian School Kids Visit 23 11:00 Church Service 2:00 Bingo 2:00 Therapy Music 3:00 Café Social	10:30 Trivia Fun 24 11:30 Tone Chime Group 2:00 Christmas Decorating 3:00 Café Social 	10:30 Fun & Fitness 25 2:00 Bingo 3:00 Café Social 
10:30 Sunday Devotion Group 26 2:00 Christmas Decorating 	10:30 News and Events 27 10:30 Drum Circle 2:00 Sing-a-Long with Karen 2:00 Manicure Cart	10:30 Fun & Fitness 28 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 Café Social 6:15 Christmas Decorating	10:30 Ad. Exercise 29 10:30 Indoor Gardening 11:00 Women's Music 2:00 Music: Frank St. Germain 4:00 DROM	9:20 Walmart Outing 30 11:00 Bible Study 2:00 Bingo 2:00 Therapy Music 3:00 Café Social 6:30 Just for Fun band	November Outings : *Friday Nov.3rd Arena Outing *Wed. Nov.8th Country Drive *Thursday Nov.16th Museum *Thursday Nov.30th Walmart 