


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Lest We Forget</i></p>	<p>Social Hour Every Tuesday @ 3:30 In the Main Lounge</p>	 <p>NOVEMBER</p>	<p>Happy Hour Every Friday @ 3:30 In the Main Lounge</p>	<p>1 9:30 Bus to Ladner 10:15 News & Views 10:30 Delta Gymnastics 2:00 Happy Wanderers 2:15 Chair Yoga with Wendy 3:30 Christmas Fundraiser Meeting</p>	<p>2 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With 'Barry Powel' 7:15 Movie Night 'Brooklyn'</p>	<p>3 10:30 Chair Exercises 2:00 Fundraiser Painting 3:00 Where in the World? 3:30 Catholic Communion</p>
<p>4 10:30 The Week Ahead 2:15 Movie Encore 2:15 Hymn Sing and Service 2:30 Baking 3:00 Art with Lea 7:15 Hand Chime Choir Fall Back</p>	<p>5 10:00 Fitness First 11:00 Fitness First 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 7:00 Bridge</p>	<p>6 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 7:15 Word Games</p>	<p>7 9:45 Walking Group 10:00 Chair Exercises 10:40 Music with Teresa 2:30 Crossword Puzzle 2:30 Bus to East Delta Hall 'Christmas Craft Fair' 3:30 Fitness First 7:15 Who / What Am I?</p>	<p>8 9:30 Bus to Ladner 10:15 News & Views 10:30 Delta Gymnastics 2:15 Chair Yoga 2:15 Sacred Heart Kids Visit 2:30 Bus to Nygard Outlet Store 7:15 Bocce</p>	<p>9 10:00 Fitness First 11:00 Fitness First 12:00 Clark's Shoes 2:15 Team Trivia 3:30 Happy Hour With 'Brian Zalo' 7:15 Movie Night 'The Great Escape' – Part 1</p>	<p>10 10:30 Chair Exercises 1:45 Bus to Vancouver Welsh Men's Choir 3:00 Tai Chi 3:30 Catholic Communion</p>
<p>11 10:00 Remembrance Day From Ottawa 2:15 Movie 'The Great Escape' Part Two 2:30 Baking 7:15 Hand Chime Choir Remembrance Day</p>	<p>12 10:00 Fitness First 11:00 Fitness First 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 7:00 Bridge</p>	<p>13 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 3:30 Blood Pressure Clinic 5:00 Dinner at Ming Court 7:15 Word Games</p>	<p>14 9:45 Walking Group 10:00 Chair Exercises 2:00 Crossword Puzzle 3:30 Fitness First 7:15 You Be The Judge</p>	<p>15 9:30 Bus to Ladner 10:15 News & Views 10:30 Delta Gymnastics 10:45 Health Hub "Falls Clinic" 2:15 Chair Yoga 2:50 Birthday & Welcome Tea</p>	<p>16 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With 'Liz & Steve' 7:15 Movie Night 'Nebraska'</p>	<p>17 10:30 Chair Exercises 3:00 Fundraising Painting 3:30 Catholic Communion</p>
<p>18 10:30 The Week Ahead 2:15 Movie Encore 2:15 Ladner Gospel Assembly 2:30 Baking 3:00 Art with Lea</p>	<p>19 10:00 Fitness First 11:00 Fitness First 1:00 Low Vision Group 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 7:00 Bridge</p>	<p>20 9:30 Breakfast to Ricky's 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 7:15 Word Games</p>	<p>21 9:45 Walking Group 10:00 Chair Exercises 2:30 Crossword Puzzle 3:00 Resident Forum 3:30 Fitness First 3:40 Health Talk "Diabetes" 7:15 This Day in Canadian History</p>	<p>22 9:30 Bus to Ladner 10:15 News & Views 10:30 Delta Gymnastics 10:45 Health Hub "Healthy Eating" 12:00 5th Avenue Jewelry 12:00 Bus to River Rock 2:15 Chair Yoga 7:15 Creative Storytelling</p>	<p>23 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With 'Martin Adcock' 7:15 Movie Night 'The Artist'</p>	<p>24 10:30 Chair Exercises 3:00 Variety Hour 3:30 Catholic Communion</p>
<p>25 10:30 The Week Ahead 2:15 Movie Encore 2:15 Baptist Church Service 3:00 Grey Cup Party 7:15 Hand Chime Choir</p>	<p>26 10:00 Fitness First 11:00 Fitness First 12:00 Fashion Closet 1:00 Bus to Richmond Centre 2:00 Cribbage 2:15 Bingo 7:00 Bridge</p>	<p>27 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 3:30 Social Hour 7:15 Word Games</p>	<p>28 9:45 Walking Group 10:00 Chair Exercises 11:30 Ladies Lunch to Country Meadows 2:30 Crossword Puzzle 3:30 Fitness First 4:00 Christmas Photograph 7:15 Indoor Golf</p>	<p>29 9:30 Bus to Ladner 10:15 News & Views 11:30 Men's Lunch to Skyhawk 2:15 Chair Yoga</p>	<p>30 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With 'Amy & Justin' 7:15 Movie Night 'And So It Goes'</p>	